



EFNEP WORKS 2023

The Expanded Food and Nutrition Education Program Impact in Hillsborough

Supporting Florida Families Since 1969

The Expanded Food and Nutrition Education Program (EFNEP) assists families with limited resources in acquiring the knowledge, skills, attitudes, and 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 NEED IN HILLSBOROUGH

164,350

people are food insecure¹



1 out of 6

children are food insecure²

84%

eat fewer than five fruits and veggies per day³

8.9%

increase in food costs⁴

Sources: 1. Feeding America 2021 2. Feeding America 3. Florida Health Charts 2021 4. Bureau of Labor Statistics 2022

EFNEP MAKES A DIFFERENCE

After participating in an EFNEP series...

97%

of adult participants improved **diet quality**



88%

of youth participants improved **diet quality**

94%

practiced better **food resource management**



78%

improved **physical activity levels**

74%

improved their **food safety habits**



74%

improved their **food safety habits**

PROGRAM REACH



3,650

youth participants



915

adult participants

LEARN MORE ABOUT EFNEP

efnep.ifas.ufl.edu



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Participant improvements in food resource management practices

EFNEP participants learned to plan meals, made a shopping list, made a food budget, compared food prices, and utilized food resources in their community.



72%

make a monthly or weekly **spending plan**



1 in 2

used coupons for food purchases



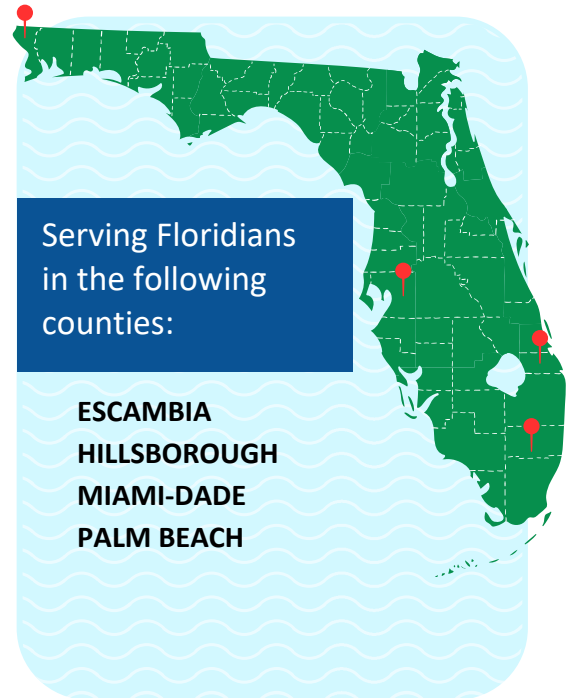
3 in 5

planned meals before going to the grocery store



1 in 2

make a shopping list



Serving Floridians in the following counties:

- ESCAMBIA
- HILLSBOROUGH
- MIAMI-DADE
- PALM BEACH

Contact Information

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EFNEP PARTICIPANT SUCCESS

“When you know better, you do better...”

I used to use a knife wrong for years, but the EFNEP Educator showed me the right way. Now, I'm safer and so are my kids. I've changed my habits too —no more defrosting meat on the counter. Now it's all done safely in the fridge. and cleaning produce with just water and a brush. “



Hillsborough County Florida



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