



# Expanded Food & Nutrition Education Program (EFNEP)

## WHO WE ARE

University of California Cooperative Extension (UCCE) is the county-based education and research branch of the University of California's Division of Agriculture and Natural Resources. UCCE is committed to improving the lives and well-being of families through inspirational, research-based food and nutrition programs such as the Expanded Food and Nutrition Education Program (EFNEP). EFNEP is funded by the United States Department of Agriculture (USDA) and administered by UCCE in California Counties, including San Mateo and San Francisco Counties.



## EFNEP MISSION: Healthy, vibrant families and communities

EFNEP improves the health and quality of life of limited-resource families with young children through practical, research-based, culturally-appropriate lessons on basic nutrition, physical activity, food budgeting, and food safety.

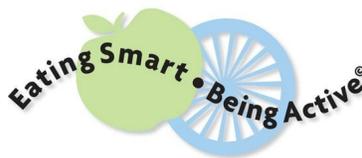
## WHAT WE DO

We provide a **series of 8 FREE nutrition workshops** from the Eating Smart • Being Active® Curriculum for limited-income parents of young children. Lessons incorporate a fun, hands-on, learn-by-doing approach using cooking demonstrations, recipes, food tastings, multi-lingual handouts, visual aids, and physical activity. An incentive item is provided for each class.

Trained nutrition educators deliver the classes in a small group setting in order to facilitate social support, and they tailor the lessons to meet the needs, cultures, and language of the participants. Workshops are currently available in English, Spanish, Chinese, and Vietnamese. The educators inspire and motivate participants to make healthy changes for themselves and their families. Participants experience a sense of accomplishment when they graduate from EFNEP and receive a certificate of completion from the University of California.

In the classes, participants learn to:

- Plan nutritious, low-cost meals
- Maximize their food dollars and comparison shop
- Practice safe food handling
- Prevent disease through healthy food choices
- Increase physical activity



## OUR PARTNERS

Collaboration with community-based organizations, schools, and other entities serving low-income families is key to EFNEP's success. EFNEP classes are held in partnership with the following:

- School Districts
- Head Start / Pre-schools
- Community Family Resource Centers
- Family Service Agencies
- School – Community Partnership Centers
- WIC
- Shelter Agencies
- Pregnant Teen Programs
- Substance Abuse Treatment Programs
- Libraries
- Community Learning Centers
- Migrant Education
- ESL Classes
- Pediatric Clinics



## MAKING A DIFFERENCE

EFNEP in San Mateo and San Francisco Counties is making a vital impact in our community, providing limited-income families with the information they need to make healthier, wiser food choices:

**200—300** families graduate per year

**25—30** class series provided per year

**Over 200** individual classes per year

**Cost-Benefit Analysis:** For every \$1.00 spent on EFNEP, between \$3.67 - \$8.34 is saved in health care costs.

**SUCCESSES** Over 80% of EFNEP participants in San Mateo and San Francisco Counties who complete the classes improve their family's nutrition and ability to manage their food budget. Here's a sample of what participants often say at graduation:

- I buy less soda and eat more fruits and vegetables.
- I feed my children healthy breakfasts and snacks.
- I choose more lean meat and thaw meat in the refrigerator.
- I compare prices and shop with a list.
- I learned how to read the food label.

## FOR MORE INFORMATION

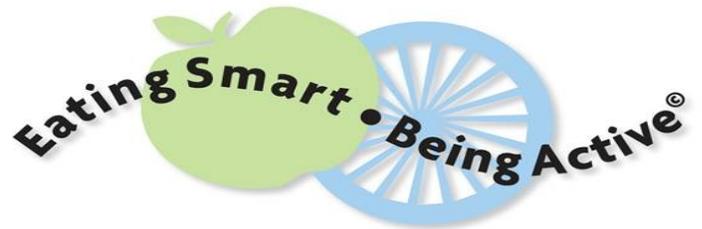
<http://cesanmateo.ucdavis.edu>

[cesanfrancisco@ucdavis.edu](mailto:cesanfrancisco@ucdavis.edu)

P (650) 871-7559

F (650) 871-7399

300 Piedmont Ave., Bldg. B, Room 227  
San Bruno, CA 94066



**FREE!!!!**  
**NUTRITION COURSE**  
For Parents and Caregivers

Classes are held for one hour,  
once a week, for eight weeks.

Dates:

Times:

Location:

**Featuring 8 classes covering:**

- Nutrition, physical activity, and healthy lifestyles.
- How to plan and prepare tasty, low-cost, safe, and nutritious meals and snacks for the family.
- Recipes and food demonstrations.

**Participants receive:**

- an incentive for each class.
- a certificate of completion from University of California Cooperative Extension.



UNIVERSITY OF CALIFORNIA  
COOPERATIVE EXTENSION  
San Mateo/San Francisco Counties  
300 Piedmont Ave., Bldg B, Room 227  
San Bruno, CA 94066  
650-871-5779  
<http://cesanmateo.ucdavis.edu>

**Class Topics  
(Incentive Provided):**

1. Get Moving!! (Water Bottle)
2. Plan, Shop, \$ave (Shopping List)
3. Vary Your Veggies...Focus on Fruits (Vegetable Brush)
4. Make Half Your Grains Whole (Measuring Cup)
5. Build Strong Bones (Exercise Band)
6. Go Lean With Protein (Thermometer)
7. Make a Change (Measuring Spoons)
8. Celebrate! Eat Smart and Be Active (Recipe Book)