2022 EFNEP IMPACT IN ESCAMBIA

IFAS Extension



The Expanded Food and Nutrition Education Program is designed to assist limited-resource families in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets. Since 1969, the University of Florida's EFNEP has worked in local communities to teach participants skills and strategies to stretch their food dollars, eat nutritious meals, and improve their overall health.

THE CHALLENGES IN ESCAMBIA









PROGRAM REACH



Adult Program **Participants**



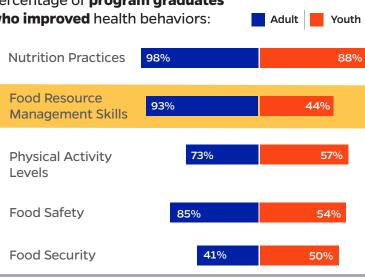
354 Youth Program **Participants**



Partner **Organizations** Engaged

OUR IMPACT

Percentage of program graduates who improved health behaviors:



ADULT PARTICIPANTS **IMPROVEMENTS IN FOOD RESOURCE MANAGEMENT PRACTICES**



60% use coupons for food purchases

56% use a spending plan more often

50% cooking dinner at home more times a week





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Visit our website and learn more about EFNEP!

WHAT OUR PARTICIPANTS HAVE TO SAY





I have learned so much from (EFNEP), myself and my grandchildren will benefit from lessons learned from the Zoom classes. My granddaughter is presently being tested for juvenile diabetes and the timing of these classes was perfect. The info online is great and the EFNEP website is useful for recipes, tips, and ideas.

Adult Participant





Students reported drinking more water and less sugary drinks. Students also recalled food safety information; including how long meat and dairy foods can be kept out of the refrigerator before having to be discarded.

Youth Participant

CONTACT

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