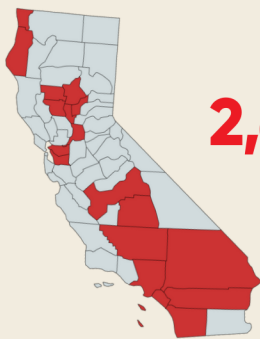


2022-2023 Adult Impact

Reaching Diverse Populations

The California EFNEP program teaches and supports low-income adults with children how to live healthier. Through small group classes, participants learn about nutrition, healthy diet choices, food preparation and safety skills, and ways to increase physical activity.



19 counties
2,611 Adult Participants

15.5%
Increase

77%
Hispanic

Adult Race/Ethnicity

- 65% White
- 3% Black/African American
- 6% American Indian/Alaska Native
- 6% Asian
- 4% Two or more races
- 16% Decline to state

EFNEP Lessons delivered in the following languages:

- Chinese
- English
- Hmong
- Russian
- Spanish
- Vietnamese



EFNEP helps people develop healthy habits

By the end of the lesson series, adult participants adopted one or more recommended healthy actions. They also increased the frequency of practicing the recommended actions.

98%

Increased Diet Quality

96%

Increased Food Resource Management

84%

Increased Physical Activity

57%

Increased Food Security

84%

Increased Food Safety

Participants saved an average of
\$63.95/month
in food costs

\$2,003,681.40

Total Food Cost Savings in one year for all EFNEP Participants

“ Participating in the EFNEP program has truly been enlightening. It has allowed me to realize that maintaining a healthy and balanced diet does not require extravagant expenditures.”

Participant from Orange County

Improving Lives

#EFNEPWorks

Local Partnerships



For each lesson topic, the food bank is providing participants with a food bag or box with items to align closely with the recipe and/or topic learned in each class.

Partnership with Second Harvest Food Bank in San Joaquin County



Small groups meet over a 6 to 9 week period.

Partnerships with local organizations allow us to deliver programming where participants live, learn, work, play and worship.

“ I learned how to be more organized with food so that I don't waste food, check the food labels for amounts of sugars and fats. ”

Participant from an English Language Learner class in Kern County

EFNEP participation impacts entire families



Fresno Nutrition Educator cooking with participant

“ I like it because I can apply the skills at home with my kids. ”
Participant from Riverside County

2,611 Adult Participants

impacting **11,235** Household members

Tulare County Impact

One father made it a habit to **share what he learned every session to his entire family so everyone at his home could contribute to a healthier family environment.**

His family felt empowered watching their father not only work hard to complete the program but also serving as their role model for practicing healthier eating habits in the family.

Alameda County Impact

“Mara“ shared that she was a very picky eater and her diet was limited because she didn't like a lot of foods. She ended up liking every one of the food demonstration recipes! **She liked the Tofu Ceviche so much that she went home and prepared it for her family.**

2022-2023 Youth Impact

The California EFNEP Youth Program is delivered in schools that have a majority low-income population.

7 counties
7,009 Youth Participants
8.6% Increase

49%
Hispanic

Youth Race/Ethnicity

- 6% White
- 7% Black/African American
- 0% American Indian/Alaska Native
- 14% Asian
- 2% Two or more races
- 16% Decline to state

Increased knowledge and behavior change

87%

Improved Diet Quality

51%

Improved Food Resource Management

58%

Improved Physical Activity

57%

Improved Food Safety

29%

Improved Food Security

One student wrote that she had never enjoyed eating fruit, but after having the snack of apples with cinnamon and lemon juice (aka 'Amazing Apples') she quickly changed her mind. She wrote that it is now one of her daily snacks at home and also will be trying more fruits from now on.

Alameda County



Harvesting lettuce from the class vertical garden San Bernardino County

A 1st grader, "hated vegetables" and would refuse to eat anything containing vegetables, even those mixed in with food she normally liked. But after trying and liking carrots during a nutrition lesson, she has become more open to eating vegetables.

Contra Costa County