

EFNEP in the Community

Improving Health Behaviors & Food Security

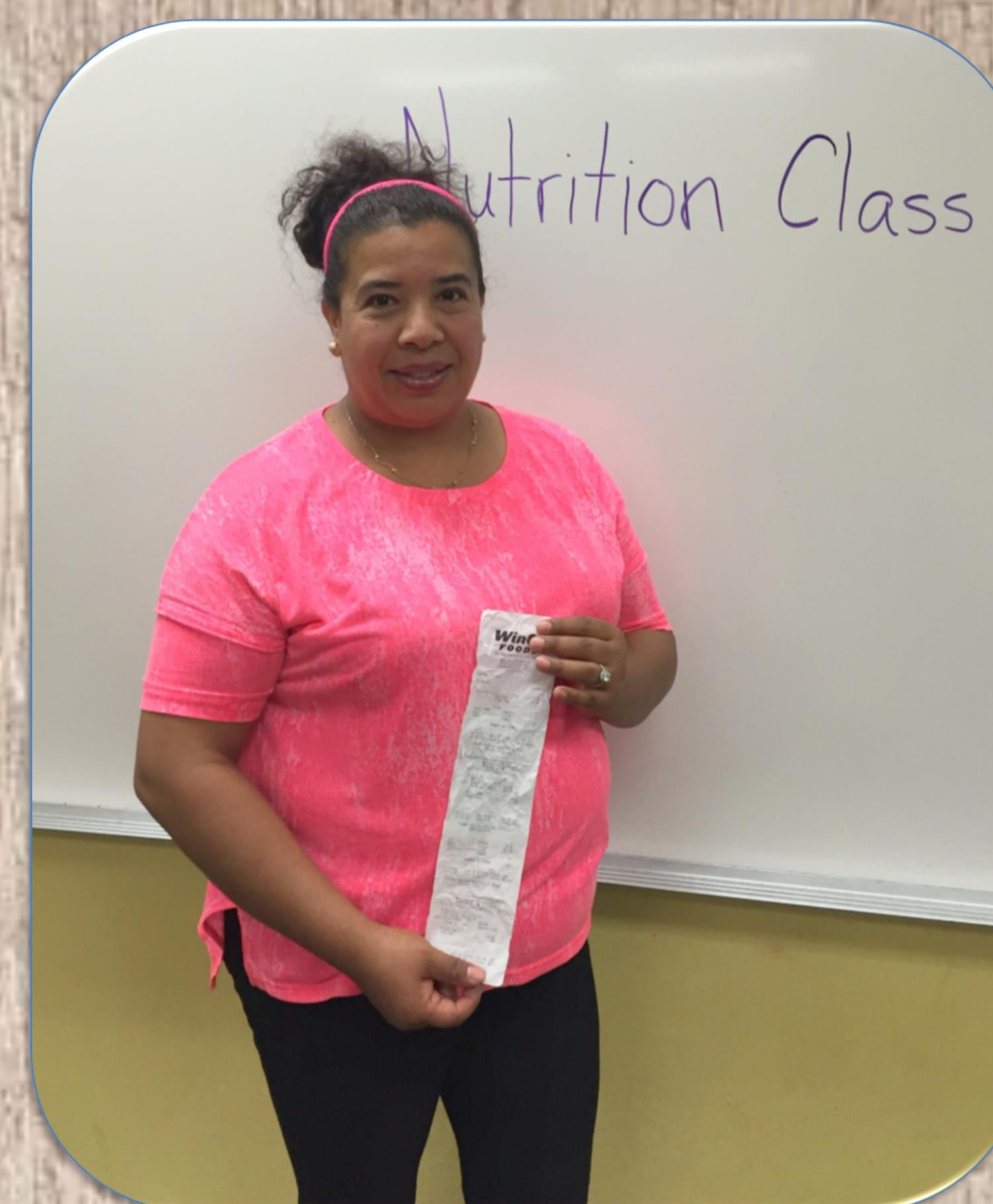


I have changed my grocery shopping habits and I have begun preparing healthier meals for my family. Last month, I spent \$100 less on grocery shopping compared to what I spent the month prior to joining the nutrition class.

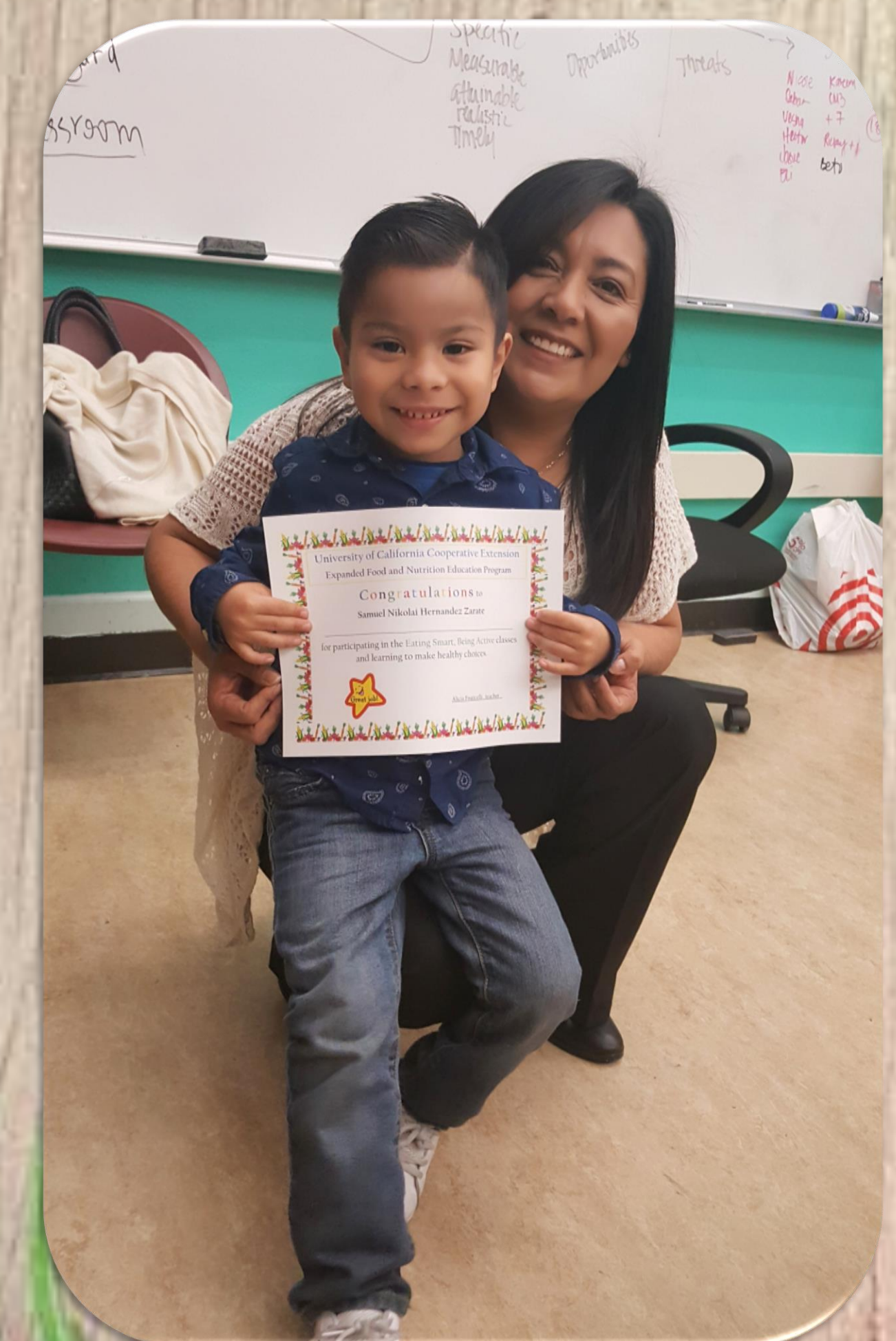
Last month I was drinking about two sodas a day. And now I drink one soda a week.



I have been diagnosed with diabetes, with very high sugar levels. In this program I learned in a very clear and precise way the changes I needed to make, and understand why I was having high levels of sugar in my blood!!



My goal is to do what I learned. This is the 1st certificate I got in my life!



University of California
Agriculture and Natural Resources

Marisa Neelon, Leah Sourbeer, Nelly Camacho, Santos Lopez, Alicia Fraticelli - UCCE-Contra Costa & Alameda County