

2024 - 2025 IMPACT REPORT



California EFNEP
University of California
Agriculture & Natural Resources

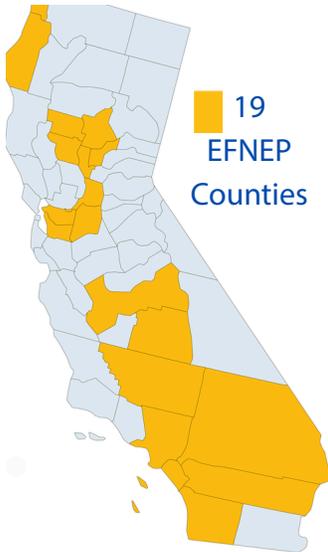
Empowering healthy communities across California

California Expanded Food and Nutrition Education Program (EFNEP) promotes nutrition, physical activity, and healthier lifestyles for income-eligible youth and adults. With strong partnerships in local communities, EFNEP drives transformative impact on the lives of individuals, families and households, supporting long-term health and well-being.

EFNEP Makes a Real Difference

Our Impact

Our program



EFNEP delivers

- 9-lesson series for adults
- 6-lesson series for youth

Classes offered in:

- English
- Spanish
- Russian
- Hmong

Adults

97%



Improved their diet quality

Youth

84%



Improved their physical activity behaviors

Our participants

3,026 families
9,661 youth

84%

58%

Financial impact

Collectively, California EFNEP participants **saved \$1,557,785** on food costs last year.

95%

Practice better food resource management



58%

Improved their ability to prepare nutritious food

Family savings

Families saved an average of **\$42.90 per month** and **\$514.80 annually** on food costs, using skills learned in EFNEP classes

82%



Improved their food safety habits

57%



"I told my mom that it was safer to thaw the meat she was going to use to make dinner in the refrigerator instead of letting it sit in the sink"

Alameda County

A mother discovered the importance of portion control and how different foods affect her blood sugar.



San Joaquin County



Orange County

A mother participating in EFNEP at Olivewood Elementary School gained practical nutrition and food safety skills that she quickly applied at home. Her family now enjoys healthier meals, tries new foods, and wastes less food. She credits EFNEP with improving her family's overall health and well-being.

Fourth and fifth grade students participated in EFNEP nutrition lessons with hands-on recipe experiences made possible by Micah House. A favorite granola recipe was so well loved that Micah House added it to their regular snack rotation. This partnership helped introduce healthy foods and inspired lasting improvements in daily nutrition.

San Bernardino County



Serving California Communities



- 60% White
- 23% Not Provided
- 8% Asian
- 3% American Indian or Alaskan Native
- 4% Black or African American
- 12% Multiple Races
- <1% Native Hawaiian or Pacific Islander
- 76% Hispanic
- 21% Non-Hispanic

