



## Cabazon Library



**The Issue:** Cabazon California is a small desert town with a little more than 2,500 residents and is perhaps best known for its outlet shopping. In the spring of 2014 EFNEP reached out to Cabazon Library in hopes that the newly-opened facility would host nutrition classes. The request was met with great enthusiasm by library staff members and the community. A group with fourteen participants was established. Many in the group were mothers or grandmothers seeking to improve their family's health.

**What EFNEP Has Done:** Driving nearly 30 miles (each way) to Cabazon Library, the EFNEP educator delivered the Eat Smart Be Active curriculum. The participants were always enthusiastic about the lessons and greatly enjoyed the food tastings. Participants reported making the recipes they received with the food tastings for their children and grandchildren. As the weeks went by some people in class brought other family members (spouses, parents) so they too could learn about nutrition.



### The Pay Off:

According to reports from EFNEP Evaluation documents 100% of participants showed improvement in one or more food resource management practice (i.e., plan meals, compare prices, does not run out of food or uses grocery lists). While 80% of participants showed improvement in one or more nutrition practice (i.e., plans meals, makes healthy food choices, prepares food without adding salt, reads nutrition labels or has children eat breakfast). Moreover, 70% more often used a list for grocery shopping and 60% more often used the "Nutrition Facts" on food labels to make food choices. At exit, 50% of participants demonstrated acceptable food safety practices.

In addition to positive health and behavior changes, great rapport developed between the educator and participants. The last class meeting was bitter-sweet; the participants had achieved much personal growth and their company was so enjoyable, but it would be sad to say goodbye. Aside from the impending separation, the mood was festive since the group decided to organize a potluck of healthy recipes, many from the ESBA cookbook. The library staff was also appreciative of EFNEP for providing this service to their community. The branch manager said, "We want to have these classes again and again and again." EFNEP will be happy to oblige.



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