The Expanded Food and Nutrition Education Program (EFNEP) partners with local community organizations to give low-income families the knowledge and skills needed to make behavior changes toward a healthy diet and an active lifestyle, while on a limited budget.

Issues in California

- Third highest cost of living in the nation
- > 6 million live in poverty
- 43% of children are poor or near poor. 84.5% of poor children live in families with at least one working adult.
- Families living in poverty experience increased health issues
- Higher rates of obesity: 31% adults, 15% youth
- Higher rates of diet-related chronic disease

Sources: All estimates are based on the California Poverty Measure (CPM) data.census.gov.

24 counties
Urban and Rural

20,866 lessons

2,981 Families
8,260 Youth
13,127 Family members reached indirectly

438 adults participated via remote education

EFNEP nutrition educators teach lessons in English, Spanish, Hmong, Chinese and Russian

Adult EFNEP participants are making positive behavior changes

- 95% Improved dietary choices
- 86% Improved physical activity
- 85% Improved food safety practices
- 84% Adopted habits to save money on their food bill

$58.10 Average savings per month

$1,532,445 Grocery savings in one year by EFNEP graduates
California EFNEP helps youth adopt healthy behaviors

- Improved dietary choices: 81%
- Improved physical activity: 50%
- Improved food safety practices: 55%

"I have been more conscious about looking at the ingredients list and trying to make sure my boys have a more balanced diet."

_PARENT OF A SPECIAL NEEDS CHILD, RIVERSIDE COUNTY

Strong EFNEP partnerships help with continued outreach

Despite the challenges of limited in-person lessons, EFNEP partnerships enabled continued outreach.

In Tulare County, the EFNEP program collaborated with Native American Tribal Organizations and Preschool programs, adding five new sites!

Including Tribal Foods and Physical Activity in Lessons on Diet, Nutrition and Physical Activity

The EFNEP staff worked with the Indian Education Director for the Klamath-Trinity School District to adapt EFNEP lessons to include tribal foods such as acorn mush and huckleberries, and to add traditional physical activity options such as stick games. This helped to reinforce youth’s understanding of their culture and elevated traditional Tribal foods and practices.

_I have been more conscious about looking at the ingredients list and trying to make sure my boys have a more balanced diet._

_PARENT OF A SPECIAL NEEDS CHILD, RIVERSIDE COUNTY

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