The Expanded Food and Nutrition Education Program (EFNEP) 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.

**2020 EFNEP BY THE NUMBERS**

The Challenge in Florida

<table>
<thead>
<tr>
<th>Category</th>
<th>Adult (%)</th>
<th>Youth (%)</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Choices</td>
<td>82%</td>
<td>87%</td>
<td>95%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>65%</td>
<td>57%</td>
<td>82%</td>
</tr>
<tr>
<td>Food Resource Management</td>
<td>49%</td>
<td>47%</td>
<td>82%</td>
</tr>
<tr>
<td>Food Safety</td>
<td>17%</td>
<td>55%</td>
<td>83%</td>
</tr>
<tr>
<td>Food Security</td>
<td>13%</td>
<td>49%</td>
<td></td>
</tr>
</tbody>
</table>

**EFNEP’s Results**

- Improved food choices
- Improved physical activity levels
- Improved food resource management practices
- Improved food safety practices
- Improved food security

**2020 HIGHLIGHTS**

**THE CHALLENGE IN FLORIDA**

- Food Choices: 82% eat fewer than five fruits and vegetables per day.
- Physical Activity: 65% do not meet physical activity recommendations.
- Food Resource Management: 49% reported cooking five dinners a week at home.
- Food Safety: 17% got sick from foodborne illnesses.
- Food Security: 13% experience food insecurity.

**THE EFNEP SOLUTION**

**HELP**

Families with low income improve their health through a series of interactive lessons to improve food and physical activity behaviors.

**COLLABORATE**

With community partners to support and improve food and physical activity behaviors for low-income populations and work to meet new needs related to COVID-19.

**CONTRIBUTE**

To the reduction of health disparities associated with those who have limited financial resources.

Sources:
1. http://www.floridacharts.com