

I M P A C T

Serving Families and Youth: EFNEP is a nutrition education program funded through USDA-CSREES Smith-Lever 3(d).

EFNEP's mission is to improve the health of limited-resource youth, and families with young children through practical lessons on basic nutrition and healthy lifestyles, resource management, and food safety.

In California, EFNEP has served about 9,000 adults and 30,000 youth annually, and been administered by the University of California Cooperative Extension for over three decades.

EFNEP for Families

Participants learn to:

- Plan nutritious meals
- Increase physical activity
- Stretch their food dollar
- Practice safe food handling
- Prevent obesity through healthy lifestyles

EFNEP educators from the community are trained to deliver research-based lessons to parents in small groups.

Lessons incorporate a learn-by-doing, hands-on approach that can be tailored to an ethnic or a special-needs audience (e.g. Hispanic, Vietnamese, Hmong, pregnant teens).

EFNEP for Youth

Students learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Increase physical activity
- Practice safe food handling

EFNEP educators train teachers in age-appropriate curriculum for schools, after-school programs, day-camp activities, and preschools. In FY 2008 and 2009, 8.3 FTEs of EFNEP staff trained teachers, who then taught 68,153 students.

Family Impacts & Outcomes

In the past two fiscal years (2008 and 2009), 61,625 adult participants and their family members benefited from the EFNEP series of classes.

More than half the participants showed improvement in nutrition and healthy lifestyles, resource management, and food safety.

Nearly half of the adult participants increased the variety and servings of fruits and vegetables that their families consumed each day.

Moreover, EFNEP fosters a sense of personal accomplishment and self-sufficiency, which motivates many participants to finish high school, pursue a GED or training program, and find employment.

Cost-Benefit

National studies show that for every \$1 spent to implement EFNEP, up to \$10.64 is saved in health care costs and \$2.48 in food expenditures.

An independent study cited EFNEP to be, by far, the most effective federally funded program in increasing fruit and vegetable consumption.

EFNEP California: Community Engagement

“The EFNEP program gave me the opportunity to learn how to save money while eating healthy. I also learned how to keep foods safe and, among other things, how important it is to be physically active. I learned how to be a savvy shopper and how to plan meals ahead of time, things that I practice all the time now. Also I am including a variety of foods and colors in the meals I prepare. I am preparing easy and healthy snacks for my grandchildren now.”

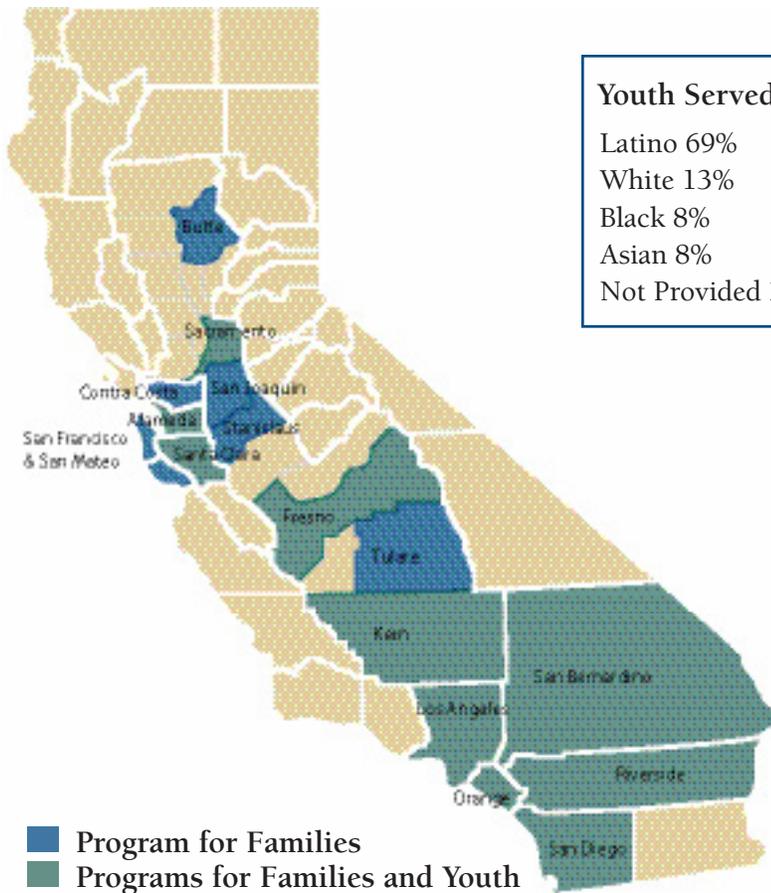
-EFNEP participant, Orange County

Families Served

Latino 74%
 Asian 9%
 White 7%
 Black 6%
 Alaska Indian, American Native 2%
 Native Hawaiian, Other Pacific Islanders 1%
 Not Provided 1%

Youth Served

Latino 69%
 White 13%
 Black 8%
 Asian 8%
 Not Provided 2%



“I have...seen the impact EFNEP has had in my classroom with one student in particular. This young boy told me one day that he was bringing candies in his lunch pail and was passing them out to his classmates although since going through the classes this young boy learned that candies had a lot of sugar and were not the best snacks for his classmates thus, he decided to stop bringing candies and instead started bringing fruit snacks such as raisins, dried fruit, or natural fruit which he learned has fiber, vitamins and minerals that candies do not have. I believe this student’s behavior change has served as a good example for the whole third grade class to admire and will be recognized a true success story for the school year.

- Third grade class teacher, San Diego County

“At the exit interview, Rhona could not stop saying good things about the program. She involved the family. They now have a garden are growing tomatoes, peppers and watching what they eat. She used to buy Tang. Now she buys 100% juice. She is using 1% milk. She now reads the food labels. She thinks EFNEP is terrific.

-EFNEP Educator, Riverside County

