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 Palm Beach

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Statistic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Insecure</td>
<td>157,710</td>
</tr>
<tr>
<td>Increase in Food Costs</td>
<td>9.9% increase in 2022</td>
</tr>
<tr>
<td>Fruits and Veggies per Day</td>
<td>76% eat fewer than five</td>
</tr>
<tr>
<td>Overweight or Obesity</td>
<td>1 of 3 adults experience</td>
</tr>
</tbody>
</table>

### Program Reach

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Program Participants</td>
<td>710</td>
</tr>
<tr>
<td>Participant Family Members Reached</td>
<td>2,646</td>
</tr>
<tr>
<td>Partner Organizations Engaged</td>
<td>29</td>
</tr>
</tbody>
</table>

### Our Impact

Number of program graduates who improved health behaviors:

- **96%** Food Resource Management skills
- **3 of 7** are more Food Secure
- **96%** Nutrition Practices

### Participant Improvements in Food Resource Management Practices

- **1 of 2** making food spending plans more often
- **65%** using coupons for food purchases more often
- **3 of 7** cooking dinner at home more times a week

Sources:
1. Feeding America
2. Bureau of Labor Statistics
3. Florida Health Charts
4. Florida Health Charts

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.
WHAT OUR PARTICIPANTS HAVE TO SAY

"EFNEP has taught me how to use coupons and plan meals so I can save money when food shopping."

Mother of 3

"Thanks to my nutrition classes, my family is eating healthy meals together as a family."

Father of 2

CONTACT

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