

2022 EFNEP IMPACT IN ESCAMBIA



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


40,300
are **food insecure**¹


6.3%
increase in **food costs** in 2022²


84%
eat fewer than five **fruits and veggies** per day³


1 in 5
children are food insecure⁴

PROGRAM REACH



75
Adult Program
Participants



354
Youth Program
Participants



7
Partner
Organizations
Engaged

OUR IMPACT

Percentage of **program graduates** who improved health behaviors:

■ Adult ■ Youth

Nutrition Practices **98%** (Adult) **88%** (Youth)

Food Resource Management Skills **93%** (Adult) **44%** (Youth)

Physical Activity Levels **73%** (Adult) **57%** (Youth)

Food Safety **85%** (Adult) **54%** (Youth)

Food Security **41%** (Adult) **50%** (Youth)

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

Sources: 1. Feeding America 2. Bureau of Labor Statistics 3. Florida Health Charts 4. Feeding America



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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