



CATAWBA COUNTY

3070 11th Ave. Dr. SE - Hickory, NC 28602 - (828) 695-5800 - Fax (828) 695-4410 - TDD (828) 695-5155

Public Health

WIC, NC COOPERATIVE EXTENSION AND 4-H PLANT SEEDS OF HEALTHY EATING

On July 13, 2011, area youth participating in the NC Cooperative Extension's 4-H program helped children at Catawba County Public Health (CCPH) plant vegetable seeds. The activity was one of a series of visits by local North Carolina Cooperative Extension staff and volunteers to CCPH's Women, Infants and Children (WIC) clinic designed to encourage WIC families to grow and eat fresh vegetables.

"Learning how to plant seeds has helped the children we serve get more excited about eating vegetables," said Sharyn Guthrie, a registered dietetic technician who coordinated the partnership on behalf of WIC. "Educating our WIC participants about nutrition is a vital part of what we do, and we are grateful to NC Cooperative Extension for bringing this fun learning opportunity to our WIC families this summer."

"Partnering with WIC has been a great way to increase our outreach to children and families in Catawba County," said Kelly Groves, the NC Cooperative Extension horticultural agent who organized the activities. "By providing hands-on learning experiences such as this, we hope to instill a lifelong interest in growing and eating healthy foods."



4-H volunteer Reagan Sorensen (pictured on left), age 11, shows Tay Anderson Brawley, age 6, how to plant vegetable seeds at Catawba County Public Health's Women, Infants & Children (WIC) clinic.

About WIC:

WIC is a federal supplemental nutrition program funded by the United States Department of Agriculture (USDA) for pregnant, postpartum and breastfeeding women and children up to age five. The goal of the program is to help prevent nutrition-related problems in pregnancy, infancy and early childhood. WIC food vouchers are redeemable at participating food stores and farmers' markets for nutritional foods, including fresh fruits and vegetables, whole grains, milk, juice, eggs, cheese and cereal. WIC also provides nutrition and breastfeeding counseling. To learn more about the WIC program at CCPH, call (828) 695-5884 or visit www.catawbacountync.gov/phealth.

About NC Cooperative Extension:

The NC Cooperative Extension's Catawba County Center gives county residents easy access to the resources and expertise of NC State University and NC A&T State University. Through educational programs, publications, and events, Cooperative Extension agents deliver unbiased, research-based information to Catawba County citizens and can answer questions on a wide array of topics. For more information, please call (828) 465-8240 or visit <http://catawba.ces.ncsu.edu/>.



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