

# 2021-22 Impacts

**1,656**  
Adult  
Graduates



Family  
Members  
influenced  
**9,670**

**6,453**  
Youth  
grades K-12



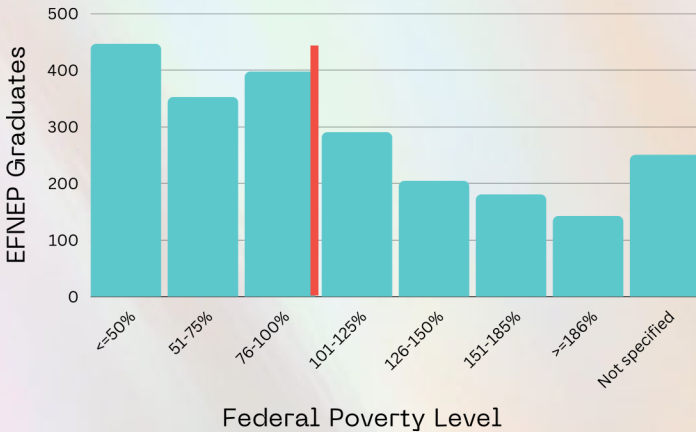
**169**  
Local  
Partners

school districts      shelters  
places of worship      food assistance sites  
healthcare      farmers markets  
public housing      Head Start  
adult education      government agencies

Despite inflation at 7.3%\*\*<sup>2</sup>, EFNEP graduates were able to increase their food security and improve their food resource management skills

<sup>2</sup>Source: Consumer Price Index-CA; <https://www.dir.ca.gov/oprl/CPI/PresentCPIchange.PDF>

**54%** of EFNEP graduates were at 100% Poverty Level\* or below  
\*\$27,750/year for family size of 4



**51%**

Increased food security

**96%**

Improved Food Resource Management skills

"I often or sometimes cannot afford balanced meals"

**BEFORE**  
**90%**

**AFTER**  
**33%**

Average savings in food costs by EFNEP graduates

**\$33.58/month**

**\$400/year per family**

## Adult Race/Ethnicity

- 59% White
- 3% Black/African American
- 4% American Indian/Alaska Native
- 9% Asian
- 3% Two or more races
- 22% Decline to state

**71%**  
Hispanic

## LANGUAGE OF INSTRUCTION

- 62% Spanish
- 32% English
- 2% Hmong

**73%**

Completed nine weeks of EFNEP classes to graduate



San Bernardino County participants with their graduation certificates





## DIET QUALITY

**98%** Adults improved their Diet Quality



**64%** Eat more red & orange vegetables

**61%** Eat more dark green vegetables

**54%** Eat fruit more often each day

**83%** Youth improved their Diet Quality



**Eat more vegetables**

**35%** Grades 3-8

**44%** Grades 9-12



**Eat more fruit**

**34%** Grades 3-8

**37%** Grades 9-12

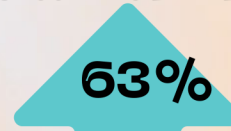
## PHYSICAL ACTIVITY

**85%** Adults increased Physical Activity



**67%**

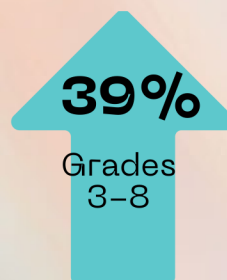
Made small changes to be active more often



**63%**

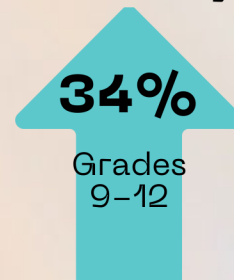
Increased the number of days they exercised for at least 30 minutes

**55%** Youth increased Physical Activity



**39%**

Grades 3-8



**34%**

Grades 9-12

Increased the number of days they were active for at least 60 minutes

**82%**

Adults improved Food Safety



**63%**

Thaw frozen food at room temperature less often

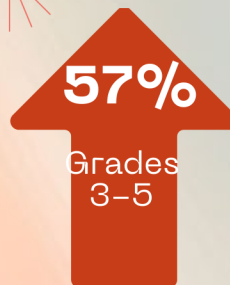


**52%**

Use a meat thermometer more often

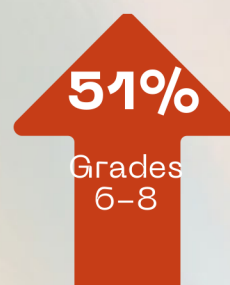


**Youth increased Food Safety skills and knowledge**



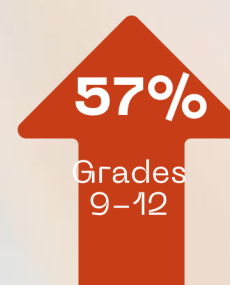
**57%**

Grades 3-5



**51%**

Grades 6-8



**57%**

Grades 9-12