The Expanded Food and Nutrition 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.

The EFNEP solution includes help, collaborate, and contribute to the reduction of health disparities associated with those who have limited financial resources.

The challenge in Florida:

- **Food Choices**: 82% of adults eat fewer than five fruits and vegetables per day.
- **Physical Activity**: 65% of adults 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.

EFNEP’s results:

- **Food Choices**: 96% of adults have improved food choices.
- **Physical Activity**: 84% of adults have improved physical activity levels.
- **Food Resource Management**: 82% of adults have improved food resource management practices.
- **Food Safety**: 89% of adults have improved food safety practices.
- **Food Security**: 51% of adults have improved food security.

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