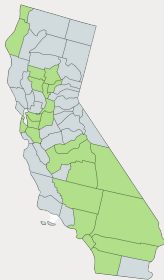


2021 Impact Report



24 Counties

EFNEP is delivered throughout California, in both urban and rural areas.

The challenges of meeting amid COVID restrictions highlighted the strengths of the California EFNEP program in adapting to the needs of the audience it serves.

EFNEP supports people where they are



6% met in person, outdoors and distanced.

Connecting using Tech

Most classes were held virtually using video conferencing. Some lessons were delivered in a hybrid format of phone calls and video conferencing.



54%
Zoom Video Conferencing



23%
Text messages
WhatsApp



UCCE Connects to You

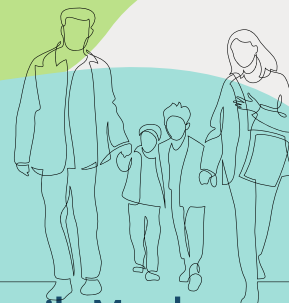
This curriculum allowed participants to complete lessons from home.

76% Zoom group meetings
10% At home with Zoom check-ins
6% 1:1 instruction



1,859 Adult Participants

58% of classes in Spanish. Lessons were also in English, Hmong and Russian.



8,263 Family Members reached

Participants shared and practiced what they learned with their families.



7,378 Youth Participants

Nutrition Educators produced videos and video conferenced with students in schools and enrichment programs.

#EFNEPWorks



"Thanks to 'UCCE C2U', my kids and I were inspired to recreate healthy recipes from our cookbook with fresh veggies from our home garden!"

Sandra
San Bernadino County



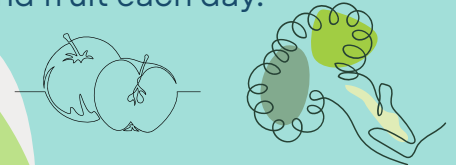
84% Adults & 57% Youth Improved Food Safety

This included washing hands and surfaces when preparing food, not thawing food at room temperature, and using a meat thermometer.



98% Adults & 83% Youth Improved Diet Quality

60% consumed more different kinds of vegetables and fruit each day.



93% ate more dark green vegetables.

\$41.63 Saved per month

EFNEP graduates averaged \$41.63 savings in their grocery budget.



\$500 Savings per year

97% Adults & 48% Youth practice Food Resource Management

Food Resource Management skills improved 79%.

The largest increases were in planning their meals, checking for sales, and taking inventory of food supplies before shopping.



85% Adults & 57% Youth Increased Physical Activity in one or more areas

The Adults who made small changes to be more active grew from 31% to 71%.



66% exercise at least 30 minutes more days/week

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