

2020 EFNEP IN PALM BEACH COUNTY BY THE NUMBERS

UF | IFAS Extension
UNIVERSITY OF FLORIDA



The Expanded Food and Nutrition 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.

GRADUATED FROM EFNEP EDUCATION SERIES

596

ADULTS



THE CHALLENGE IN FLORIDA

Food Choices

82% eat fewer than five fruits and vegetables per day¹



95%
ADULTS

improved food choices

Physical Activity

65% do not meet physical activity recommendations¹



78%
ADULTS

improved physical activity levels

Food Resource Management

49% reported cooking five dinners a week at home²



80%
ADULTS

improved food resource management practices

Food Safety

17% got sick from foodborne illnesses³



79%
ADULTS

improved food safety practices

Food Security

13% experience food insecurity⁴



47%
ADULTS

improved food security

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 an improved food and physical activity 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>

2. <http://ldihealtheconomist.com/media/prevalence-and-patterns-of-cooking-dinner-at-home.pdf>

3. <https://www.cdc.gov/foodborneburden/2011-foodborne-estimates.html>

4. <https://map.feedingamerica.org/county/2019/overall/florida>

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, EFNEP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.