

EFNEP

Expanded Food & Nutrition
Education Program

HILLSBOROUGH

COUNTY

2020 HIGHLIGHTS



2020 EFNEP IN HILLSBOROUGH BY THE NUMBERS

367 adults and 1,482 youth graduated from the EFNEP educational series



FOOD CHOICES

Statewide Problem

82% eat fewer than five fruits and vegetables per day²

95%

Adults

85%

Youth



IMPROVED FOOD CHOICES

FOOD SECURITY

Statewide Problem

14% are food insecure¹

45%

Adults



IMPROVED THEIR FOOD SECURITY

\$410 = AVERAGE COST SAVINGS PER YEAR

FOOD RESOURCE MANAGEMENT

Statewide Problem

49% reported cooking five dinners a week at home⁴

84%

Adults



49%

Youth

IMPROVED FOOD RESOURCE MANAGEMENT PRACTICES

FOOD SAFETY

Statewide Problem

17% get sick from foodborne illnesses³

82%

Adults



57%

Youth

IMPROVED FOOD SAFETY PRACTICES

PHYSICAL ACTIVITY

Statewide Problem

65% do not meet physical activity recommendations²

85%

Adults



58%

Youth

IMPROVED THEIR PHYSICAL ACTIVITY LEVELS

1. <https://map.feedingamerica.org/county/2019/overall/florida>

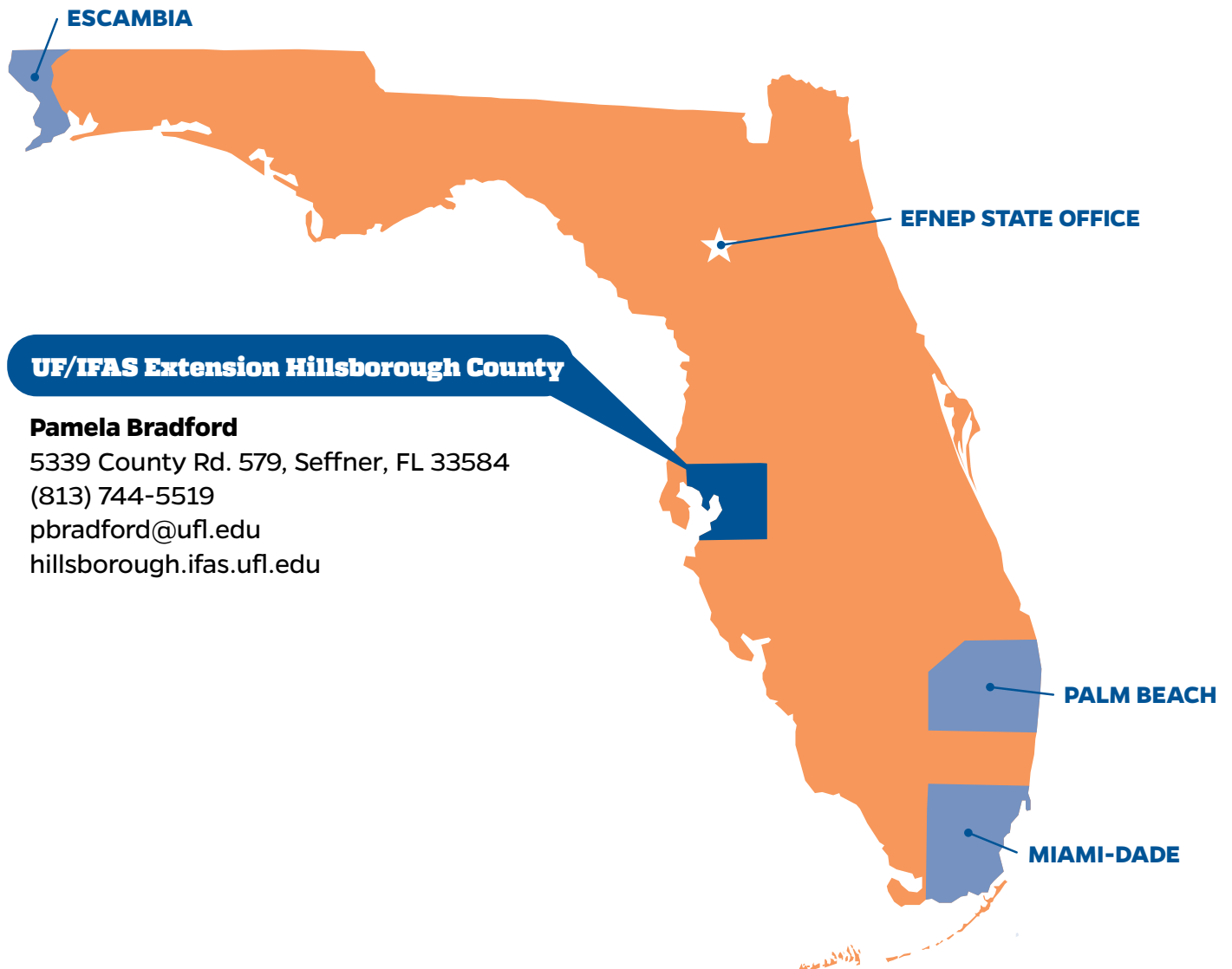
2. <http://www.floridacharts.com>

3. <https://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>

4. <http://idihealtheconomist.com/media/prevalence-and-patterns-of-cooking-dinner-at-home.pdf>

PARTNER WITH US

Expanded Food and Nutrition Education Program in Hillsborough County (EFNEP)



For more information about EFNEP, visit: <http://efnep.ifas.ufl.edu/>



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