



Program Integration Workshop: The Expanded Food and Nutrition Education Program

Presenter: Shyra Murrey



Outline

- Trivia
- Background
- Opportunities
- Collaboration Spotlight
- Ways to Connect



University of California

Agriculture and Natural Resources

■ UCCE Master Food Preserver

Trivia: How much do you know about EFNEP?



True or False?

The Expanded Food and Nutrition Education Program (EFNEP) began in 1979 and is the nation's first nutrition education program for low-income populations.

Trivia: How much do you know about EFNEP?



False.

The Expanded Food and Nutrition Education Program (EFNEP) began in 1969 and is the nation's first nutrition education program for low-income populations.



University of California

Agriculture and Natural Resources

UCCE Master Food Preserver

Trivia: How much do you know about EFNEP?



True or False?

A nutrition bus was used to recruit and educate community members?

Trivia: How much do you know about EFNEP?

True.

The Expanded Nutrition Education Program (ENEP) used a demonstration bus to advertise and provide nutritional services to communities in Kern county.



Trivia: How much do you know about EFNEP?



True or False?

Nutritional Aides taught food preservation methods?

Trivia: How much do you know about EFNEP?

True.



Mission

To assist low-income youth and families with young children to **acquire knowledge, skills, attitudes**, and **changed behavior** necessary to choose **nutritionally sound diets** and to contribute to their **personal development** and the **improvement of total family diet** and nutritional welfare.



University of California
Agriculture and Natural Resources

UCCE Master Food Preserver

Background

In California, EFNEP state office staff provide support to **34** nutrition educators, **7** nutrition supervisors and **8** NFCS/YFC advisors in **24** counties.



University of California

Agriculture and Natural Resources

UCCE Master Food Preserver

Background

In 2017-2018 nutrition educators taught lessons to **26,845 youth** and **5,449 households** reaching an additional **24,441 family members.**



Background



Diet quality & physical activity



Food resource management



Food safety



Food security

Background

Adult Educators lead a nine-lesson series. Topics include:

- Get Moving!
- Plan, Shop, Save
- Fruits and Veggies
- Make Half your Grains Whole
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart & Be Active

Topics of interest include: freezing, blanching, quick pickles, batch cooking, storing fruits and vegetables



Opportunities

Ideas from handout “UC Master Food Preserver and EFNEP Integration”

- Master Food Preserver Volunteers can partner with EFNEP to provide a demonstration or workshop during or at the conclusion of an adult lesson series.
- Master Food Preserver Volunteers can host a special event for an EFNEP graduating class (for example: food demonstration stations or workshop).
- Partner with Food Banks (for example San Luis Obispo).
- Jointly pursue small grants to fund/subsidize materials for classes (Advisor/MFP).
- Master Food Preserver can explore participating in an EFNEP class series with the goal of future partnership.



University of California

Agriculture and Natural Resources

■ UCCE Master Food Preserver

Proposed Impacts and Outcomes

Ideas from handout "UC Master Food Preserver and EFNEP Integration"

- Enhanced program offerings for partners
- Improved financial and food management practices for families
- Participant increased awareness of food resource management practices and skills as it relates to reducing food waste
- Participant increased knowledge of food safety practices and skills as it relates to food safety, storage and expiration dates
- Improved career development through collaboration and cross-training



University of California

Agriculture and Natural Resources

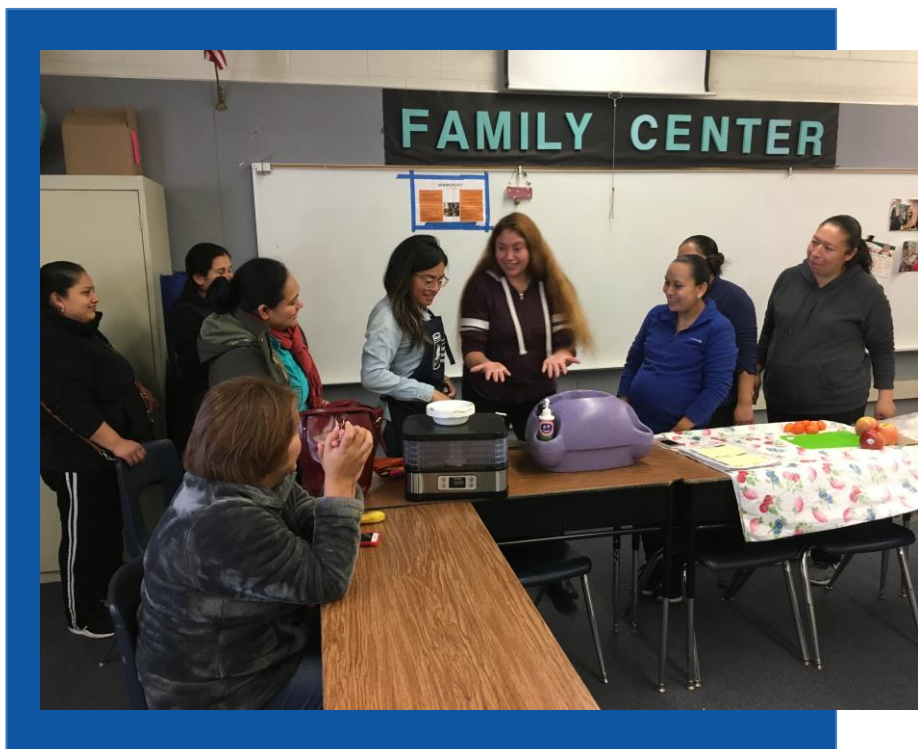
■ UCCE Master Food Preserver

Collaboration Spotlight

San Francisco and San Mateo Counties

Background

- Hawes Elementary, Redwood City
- Classes led in Spanish, 16 participants
- Participants expressed interest in receiving a class from a Master Food Preserver
- Educator worked with MFP/EFNEP Supervisor and Advisor to facilitate the collaboration.



Collaboration Spotlight

San Francisco and San Mateo Counties



Outcome

- At the end of the ESBA series, EFNEP Educator partnered with MFP, Alejandra Gonzalez
- Participants learned about reducing food waste, food resource management (FRM), food safety, and food preservation techniques
- The Master Food Preserver Program is loaning the school food dehydrator
- Participants planning a “drying party” to try fruits and vegetables

Collaboration Spotlight

San Francisco and San Mateo Counties



Expanding food literacy through community partnerships

On November 27th, 2018, EFNEP program participants received a special 10th lesson in household food resource management! To celebrate the participants' completion of the EFNEP series, we invited Master Food Preserver (MFP) volunteer Kasey Galang to share her knowledge on safe home food preservation with the participants.

Program Locations

Master Food Preserver	EFNEP and CalFresh Healthy Living-UC
Amador/Calaveras	CalFresh Healthy Living-UC
El Dorado	CalFresh Healthy Living-UC
Humboldt/Del Norte	EFNEP
Inyo/Mono	EFNEP Kern/Inyo
Orange	EFNEP
Sacramento	EFNEP
San Bernardino	EFNEP
San Joaquin	EFNEP and CalFresh Healthy Living-UC
San Luis Obispo/Santa Barbara	CalFresh Healthy Living-UC
Solano/Yolo	CalFresh Healthy Living-UC
Sonoma (In progress)	CalFresh Healthy Living-UC



University of California

Agriculture and Natural Resources

UCCE Master Food Preserver

5 Ways to Connect with EFNEP

1. Build a relationship with EFNEP colleagues
2. Have a conversation: explore what program integration might look like in your county
3. Plan a collaboration and share success
4. Join the EFNEP mailing list
5. Follow EFNEP on social media
 - <https://www.facebook.com/ucanrEFNEP/>
 - EFNEP California (YouTube)
 - @CaliforniaEFNEP (Twitter)



Shyra Murrey

State Office Supervisor

smmurrey@ucanr.edu

530-750-1350

Thank you for listening!



University of California

Agriculture and Natural Resources

■ UCCE Master Food Preserver