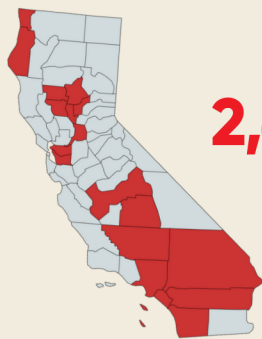


2022-2023 Adult Impact

Reaching Diverse Populations



The California EFNEP program teaches and supports low-income adults with children how to live healthier. Through small group classes, participants learn about nutrition, healthy diet choices, food preparation and safety skills, and ways to increase physical activity.



19 counties
2,611 Adult Participants



77%
Hispanic

Adult Race/Ethnicity

- 65% White
- 3% Black/African American
- 6% American Indian/Alaska Native
- 6% Asian
- 4% Two or more races
- 16% Decline to state

EFNEP Lessons delivered in the following languages:

- Chinese
- English
- Hmong
- Russian
- Spanish
- Vietnamese



EFNEP helps people develop healthy habits

By the end of the lesson series, adult participants adopted one or more recommended healthy actions. They also increased the frequency of practicing the recommended actions.

98%

Increased Diet Quality

96%

Increased Food Resource Management

84%

Increased Physical Activity

57%

Increased Food Security

84%

Increased Food Safety

Participants saved an average of
\$63.95/month
in food costs

\$2,003,681.40

Total Food Cost Savings in one year for all EFNEP Participants

“ Participating in the EFNEP program has truly been enlightening. It has allowed me to realize that maintaining a healthy and balanced diet does not require extravagant expenditures.”

Participant from Orange County

Improving Lives



#EFNEPWorks

Local Partnerships



For each lesson topic, the food bank is providing participants with a food bag or box with items to align closely with the recipe and/or topic learned in each class.

Partnership with Second Harvest Food Bank in San Joaquin County



Small groups meet over a 6 to 9 week period.

Partnerships with local organizations allow us to deliver programming where participants live, learn, work, play and worship.

“ I learned how to be more organized with food so that I don't waste food, check the food labels for amounts of sugars and fats. ”

Participant from an English Language Learner class in Kern County

EFNEP participation impacts entire families



Fresno Nutrition Educator cooking with participant

“ I like it because I can apply the skills at home with my kids. ”
Participant from Riverside County

2,611 Adult Participants

impacting **11,235** Household members

Tulare County Impact

One father made it a habit to **share what he learned every session to his entire family so everyone at his home could contribute to a healthier family environment.**

His family felt empowered watching their father not only work hard to complete the program but also serving as their role model for practicing healthier eating habits in the family.

Alameda County Impact

“Mara“ shared that she was a very picky eater and her diet was limited because she didn't like a lot of foods. She ended up liking every one of the food demonstration recipes! **She liked the Tofu Ceviche so much that she went home and prepared it for her family.**