

2023 - 2024 IMPACT REPORT

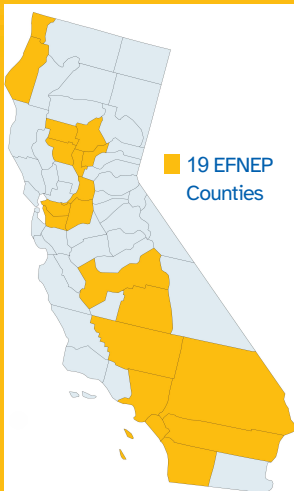
Empowering healthy communities across California

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 program



EFNEP delivers:

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

Classes offered in:

- English
- Spanish
- Russian
- Hmong

Our Impact

Adults

98%



Improved their diet quality

83%



Improved their physical activity behaviors

95%

Practice better food resource management



Improved their ability to prepare nutritious food

84%



Improved their food safety habits

Youth

82%

47%

48%

56%

Our participants

2,878 families

10,795 youth

Financial impact

Collectively, California EFNEP participants saved

\$ 1,543,753

on food costs last year

Families saved an average of **\$ 44.70 per month** and **\$ 536.40 annually**

on food costs, using skills learned in EFNEP classes.

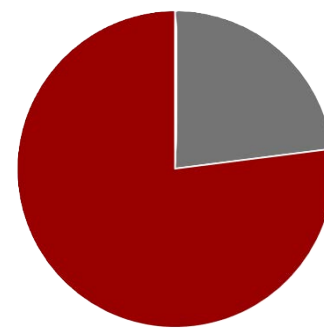
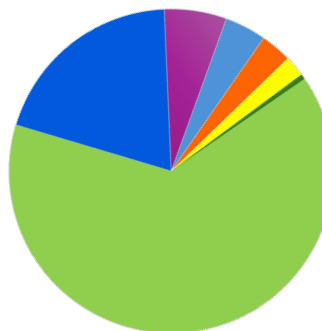
"No more soda for me!"



After counting the teaspoons of sugar in a can of soda, one student expressed surprise: "Wow, I never knew how much sugar was in soda. No more for me!"

San Diego County

Serving Diverse Communities



- 62% White
- 19% Not Provided
- 6% Asian
- 4% American Indian or Alaskan Native
- 3% Black or African American
- 2% Multiple Races
- <1% Native Hawaiian or Pacific Islander
- 77% Hispanic
- 23% Non-Hispanic



"I learned how to save money when grocery shopping"
Orange County

"Invite the kids into the kitchen when cooking"
Contra Costa County

Stronger Muscles!

A summer camp participant reported what they learned from EFNEP about healthy eating for a healthy body: "When you exercise, you use your muscles and it causes them to tear a little. When you eat protein, you help fix the tears and that makes your muscles bigger."

Alameda County



"Change is difficult but not impossible"

Determined to make a change, Amber -- a mother of 8 -- applied what she learned in EFNEP to a healthier lifestyle for her family. With her kids at risk for diabetes and high blood pressure, gone are the fried, salty foods and sugary drinks.

Now they enjoy balanced meals with fruits, vegetables, and plenty of water.

Sacramento County



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources