

# Florida Family Nutrition Program

## *The Family Nutrition Program (FNP) teaches participants to eat better on a budget.*

The FNP is the nutrition education component of the federal Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program. The purpose of the FNP is to teach SNAP recipients how to eat healthfully on a budget. The FNP is behavior focused to reduce the incidence of nutrition-related diseases in our target population. As a major part of the education, participants are encouraged to increase their consumption of fruits, vegetables, and fat-free or low-fat dairy foods which has a direct impact on Florida agricultural economy.

The FNP educators teach mostly in schools where at least 51% of the children participate in the free or reduced lunch program. Children are taught healthful food choices and food safety using evidence-based curriculum. In one county during fall 2009, the FNP educators emphasized food safety and hand washing. The county reported fewer incidences of influenza related to the H1N1 virus than surrounding counties and attributed it to the FNP education.

Other audiences include parents with young children, seniors, homeless adults and families, battered women, and special needs audiences, such as students enrolled at the Florida School for the Deaf and Blind. In addition to healthful food choices, participants are taught food safety; how to manage food resources and save money when shopping; and food security, which is how to identify the availability of and use emergency and non-emergency food resources.

The FNP is federally funded through the Florida Department of Children and Families and is housed at University of Florida IFAS, Department of Family, Youth, and Community Sciences.



grow • shop • cook • eat  
**Family Nutrition  
Program**

## ***Nutrition education provides a myriad of social and economic benefits.***

- For every \$1 spent on nutrition education, \$10.64 is saved in health care costs (1).
- In a Florida study on school-based nutrition education, students increased their FCAT math scores (2).
- Nutrition education participants increase their consumption of milk, protein, fruits, and vegetables (3).
- Every \$5 in new SNAP benefits generates as much as \$9 of economic activity (4).
- Food insecurity is reduced in program participants, thereby reducing the need for emergency and non-emergency food assistance programs (5).

1. Rajopal, et al. (2002). *Journal of Nutrition Education and Behavior*, 34(1). 26-37.
2. Hollar, et al. (2010). *American Journal of Public Health*, 100. 646-653.
3. Del Tredici, et al. (1988). *Journal of the American dietetic Association*, 88(2). 190-195.
4. Economic Research Service (2012). Retrieved from [www.ers.usda.gov](http://www.ers.usda.gov).
5. Nitzke, S., et al. (2004). *Nutrition for Family Living*.

Find us on the web at:

<http://fyics.ifas.ufl.edu/Extension/HNFS/FNP/>

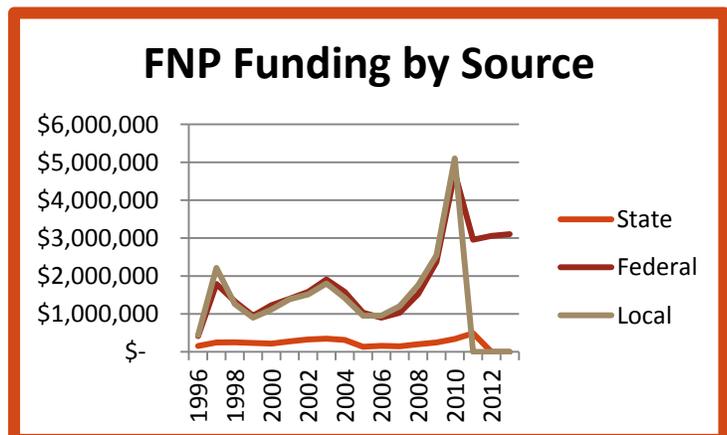
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## *Participants in the FNP increase knowledge and change behaviors to become healthier Floridians.*

- The FNP operated in **31 counties** in FFY2012 and employed **52 Floridians**.
- The FNP reached **125,133 people** in FFY2012, and made 1,133,779 contacts with those people.
- Of the 125,133 people reached in FFY2012, 88% were youth, 7% were adults, and 5% were older adults.
- On average, youth were contacted 10 times and adults were contacted 2 times for repeated exposures to nutrition content.
- In addition to direct teaching, **over 1.5 million participants** were reached through indirect education, such as community fairs or events, public service announcements on television and radio, and newspaper articles.
- The FNP teaches classes at public schools, Head Start programs, health service centers, community centers, adult education and job training sites, and elder service centers.
- Youth knowledge **scores improved about 30%** upon completion of YUM! Youth Understanding MyPlate, an FNP curriculum.
- Over half of food service managers reported that students ate a little more fruit, a lot more whole grains, and a lot more skim or reduced fat milk after a series of FNP lessons.
- Teachers reported that 63% of students were eating more vegetables, 71% were eating more fruits, 57% were eating more whole grain foods, 51% were eating more low fat or fat free dairy, and 64% were eating healthful snacks more often after a series of FNP lessons.
- Teachers also reported that **80% of students were more physically active** after the series of FNP lessons.
- Over 70% of older adults participating in an ENAFS (Elder Nutrition and Food Safety, an FNP curriculum) lesson intended to make at least one specific behavior change.

## ***The FNP has been educating Florida citizens since 1995 and has brought nearly \$32 million of federal funds to the Florida economy.***

A state investment of \$4 million over 18 years (less than \$250,000 per year) has brought in nearly \$32 million of federal funds to the state of Florida and leveraged over \$24 million dollars of local funds for the FNP for a total program of \$60 million. For every \$1 the State of Florida invests in nutrition education, the state receives \$8 in federal funds and \$6 from local county and city governments, for a total of \$14 received.



\*FY2011 marked the signing of the Healthy, Hunger Free Kids Act of 2010 which reduced Florida funding.