The EFNEP program staff in partnership with the Maryland Multicultural Youth Center’s (MMYC) actively engaged in programming over five weeks with the kids who attended MMYC’s summer youth program, called CEP Gets Fit. During this summer program at the Center for Educational Partnership (CEP), a group of middle school-aged youth participated in academic activities (Math/English classes). As a partner in this summer youth program with MMYC, our EFNEP program staff and volunteers (see EFNEP’s Contribution/Value below), along with a few dedicated MMYC interns and student volunteers, implemented a five week nutrition/healthy eating/physical activity/gardening workshop consisting of 9 lessons in order to empower students to improve their health and learn about urban gardening, nutrition and cooking. EFNEP dedicated approximately 420 hours of paid staff time to this program, at a value of $8407.92, including the time that was dedicated for developing/planning/ training (e.g., curriculum development and training, garden planning, etc.) before the program began in early July.

EFNEP’s total contribution to MMYC’s summer youth program which included 420 hours of educator time as well as supplies and educational/demonstration materials was approximately $9,926.33 (not including the value of the volunteer hours).

**MMYC’s Contribution/Value to EFNEP:**

EFNEP was able to purchase **food for the cooking demonstrations with in-kind funds from MMYC.** The children really enjoyed the cooking and taste testing component of the class. In addition to the in-kind funds for food, MMYC also provided **two paid interns (in kind contribution), as well as high school student volunteers** to help EFNEP implement the cooking and gardening segments of the nutrition intervention. The interns provided support in the classroom and the garden while the kids were involved in assigned activities and acted as a liaison between MMYC and the EFNEP staff.
Program Results:

Approximately **17 youth participated** in our nutrition/gardening/cooking enrichment class. As a result of our programming, these kids learned about gardening techniques and planted/maintained their own garden plot of fruits and vegetables and learned about gardening techniques for five weeks. Additionally, the students created a mural with the slogan “Don’t Panic, Eat Organic” to place in their garden plot. They also learned about the MyPyramid food groups and especially the importance of eating a rainbow of fruits and veggies. The kids engaged in physical activity through gardening and salsa dancing that EFNEP implemented; and most importantly learned to prepare several yummy, healthy recipes that they truly enjoyed cooking and eating each week.

Through pre/post survey EFNEP was able to make the following change:

- Increase in Knowledge: 94%
- Increase in Practices: 94%

According to qualitative analysis the following lessons/topics were the most useful to the students:

- MyPlate
- Food Advertising
- Fast Food

Also, majority of the students reported that they felt confident enough to use the cooking skills (hand washing, measuring, cutting and following a recipe) that they learned to cook at home.