The Expanded Food and Nutrition Education Program began 50 years ago 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. Originally EFNEP was delivered by 1862 land-grant universities. This was expanded to include 1890 land-grant universities in 2006 and today University of California is one of the 76 institutions delivering this $67.9 million program, receiving the 2nd highest funding at $3.6 million.

### California Enrollment

51,302 adult and youth family members from 5,449 households with 70% of those reporting race identifying as Hispanic or Latino.

58,560 hours of Adult and Youth nutrition education delivered in Spanish, Chinese, Vietnamese, Hmong, Russian or English.

83% Adult and Youth participants completed the program with at least 6 lessons exceeding National averages of 68% and 79%.

### Serving Low-Income

94% of CA participants who reported income are at or below 185% of the Federal Poverty Level.

94% of families at or below 185% poverty

- up to 185% poverty
- up to 150% poverty
- up to 125% poverty
- up to 100% poverty
- up to 75% poverty
- up to 50% poverty

EFNEP graduates reported an average $39.60 in monthly food cost savings, which annually saved California EFNEP families.

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

#EFNEPworks


3 Poverty level for a family of 4: $25,750 and 185FPL is $47,057, source: https://aspe.hhs.gov/poverty-guidelines

4 Collectively adding yearly food cost savings for all CA enrolled EFNEP households based upon average monthly savings.

$2,589,365.00

1,224 participants
### CHANGING BEHAVIOR

- **95% of adults improved diet quality practices**, with **59%** eating dark green vegetables more often each week.
- **83% of adults improved food safety practices**, with **61%** thawing frozen food at room temperature less often.
- **86% of adults improved physical activity practices**, with **64%** exercising for at least 30 minutes more a week.

### IMPROVING KNOWLEDGE

- **81% of youth improved their ability to choose food to improve diet quality.**
- **44% of youth improved physical activity practices or knowledge.**
- **50% of youth improved food safety practices or knowledge.**

### SHARED STORIES

- **“I was 220 lbs., never exercised, nor controlled my diet and because of the changes I made coming to EFNEP, using Walk Indoors CD, I now weigh 166 lbs., and my liver is normal according to my doctor.”**  
  - Yuba County EFNEP Graduate

- “I received a grocery list pad. As a result, I prepare more accurate shopping lists and I am more organized during my shopping trips. Last month, I spent $100 less on grocery shopping compared to what I spent the month prior to joining the nutrition class.”  
  - Contra Costa County EFNEP Graduate

- “I give more fruits and vegetables to my kids. Substitute sugary snacks such as cookies or sweets for fresh fruits, blueberries, raspberries and apples. Reading the labels helped me to have a better quality of life. I liked this class because I learned a lot, to eat healthy and lose weight, and this is good for me and my family. Thanks to you there are big changes for me and my family.”  
  - Alameda County EFNEP Graduate

- “When others were apprehensive an eager student volunteered to be the first to taste hummus while encouraging others to taste the food. In addition to being a classroom role model, she shared nutrition information with her family resulting in changing family eating habits. “I told my family brown rice is better (for you) than white rice”.”  
  - Orange County EFNEP 4th-grade student

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