



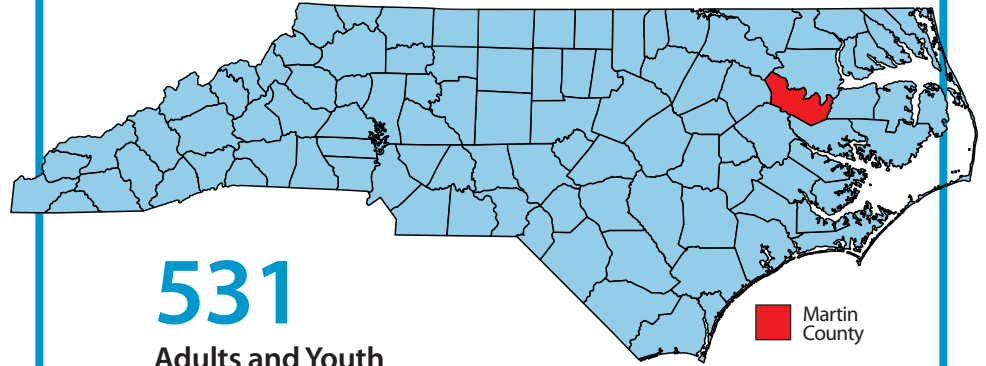
**Martin County**

**Supporting North Carolina's Families with Greatest Needs Since 1969**

EFNEP helps address the challenges limited-resource families face when introducing healthy changes through nutrition education, cooking classes, physical activity strategies, and shopping on a limited budget.

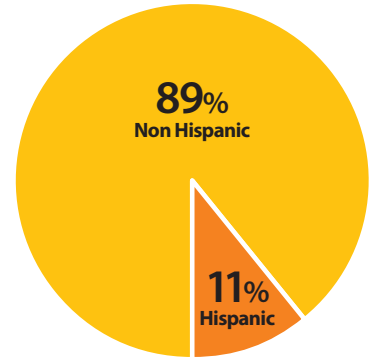
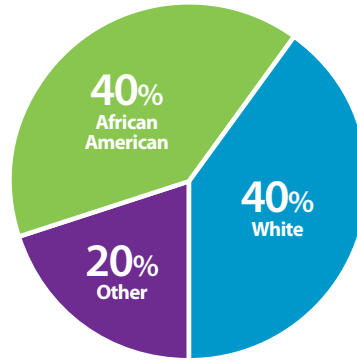
EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



**531**

Adults and Youth participated in EFNEP.



**EFNEP Provides Opportunities**



**19** volunteers committed  
**104** hours



**\$3,307**  
estimated value of volunteer time

**EFNEP Makes a Real Difference**



**80%**

of EFNEP participants improved diet quality.



**52%**

now practice daily physical activity.



**53%**

practice better food resource management.



**57%**

have improved their food safety habits.



## Empowering Young Handwashers: One Student's Story of Sharing Proper Techniques with Her Sibling

The importance of handwashing education for children cannot be overstated, as data shows that children are more vulnerable to illnesses and infections than adults. According to the Centers for Disease Control and Prevention (CDC), handwashing can reduce the number of diarrhea-related conditions in children under the age of five by up to 50%. Additionally, studies have shown that regular handwashing can help reduce the incidence of respiratory infections, such as the flu, by up to 16%. By teaching children about proper handwashing techniques, including when and how to wash their hands, we can help prevent the spread of germs and illnesses in schools and other settings. This can lead to fewer absences due to illness, better overall health outcomes, and a safer and healthier environment for everyone.

EFNEP brought nutrition education and food safety information to EJ Hayes Elementary School 4th graders to increase awareness about proper handwashing and food safety habits. One of the EFNEP lessons focused on teaching children about proper food safety, including proper handwashing techniques.

The impact of proper handwashing education can be seen in the story of one of our recent participants. Before a session, a student approached the EFNEP educator with an inspiring story about how she had used the knowledge she gained from the program to help her younger sibling. The student had observed her sibling washing her hands using the proper technique but then proceeded to dry her hands on her pants, which defeats the purpose of handwashing. The older student quickly intervened and explained to her sibling that she wasn't doing it correctly and had just defeated the purpose of washing her hands. The older student then demonstrated the proper handwashing technique she had learned during her lessons with the educator, including the correct way to dry hands to ensure they were clean. This story highlights the importance of handwashing education and its impact on the community. By empowering young people with knowledge and skills, we can help prevent the spread of germs and illnesses and promote better overall health and well-being for everyone.



[www.ncefneep.org](http://www.ncefneep.org)

