



Expanded Food & Nutrition Education Program Building Household Food Resilience among Low-Income Families

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BACKGROUND

- ❖ **The Need:** The rising food insecurity in California is concerning, which is linked to poor dietary outcomes and obesity. Efforts to strengthen nutrition and food security is needed to build household food resilience (i.e. being resourceful) more than ever as limited resource families in Tulare County face unprecedented challenges due to the pandemic.
- ❖ **Objective:** To improve nutrition and food resource management practices and household food security among low-income families.
- ❖ **Program Description:** During FY20, trained bilingual nutrition educator implemented the 9-week Expanded Food & Nutrition Education Program (EFNEP) using a series-based adult curriculum-Eating Smart Being Active in Spanish and English. Each class was held once a week for 60-90 minutes in duration.



METHODS

- ❖ **Participants:** Reach N= 149 families
- ❖ **Settings:** Community-based low-income settings across Tulare County, California.
- ❖ **Evaluation Tools:** About Me demographics questionnaire, Food Tracker dietary recall, and a pre-post Food & Physical Activity Questionnaire.
- ❖ **Data Analysis:** Descriptives and pre-post analyses.

RESULTS

- ❖ Of the total 149 program families reached, 136 participants who attended all the lessons graduated from EFNEP.
- ❖ Majority of the participants were Hispanic.
- ❖ Results indicated \$44.50 in average cost savings for participants.
- ❖ Differences in change from pre-to-post indicated improvements in all the program areas as follows:
 - 88% of participants showed improvement in one or more food resource management practices
 - 92% showed improvements in one or more diet quality/ nutrition practices
 - 88% showed improvements in one or more food safety practices
 - 91% showed improvements in one or more physical activity behaviors

Participant's Learning, Engagement, and Graduation



"I really enjoyed this class...I enjoyed seeing how excited [daughter] was at each class, and hearing her awesome achievements in learning how to cook healthier meals for her family"- EFNEP Participant

CONCLUSION

- ❖ Nutrition education matters for EFNEP families. It helps save dollars.
- ❖ Making informed food decisions can help families improve nutrition and food resource management behaviors essential to maximizing use of limited resources, supporting a healthy diet, and improving food security.
- ❖ EFNEP in Tulare County of CA empower families to build household food resilience with knowledge and skills to adopt healthy practices in the areas of food resource management, food security, nutrition/physical activity, and food safety.