

2022 EFNEP IMPACT IN PALM BEACH

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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


157,710
are **food insecure**¹


9.9%
increase in
food costs in 2022²


76%
eat fewer than
five **fruits and
veggies** per day³


1 of 3
adults experience
overweight or obesity⁴

PROGRAM REACH



710
Adult Program
Participants



2,646
Participant Family
Members Reached



29
Partner
Organizations
Engaged

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

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Visit our website
and learn more
about EFNEP!

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

”

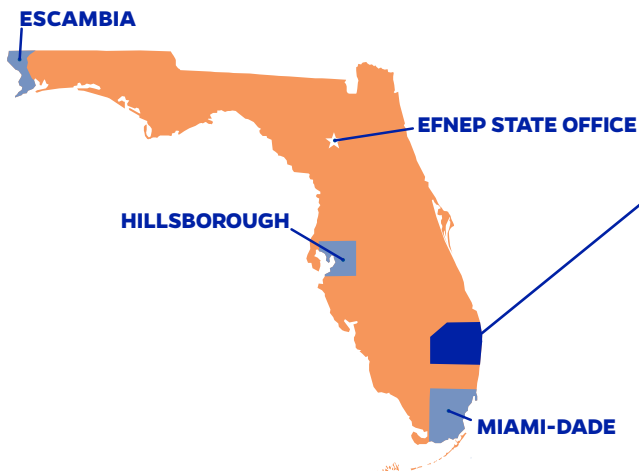


“

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

Father of 2

”



CONTACT

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