



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 HILLSBOROUGH COUNTY

222,470 Adults in Hillsborough 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

- 97%** improved nutrition practices
- 94%** improved food resource management
- 83%** improved food safety behaviors
- 84%** improved physical activity behaviors
- 56%** improved food security

YOUTH GRADUATES

- 87%** improved nutrition practices
- 46%** improved food resource management skills
- 61%** improved food safety behaviors
- 70%** improved physical activity behaviors

THE REACH



20

Community
partnerships



3,999

Family members reached



135

Delivery sites



3,101

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.

IMPROVED EATING PATTERNS IN PARTICIPANTS



4 of 5

ate more vegetables



3 of 5

increased their variety
of vegetables



39%

ate less solid
fats and added sugars



97%

improved over all
healthy eating habits



EMPOWERING OUR WORKFORCE

11

Jobs to local citizens



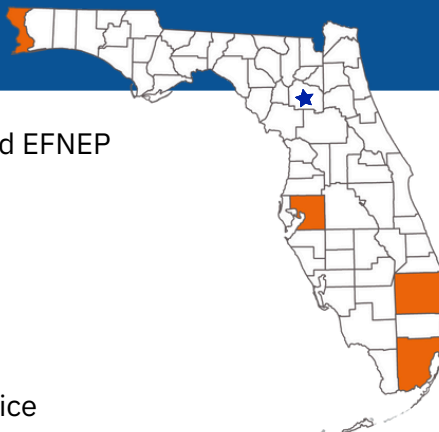
EFNEP creates job
opportunities for staff
through professional
development provided by
the University of Florida.

OUR LOCATIONS



County offices that housed EFNEP
programs in 2024:

- Escambia
- Hillsborough
- Palm Beach
- Miami-Dade
- Gainesville - State Office



SUCCESS STORY

Love your Vegetables, Spread the Health

“At first, I barely ate any vegetables because I didn't know much about them or how to prepare them. But with EFNEP, I learned how to cook and enjoy a variety of vegetables. By the end of the program, I felt so grateful.

The nutrition class and AdventHealth have been a blessing for my family and me. We're all taking better care of our bodies, and my kids now love trying new vegetables. I'm no longer afraid to buy different vegetables with my produce prescription at the market.”

- Adult Participant from Hillsborough County



Cooking Up Change with Mom

“Last year, I participated in the EFNEP program at my middle school, and I was excited to join the class again this year. One of the best parts was getting to take home the workbook with all the recipes. My mom and I started cooking together using those recipes, and it’s become something we really enjoy doing as a family.

The first recipe we made was chicken quesadillas, and my mom even bought boneless chicken thighs and made the fresh salsa from the book. It was delicious! I also talked to my mom about what I learned in class—especially about how fast food and takeout can have a lot of saturated fat and sodium, which can lead to health problems. She used to order takeout a lot, but after our conversations, she started cooking more meals at home. Now we eat together more often, and I feel proud that I helped make a healthy change in our home.”

- Youth Participant from Hillsborough County



TO LEARN MORE, PLEASE CONTACT

Norma Ross

Extension Program Manager
UF/IFAS Extension EFNEP

(813) 744-5519
ndorta@ufl.edu

Hillsborough County Extension Office

5339 County Rd. 579,
Seffner, FL 33584

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



Visit efnep.ifas.ufl.edu
to learn more!

@UFEFNEP



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

An Equal Opportunity Institution. UF/IFAS Extension, University of Florida, Institute of Food and Agricultural Sciences, Andra Johnson, Dean. Single copies of UF/IFAS Extension publications (excluding 4-H and youth publications) are available free to Florida residents from county UF/IFAS Extension offices. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.