

EXPANDED FOOD & NUTRITION EDUCATION PROGRAM

EFNEP California

Serving Families and Youth: EFNEP is a nutrition outreach program funded through USDA-CSREES Smith-Lever 3(d).

EFNEP's mission is to improve the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, resource management, and food safety.

In California, EFNEP has been administered by the University of California Cooperative Extension for over three decades.



EFNEP State Office
UC Davis
Rm 31501 Meyer
Davis CA 95616
(530) 754-8698
<http://efnep.ucdavis.edu>

Barbara Sutherland
Director

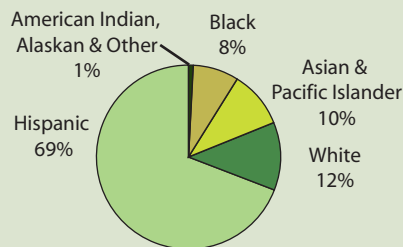
EFNEP for Adults

Participants learn to:

- ✓ Plan nutritious meals
- ✓ Increase physical activity
- ✓ Stretch their food dollar
- ✓ Practice safe food handling
- ✓ Prevent obesity through healthy lifestyles

EFNEP educators from the community are trained to deliver research-based lessons to parents in small groups.

Lessons incorporate a learn-by-doing, hands-on approach that can be tailored for an ethnic or a special-needs audience (e.g. Hispanic, Vietnamese, Hmong, pregnant teens).



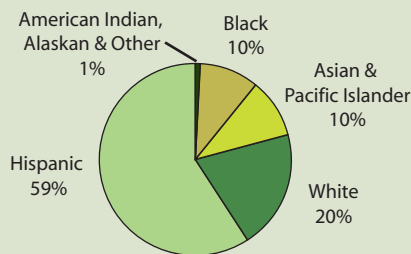
Adult Participants

EFNEP for Youth

Students learn to:

- ✓ Develop healthy eating habits
- ✓ Choose healthy snacks
- ✓ Increase physical activity
- ✓ Practice safe food handling

EFNEP educators train teachers in age appropriate curriculum for schools, after-school programs, day-camp activities, and preschools. In FY 2007-2008, 8.3 FTE of EFNEP staff trained teachers, who then taught 43,200 students.

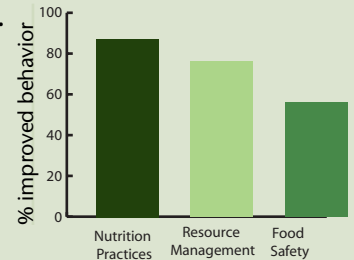


Youth Participants

Adult Impacts & Outcomes

In fiscal year 2007-08, 11,400 adult participants were taught the EFNEP series of classes by 37.25 FTE of staff.

More than half the participants showed improvement in nutrition and healthy lifestyles, resource management, and food safety.



Nearly half of the adult participants increased the variety and servings of fruits and vegetables that they offered their families each day.

Moreover, EFNEP fosters a sense of personal accomplishment and self-sufficiency, which motivates many participants to finish high school, pursue a GED or training program, and find employment.

Cost-Benefit

National studies show that for every \$1 spent to implement EFNEP, up to \$10.64 is saved in health care costs and \$2.48 in food expenditures.

An independent study cited EFNEP to be by far the most effective federally funded program in increasing fruit and vegetable consumption.



How EFNEP Changed My Life

quotes from participants' exit forms

LEARNING

I learned many things like how to cook healthily and economically for our children.

I learned how to use cheap and nutritious foods for my family.

I learned how to cook with less fat, less salt, and use more vegetables.

EATING HABITS

It was very important for me to learn what we can get from each food. I learned a lot and

I hope to change my eating habits.

More water intake for my family.

My family is eating less fat foods.

Work more on keeping good habits and teach this to my children.

CHANGES

I'm losing weight from changing my eating habits to more vegetables and fruits and exercising.

I exercise more.

How to incorporate veggies and fruits into everyday cooking.

My change was to not eat as much, lose weight, and learn how to cook foods without fat.

IMPORTANCE FOR FAMILY

Everything I learned in these nutrition classes was very important to my family. Thanks to these classes we are changing the way we eat in our home and to keep our food safe.

I'm eating healthier, feeling much better about myself and my children.

Give my family fruits and vegetables every day.

Try to make sure my baby gets enough iron.

SHOPPING/LABELS/NUTRITION FACTS

I learned how to choose foods and drinks more nutritious for health.

I am reading food labels of every product I buy.

Now I look at the Nutrition Facts when picking out cereal.

Looking at food labels more to compare prices, quality, and variety.

Doing much better with planning meals.

FOOD SAFETY

Before I used to defrost food at room temperature. Not any more.

I've learned not to leave food out for more than 2 hours.

Learned about sanitation and bacteria; keeping the kitchen cleaned up.

I went through my freezer and threw food away that is older than 6 months.

