

2022 EFNEP IMPACT IN MIAMI-DADE

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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 MIAMI-DADE



276,980
are **food insecure**¹



9.9%
increase in
food costs in 2022²



80%
eat fewer than
five **fruits and**
veggies per day³



3 of 8
households receiving
SNAP with children⁴

PROGRAM REACH



708
Adult
Participants



1,883
Participant Family
Members Reached

OUR IMPACT

Percentage of **program graduates**
who improved health behaviors:

Nutrition Practices **97%**

Food Resource
Management Skills **92%**

Physical Activity
Levels **63%**

Food Safety **69%**

Food Security **43%**

PARTICIPANT IMPROVEMENTS IN FOOD RESOURCE MANAGEMENT PRACTICES



46%
compared food
prices more often



43%
using coupons
for food purchases
more often



42%
cooking dinner at
home more times
a week

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

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and learn more
about EFNEP!

WHAT OUR PARTICIPANTS HAVE TO SAY



Veronica's goal was to purchase healthful options for her family while being budget conscious. Before EFNEP, Veronica shared that she was overspending on meals and eating outside the home frequently.

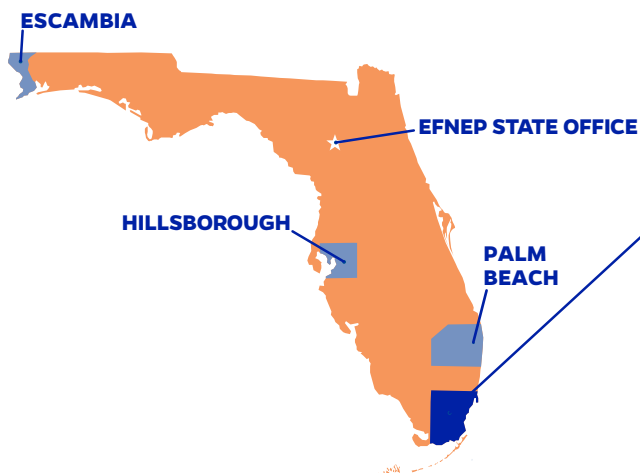
Her goal was to learn how to identify healthful options for her family while saving money.

She was thrilled to enroll in EFNEP as the series was available in Spanish, her primary language. Not only did Veronica save money, but she also improved her diet quality by selecting lower sodium and sugar foods. She thanks EFNEP for providing the knowledge and skills to achieve her goal of becoming a better food shopper.

**Name changed for privacy reasons*



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