

UF/IFAS Extension Family Nutrition Program (FNP) FY15

Supplemental Nutrition Assistance Program Education (SNAP-Ed) in Florida



THE NEED

3.5 MILLION Floridians

receive SNAP (EBT/ Food Stamps) benefits, and more than **6.7 MILLION** are eligible.



of Florida adults are overweight or obese.



of Florida adolescents are overweight or obese.



1 in 7 Florida households is food insecure.

Each year obesity-related healthcare costs in Florida total more than

\$6.7 BILLION.

THE FNP APPROACH

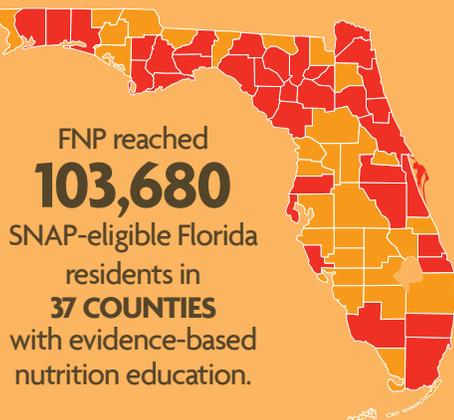
Teaching low-income (SNAP-eligible) families how to buy and prepare healthy foods and stay active on a budget.

Connecting Florida farmers with schools and communities to increase access to fresh Florida-grown foods for SNAP-eligible participants.

Building sustainable school and community gardens in low-income areas of Florida.

Collaborating with state and local agencies to collectively impact the food environment.

THE FNP IMPACT



of fresh Florida-grown fruits and vegetables were served in **881 Florida school cafeterias** in **7 school districts**, due to FNP efforts.



Youth participating in FNP programs significantly increased physical activity and intake of fruits, vegetables, and low-fat/fat-free milk.

Through FNP support...

3,592 students grew and consumed produce from their school gardens.



315 school gardens were installed.

Adults participating in 6-week FNP cooking classes reported significant increase in intake of fruits and vegetables, use of nutrition facts labels, and use of MyPlate principles for meal planning.



REFERENCES

1. Department of Children and Families, Economic Self-Sufficiency Program data query.
2. <http://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>.
3. <http://healthy-america.org/wp-content/uploads/The-Obesity-Index-The-Cost-of-Obesity-by-State.pdf>.
4. <http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx#map>.

UFFNP.org

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low-income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.