SUPPORTING FLORIDA FAMILIES SINCE 1969

The Expanded Food and Nutrition Education Program (EFNEP) empowers families with limited resources to acquire the knowledge, skills, attitudes, and behaviors essential for maintaining healthy eating habits. As the nation's first nutrition education program, EFNEP holds significant value due to its rich history in Extension.

As part of the land-grant university system, EFNEP partners with community leaders to reach our audiences. Collaborating with food distributors and vendors, EFNEP participants gain increased access to healthy foods. Our partnerships include a growing collaboration with Food is Medicine programs.

WHAT WE DO
Provide research-based, hands-on learning experiences for families and youth about diet quality, food safety, physical activity, food security, and food resource management.

THE SITUATION IN ESCAMBIA COUNTY

49,350 Adults in Escambia with food insecurity [1]

86%
of adults don't consume the daily recommendation of fruits or vegetables per day[2]

2 of 5
adults have obesity [3]

1 of 5
households with children experience food insecurity [4]

THE IMPACT

ADULT GRADUATES

100% improved nutrition practices

97% improved food safety behaviors

79% improved physical activity behaviors

65% improved food safety

41% improved food security

YOUTH GRADUATES

81% improved nutrition practices

53% improved food resource management skills

45% improved food safety behaviors

41% improved physical activity behaviors

THE REACH

12
Community partnerships

261
Family members reached

27
Delivery sites

96
Participants reached

Program is offered in **3** languages:
- English
- Spanish
- Haitian Creole

Completing the series demonstrates a commitment to health, builds valuable skills like meal planning, enhances qualifications, and boosts confidence and professionalism.

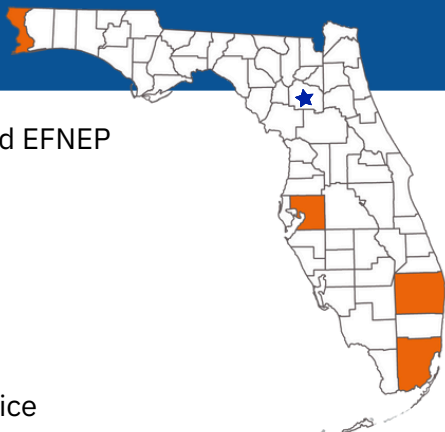# EMPOWERING OUR WORKFORCE

6
Jobs to local citizens

EFNEP creates job opportunities for staff through professional development provided by the University of Florida.

OUR LOCATIONS

County offices that housed EFNEP programs in 2024:
- Escambia
- Hillsborough
- Palm Beach
- Miami-Dade
- Gainesville - State Office

IMPROVED EATING PATTERNS IN PARTICIPANTS

1 of 2
ate more vegetables

1 of 2
increased their variety of vegetables

44%
ate less solid fats and added sugars

99%
improved over all healthy eating habits

SUCCESS STORY

Adult Participants from Escambia County

Movement as a Cornerstone of Recovery

At an Adult Recovery and Job Training Site, EFNEP participants embraced nutrition education but identified a critical gap: the need for more physical activity. They voiced concerns about being too sedentary and lacking outdoor time, recognizing that regular movement is essential for both physical and mental well-being. Empowered by what they learned with EFNEP, participants approached the Site Director with their concerns. Their advocacy led to the launch of a Fun Physical Fitness Field Day, featuring games and walking laps, and the beginning of a new routine that includes weekly outdoor activities and daily movement.

Participants now report feeling more energized and motivated—demonstrating that physical activity is not just a complement to nutrition, but a vital part of their recovery journey.

Youth Participants from Escambia County

Whole Grain Wins: A Lesson That Stuck

After a lesson on whole grains, a third-grade class impressed their Nutrition Educator by actively identifying whole grain foods in their snacks and meals. The students shared what they learned at home, asking their families to look for whole grain labels. One class even gifted the educator a snack with seven whole grains, proudly explaining their choice. They showed off their breakfast bars and read the ingredients aloud—demonstrating skills they had learned in class.

TO LEARN MORE, PLEASE CONTACT

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Sources:
1 Feeding Florida: Hunger and Food Access 2021
2 Florida Health Charts: Behavioral Risk Factor Surveillance System (BRFSS) 2021
3 Florida Health Charts : Healthiest Weight Profile 2020
4 Florida Health Charts: Food Insecurity Rate 2022

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ESCAMBIA COUNTY FLORIDA

EFNEP
Expanded Food and Nutrition Education Program

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USDA National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE