The Expanded Food and Nutrition Education Program is designed to assist limited-resource families in acquiring the knowledge, skills, attitudes, and changed 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 CHALLENGES IN HILLSBOROUGH**

- 164,350 are food insecure
- 8.9% increase in food costs in 2022
- 84% eat fewer than five fruits and veggies per day
- 1 in 6 children are food insecure

**PROGRAM REACH**

- 588 Adult Program Participants
- 2,624 Youth Program Participants
- 16 Partner Organizations Engaged

**OUR IMPACT**

Percentage of program graduates who improved health behaviors:

<table>
<thead>
<tr>
<th>Category</th>
<th>Adult</th>
<th>Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Practices</td>
<td>95%</td>
<td>86%</td>
</tr>
<tr>
<td>Food Resource Management Skills</td>
<td>90%</td>
<td>43%</td>
</tr>
<tr>
<td>Physical Activity Levels</td>
<td>69%</td>
<td>60%</td>
</tr>
<tr>
<td>Food Safety</td>
<td>75%</td>
<td>55%</td>
</tr>
<tr>
<td>Food Security</td>
<td>42%</td>
<td>17%</td>
</tr>
</tbody>
</table>

**ADULT PARTICIPANTS IMPROVEMENTS IN FOOD RESOURCE MANAGEMENT PRACTICES**

- 53% use a spending plan more often
- 50% check for sales on food before purchase
- 51% check for food items on sale more often


Visit our website and learn more about EFNEP!
WHAT OUR PARTICIPANTS HAVE TO SAY

I enjoyed this class so much! We had to give a presentation for our final grade in the class and I did mine on nutrition all because of what we learned from EFNEP!

Adult Participant

When they showed us the difference between saturated and unsaturated fat, I made a change to eat less saturated fat and I eat more fruits and veggies now.

Youth Participant

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