

2022-2023 Youth Impact

The California EFNEP Youth Program is delivered in schools that have a majority low-income population.

7 counties
7,009 Youth Participants
8.6% Increase

49%
Hispanic

Youth Race/Ethnicity

- 6% White
- 7% Black/African American
- 0% American Indian/Alaska Native
- 14% Asian
- 2% Two or more races
- 16% Decline to state

Increased knowledge and behavior change

87%

Improved Diet Quality

51%

Improved Food Resource Management

58%

Improved Physical Activity

57%

Improved Food Safety

29%

Improved Food Security

One student wrote that she had never enjoyed eating fruit, but after having the snack of apples with cinnamon and lemon juice (aka 'Amazing Apples') she quickly changed her mind. She wrote that it is now one of her daily snacks at home and also will be trying more fruits from now on.

Alameda County



A 1st grader "hated vegetables" and would refuse to eat anything containing vegetables, even those mixed in with food she normally liked. But after trying and liking carrots during a nutrition lesson, she has become more open to eating vegetables.

Contra Costa County