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 2022\(^2\)
- **80%** eat fewer than five fruits and veggies per day\(^3\)
- **3 of 8** households receiving SNAP with children\(^4\)

### 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


Visit our website 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*