

# California Expanded Food and Nutrition Education Program

## 2020 Annual Impact

### 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

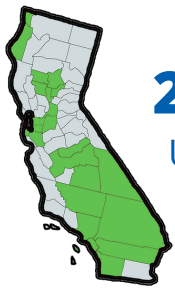


Higher rates of diet-related chronic disease

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



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.



**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



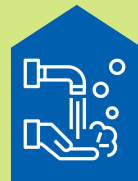
**95%**

Improved dietary choices



**86%**

Improved physical activity



**85%**

Improved food safety practices



**84%**

Adopted habits to save money on their food bill

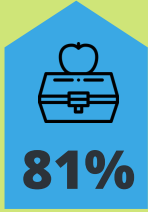
**\$58.10** Average savings per month

**\$1,532,445**

Grocery savings in one year by EFNEP graduates



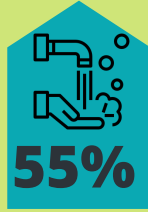
## California EFNEP helps youth adopt healthy behaviors



Improved dietary choices



Improved physical activity



Improved food safety 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*

## 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.

Student sampling a fresh mango & black bean salsa that includes 5 different fruits and vegetables and 4 parts of a plant!



Students learning the different ways we can move indoors, outdoors, at home and at school.



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