



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 MIAMI-DADE

278,950 Adults in Miami-Dade experience food insecurity¹

88%

of adults don't consume the daily recommendation of fruits or vegetables per day²



1 of 5
adults
have obesity³



1 of 5
households with children
experience food insecurity⁴

THE IMPACT

ADULT GRADUATES

- 98%** improved nutrition practices
- 92%** improved food resource management
- 79%** improved food safety behaviors
- 66%** improved physical activity behaviors



THE REACH



17

Delivery sites



4,153

Family members reached



99

Class series of 6
or more lessons



1,283

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

8

Jobs to community
members



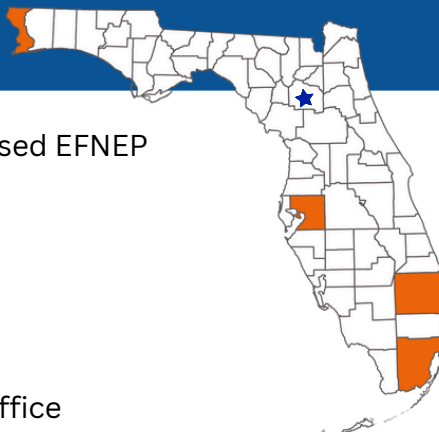
EFNEP creates job
opportunities for staff
through professional
development provided by
the University of Florida.

OUR LOCATIONS



County offices that housed EFNEP
programs in 2024:

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



IMPROVED EATING PATTERNS IN PARTICIPANTS



3 of 5

ate more vegetables



2 of 5

increased their
variety of vegetables



48%

ate less solid
fats and added sugars



98%

improved over all
healthy eating habits



SUCCESS STORY

Madeline's Journey to Wellness

Madeline, a dedicated mother from Miami, struggled with her weight and unhealthy eating habits due to constant hunger and a busy lifestyle. Living in a vibrant city where family and food are central, making healthy choices was challenging. Determined to feel healthier, Madeline faced internal frustrations and external barriers in finding reliable nutritional guidance. EFNEP provided the support she needed, introducing her to MyPlate, Dietary Guidelines for Americans, and Leslie Sansone's walking indoors program.

These resources helped Madeline understand portion sizes, balanced meals, and enjoy physical activity. As a result, she felt more nourished and energized through the day, successfully preparing healthful meals for her family. Madeline's story highlights the transformative impact of the Expanded Food and Nutrition Program's education and support, empowering individuals to achieve their wellness goals and fostering a healthier community.

- **Adult Participant from Miami-Dade County**



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



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

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U.S. DEPARTMENT OF AGRICULTURE

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