

EFNEP

Expanded Food & Nutrition
Education Program

MIAMI-DADE

COUNTY

2020 HIGHLIGHTS



ABOUT THE PROGRAM

Purpose

The University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension Expanded Food and Nutrition Education Program (EFNEP) contributes to the health of Florida communities by helping low-income families improve their nutritional well-being. This is accomplished through a series of hands-on, interactive nutrition education lessons. Program participants learn and are encouraged to improve food and physical activity behaviors, especially those related to improving nutritional health and food security. By doing so, EFNEP contributes to the reduction of health disparities typically associated with those who have limited financial resources. It is also vital in addressing major societal challenges, such as reducing childhood obesity and chronic disease.

Mission

EFNEP empowers parents and children to improve their nutrition practices, stretch their food dollars, practice food safety, and increase their physical activity. EFNEP also partners with local leaders to improve food environments and systems through a community-based, relationship-driven approach.

History

EFNEP has been making a difference in the lives of Florida families and children since 1969. As the United States Department of Agriculture (USDA) sought solutions to poverty and hunger, President Lyndon B. Johnson authorized \$10 million for EFNEP in 1968, and in 1969 Congress authorized \$30 million under the Smith-Lever Act. Today, EFNEP remains a USDA-funded program under the National Institute of Food and Agriculture (NIFA). EFNEP operates in all 50 states, U.S. territories and the District of Columbia. In Florida, UF/IFAS Extension EFNEP is located in Escambia, Hillsborough, Miami-Dade, Palm Beach Counties.

Target Audiences

Our target audience includes adult participants with children 18 years or younger who are eligible for public assistance programs, such as SNAP, WIC, Head Start, or have children who receive free or reduced lunch or breakfast.

Eligible youth participants are between ages 5-18 and qualify in at least one of the following ways: attend a

Title 1 school in which 50% or more of the students qualify for free or reduced lunch or breakfast; receive free or reduced school breakfast or lunch; or are in a household receiving SNAP or other federal assistance.

Priorities

EFNEP empowers individuals, families, and communities to improve their health and well-being in the following areas:

- **DIET QUALITY AND PHYSICAL ACTIVITY**—Improve diets and nutritional and physical well-being through the adoption of federal food and physical activity recommendations.
- **FOOD RESOURCE MANAGEMENT**—Increase ability to buy, grow, or otherwise appropriately obtain, prepare, and store food that meets nutritional needs.
- **FOOD SAFETY**—Improve household food safety and sanitation practices.
- **FOOD SECURITY**—Increase ability to access food directly—and from food assistance programs when necessary—to ensure having enough healthy food to eat.

Ensuring Excellence

EFNEP ensures program quality and fidelity by systematically collecting and analyzing data related to participant demographics, food and physical activity behaviors, and food consumption. EFNEP's nationally implemented surveys were scientifically validated. The data shape program priorities and hold EFNEP accountable to its mission.

Community Partnerships

EFNEP partners with local leaders to strengthen available support systems and enhance participants' success. These include:

- Adult Education and Training Sites
- Adult Rehabilitation Centers
- Faith-Based Organizations
- Community Centers
- Emergency Food Assistance Sites
- UF/IFAS Extension Offices
- Farmers' Markets
- Head Start Sites
- Healthcare Sites
- Libraries
- Youth Education Sites
- Public Housing
- Schools
- Shelters
- SNAP Offices
- WIC Program Sites
- Worksites

2020 EFNEP IN MIAMI-DADE BY THE NUMBERS

485 adults graduated from the EFNEP educational series



FOOD CHOICES

Statewide Problem

82% eat fewer than five fruits and vegetables per day²

96%



IMPROVED FOOD CHOICES

FOOD SECURITY

Statewide Problem

13% are food insecure¹

51%



IMPROVED THEIR FOOD SECURITY

FOOD RESOURCE MANAGEMENT

Statewide Problem

49% reported cooking five dinners a week at home⁴

82%



IMPROVED FOOD RESOURCE MANAGEMENT PRACTICES

FOOD SAFETY

Statewide Problem

17% get sick from foodborne illnesses³

89%



IMPROVED FOOD SAFETY PRACTICES

PHYSICAL ACTIVITY

Statewide Problem

65% do not meet physical activity recommendations²

84%



IMPROVED THEIR PHYSICAL ACTIVITY LEVELS

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

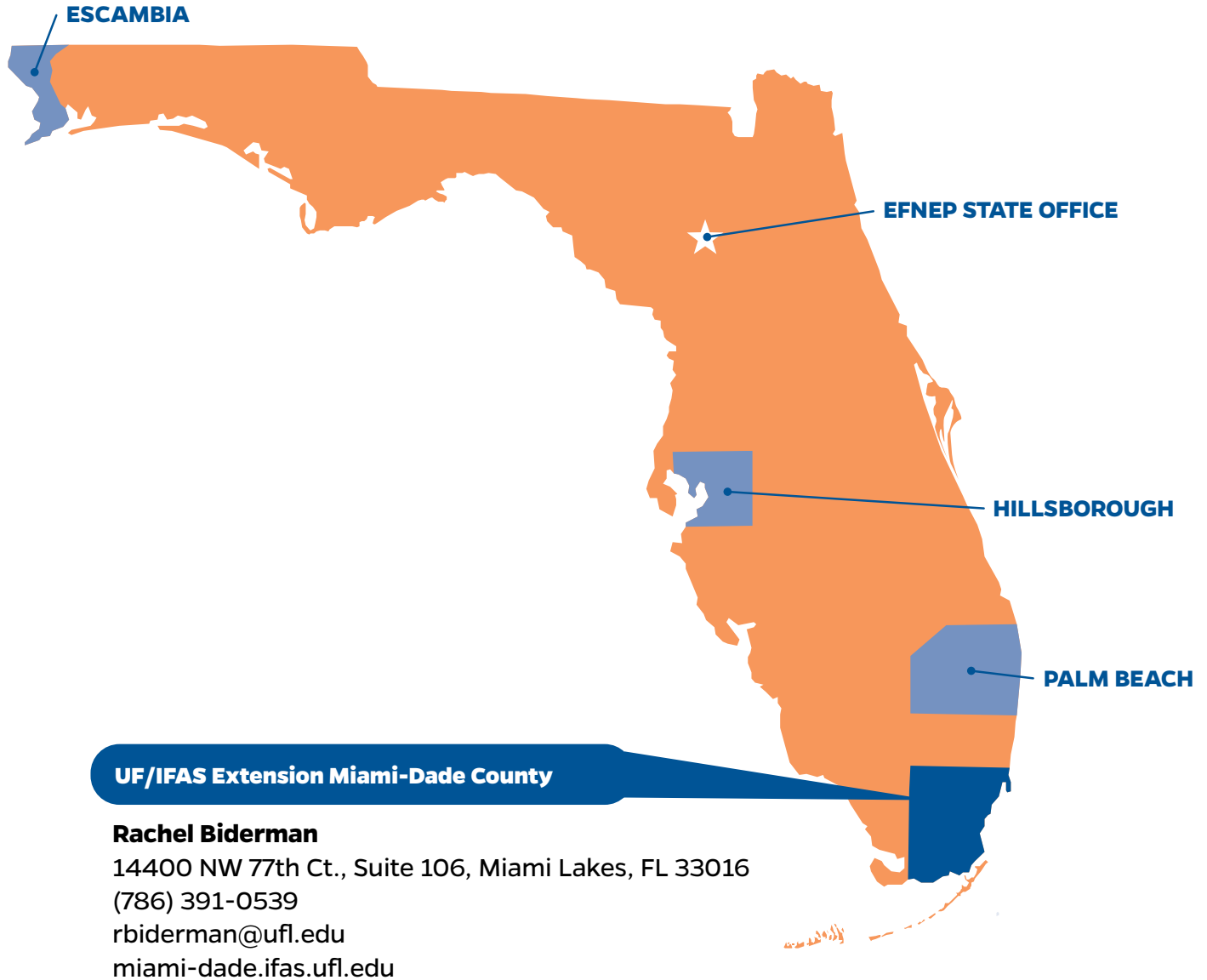
2. <http://www.floridacharts.com>

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 Miami-Dade County (EFNEP)



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



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