EFNEP ENROLLMENT

- 51,640 adult and youth
- 6,362 households
- 34,059 family members
- 23,673 EFNEP Youth, primarily from schools with 50% or greater free and reduced lunch

65,000 hours of nutrition education delivered in Spanish, Chinese, Vietnamese, Hmong, or English

95% of CA participants who reported income are at or below 185% of the Federal Poverty Level

HIGH RETENTION RATES

- 82% Adult participants completed the program with at least 6 lessons
- 93% Youth participants completed the program with at least 6 lessons

COST SAVINGS

$1 spent on CA EFNEP saves $8.34 in health care costs

EFNEP graduates reported an average $38.20 monthly food cost savings

In one year, CA EFNEP families collectively saved $2,916,340.80

EFNEP HISTORY & FUNDING

The Expanded Food and Nutrition Education Program (EFNEP) began as an Alabama pilot project in response to USDA poverty and hunger concerns. Under the Smith-Lever Act Congress authorized $30 million in funding in 1969, EFNEP’s inaugural year. Today the University of California is one of the 76 land-grant universities delivering this $67.9 million program nationwide. In California, EFNEP is delivered through the University of California Cooperative Extension offices in 24 counties.

1California EFNEP enrollment is based on FY17 data.
3Poverty level for a family of 4: $24,600 and 185FPL is $44,955, source: https://aspe.hhs.gov/poverty-guidelines
"I took the shopping list and ... then proceeded to go through the store comparing prices until I was able to create an ideal shopping list. I have saved a bundle of money and plan on sharing the list with friends and family."

- Alameda County EFNEP Graduate

"The students are telling their parents that they need to eat more fruits and vegetables. At conferences, a few parents told me that now their kids are wanting to eat healthier and they are teaching their families about the food groups."

- Contra Costa County EFNEP teacher

"I don’t eat out as much, the kids don’t drink as much sugar[ed] drinks as well and they don’t watch as much TV."

- Sacramento County Adult EFNEP Graduate

### CHANGING ADULT BEHAVIOR

- **91%** improved nutrition practices
- **96%** report positive changes in food choices, including higher consumption of fruits, vegetables, grains, lean protein foods, or dairy
- **85%** improved food resource management practices

### INFLUENCING YOUTH

- **80%** improved ability to choose food to improve diet quality
- **44%** improved physical activity practices or knowledge
- **50%** improved food safety practices or knowledge

#EFNEPWorks