



SUPPORTING FLORIDA FAMILIES SINCE 1969

The Expanded Food and Nutrition Education Program (EFNEP) empowers families with limited resources to acquire the knowledge, skills, attitudes, and behaviors essential for maintaining healthy eating habits. As the nation's first nutrition education program, EFNEP holds significant value due to its rich history in Extension.

As part of the land-grant university system, EFNEP partners with community leaders to reach our audiences. Collaborating with food distributors and vendors, EFNEP participants gain increased access to healthy foods. Our partnerships include a growing collaboration with Food is Medicine programs.



WHAT WE DO

Provide research-based, hands-on learning experiences for families and youth about diet quality, food safety, physical activity, food security, and food resource management.

THE SITUATION IN PALM BEACH COUNTY

132,230 Adults in Palm Beach experience food insecurity ¹

85%

of adults don't consume the daily recommendation of fruits or vegetables per day ²



1 of 5 adults have obesity ³



1 of 6 households with children experience food insecurity ⁴

THE IMPACT

ADULT GRADUATES

- 98%** improved nutrition practices
- 95%** improved food resource management
- 80%** improved food safety behaviors
- 73%** improved physical activity behaviors
- 53%** improved food security



THE REACH



28

Community partnerships



1,583

Family members reached



27

Delivery sites



6,461

Participants reached



80

Class series of 6 or more lessons



Program is offered in **3** languages:

- English
- Spanish
- Haitian Creole

Completing the series demonstrates a commitment to health, builds valuable skills like meal planning, enhances qualifications, and boosts confidence and professionalism.

EMPOWERING OUR WORKFORCE

9

Jobs to community members



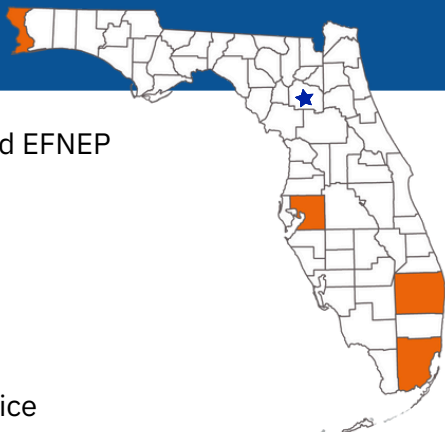
EFNEP creates job opportunities for staff through professional development provided by the University of Florida.

OUR LOCATIONS



County offices that housed EFNEP programs in 2024:

- Escambia
- Hillsborough
- Palm Beach
- Miami-Dade
- Gainesville - State Office



IMPROVED EATING PATTERNS IN PARTICIPANTS



2 of 5

ate more vegetables



3 of 5

increased their variety of vegetables



39%

ate less solid fats and added sugars



98%

improved over all healthy eating habits



SUCCESS STORY

A New Beginning: A Mother's Journey to Health and Hope Through an EFNEP Food is Medicine Program

A mother of two young children faced overwhelming challenges. Struggling with type II diabetes and hypertension, she was also 43 pounds above a healthy weight range. Navigating grocery shopping on a limited budget made everyday choices even more difficult. A routine visit to her physician at a health center that partners with EFNEP became a turning point—she was referred to the EFNEP Food is Medicine (FiM) program.



Through EFNEP, she gained more than just nutrition education; she found empowerment. Hands-on recipe demonstrations introduced her to healthier eating habits, emphasizing portion control and the power of incorporating fruits and vegetables into her meals. She learned how to stretch her food budget by selecting seasonal produce and utilizing coupons, an essential skill for providing nutritious meals for her family. The program also highlighted the importance of daily physical activity, helping her create a simple but effective at-home exercise routine.

Upon completing EFNEP, her transformation was undeniable. She lost nine pounds, a testament to her dedication to a healthier lifestyle. She now confidently shops for seasonal foods, compares prices, and actively seeks out sales, all while making use of coupons to stretch her budget. She also connected with a local food pantry, ensuring her children have access to nourishing meals. Most importantly, she has instilled these new habits into her family's daily life, creating a healthier future not just for herself but for her children as well.

- Adult Participant from Palm Beach County

TO LEARN MORE, PLEASE CONTACT

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Sources:

- 1 Feeding Florida: Hunger and Food Access 2021
- 2 Florida Health Charts: Behavioral Risk Factor Surveillance System (BRFSS) 2021
- 3 Florida Health Charts : Healthiest Weight Profile 2020
- 4 Florida Health Charts: Food Insecurity Rate 2022



Visit efneep.ifas.ufl.edu
to learn more!

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