

Expanded Food and Nutrition Education Program

Los Angeles County FY2019 Annual Impact Report

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.

Adult EFNEP participants are making positive behavior changes

93%

Improved
dietary choices

87%

Improved
physical activity

88%

Improved food
safety practices

80%

Adopted habits to **save**
money on their food bill

EFNEP participants saved an average of **\$57.80** per month on groceries while still improving the amount of healthy foods they consumed.

EFNEP Serves those with the Greatest Need:

The adult EFNEP program is offered as a series of 9 nutrition education lessons provided at no cost to low-income parents. Classes are provided in English and Spanish.

Los Angeles EFNEP served 523 adult participants in FY19 (2431 family members reached indirectly):

- 78% of participants were below 100% of the Federal Poverty Level (FPL)
- 25% of participants lived in extreme poverty (below 50% FPL)
- 59% of participants did not graduate high school

"Thanks to this program I have learned: the importance of reading the nutrition facts labels of the products we consume, the importance of making a list of what I have and what I need to buy to save money and not waste food... I learned how to safely cook raw meats and prevent contamination... I learned to recognize the quantities of sugar and salt that we consume regularly when we don't pay attention as we prepare our meals. This information motivates me to be physically active four times a week and I include my whole family."

- Los Angeles EFNEP Participant (2019)

EFNEP helps youth adopt healthy behavior

85%

Improved
dietary choices

52%

Improved
physical activity

50%

Improved food
safety practices

About Youth EFNEP

Community education specialist's partner with schools, afterschool programs, summer camps and more to deliver nutrition education using university-approved curricula for K-12th grade youth, aligned with Common Core state educational standards.



154

Groups Served



3189

Youth Participants



1076

Lessons Completed

For more information visit our website:

[http://celosangeles.ucanr.edu/Nutrition Family and Consumer Sciences/](http://celosangeles.ucanr.edu/Nutrition%20Family%20and%20Consumer%20Sciences/)

or follow us on Facebook:

<https://www.facebook.com/Expanded-Food-Nutrition-Education-Program-Los-Angeles-County-191036491796912>

This work was supported by the USDA, National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. The USDA is an equal opportunity provider.

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