



2018 FLORIDA
SNAP-ED IMPACT



FROM THE DIRECTOR'S DESK

As I reflect on this past year, I am extremely grateful for our community partners who are as passionate as we are about serving Florida's SNAP-eligible families and individuals, and for our FNP staff members across the state who directly provide free nutrition education and resources that support healthy changes in our communities.

I am especially proud of our work to help reduce food insecurity, as so many Floridians do not have the resources to put enough food on their table. Whether teaching people how to stretch their food dollars at the grocery store, or connecting a farmer to low-income senior housing to deliver fresh produce at a discount, we are doing what we can to help increase access to affordable nutritious foods.

I invite you to partner with us as we discover new opportunities and innovative ways to provide SNAP-Education services in Florida. A heartfelt thank you to all our partners, including the U.S. Department of Agriculture and the Florida Department of Children and Families, for helping us continue to make a difference in people's lives through FNP.

In good health,

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UF | IFAS Extension
UNIVERSITY of FLORIDA



WHAT IS SNAP-ED?

SNAP-Ed (Supplemental Nutrition Assistance Program - Education) is a federally funded grant program that teaches people how to eat healthy on a budget and stay physically active to reduce the risk of obesity and chronic disease.

- The UF/IFAS Extension Family Nutrition Program (FNP) has been providing SNAP-Ed in Florida since 1996.
- SNAP-Ed is for people who qualify for SNAP benefits.
- Funding comes from the USDA through the Florida Department of Children and Families.
- The program is based on the current Dietary Guidelines for Americans and the USDA food guidance (MyPlate).

THE NEED IN FLORIDA



Millions of adults and children in Florida struggle with:

poverty | obesity | food insecurity

6.6 million Floridians qualify for SNAP Education¹ = **31.5%** of the FL population²

2.9 million are food insecure (lack consistent access to enough food for an active, healthy life)³ = **13.9%** of the FL population³

1 in 6 youth ages 10-17 has obesity⁴

1 in 4 adults has obesity⁵

Sources:

1. U.S. Census Bureau, American Community Survey, 2013-17
2. U.S. Census Bureau, population estimates, July 1, 2018
3. Map the Meal Gap 2018, feedingamerica.org
4. The State of Obesity, stateofobesity.org, 2016-17
5. Behavioral Risk Factor Surveillance System (BRFSS), 2017

ABOUT US

FNP is part of the University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension. Our educational approaches and materials have been proven effective in helping families make positive changes for their health.

We teach nutrition education classes

at locations where people normally gather, such as schools, community centers, libraries, and churches.

We employ **more than 160 team members.**

In some counties, **classes also are taught in Spanish and Haitian-Creole,** to serve our diverse Florida population.

Our educators and county supervisors are **passionate about their work,** and many come from the communities they serve.

We have dedicated regional staff who specialize in **public health and food systems,** and connect our partners to the resources they need.

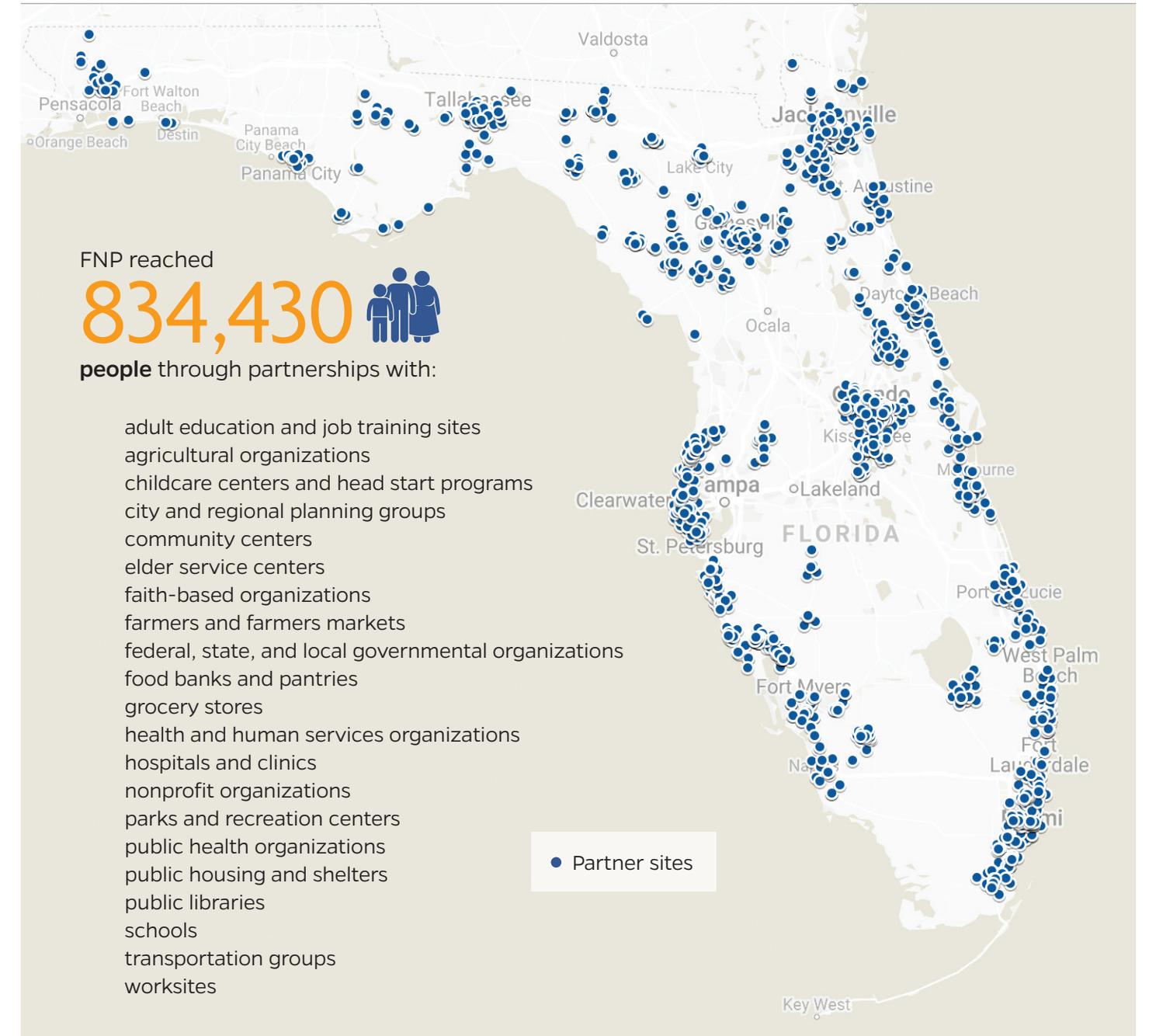


In 2018, we served

41 counties

- | | |
|-----------|------------|
| Alachua | Liberty |
| Bay | Madison |
| Brevard | Manatee |
| Broward | Martin |
| Calhoun | Miami-Dade |
| Charlotte | Nassau |
| Clay | Orange |
| Collier | Osceola |
| Columbia | Palm Beach |
| DeSoto | Pasco |
| Dixie | Pinellas |
| Duval | Putnam |
| Flagler | Santa Rosa |
| Franklin | Sarasota |
| Gilchrist | St. Johns |
| Gulf | St. Lucie |
| Hardee | Suwannee |
| Lafayette | Taylor |
| Lee | Volusia |
| Leon | Wakulla |
| Levy | |

OUR REACH



SENIORS ACCESS LOW-COST, LOCAL PRODUCE

Ten miles (and two bus rides) away from the nearest grocery store in Jacksonville, seniors living in a low-income apartment building had to make do with packaged foods from a nearby mini-mart.

Having access to fresh fruits and vegetables on a regular basis was not an option until FNP teamed up with Urban Folk Farm, a local grower, to provide free nutrition education and fresh-picked produce at the site.

The residents can use their SNAP benefits and Fresh Access Bucks, an additional benefit for SNAP recipients, to buy fruits and vegetables at a deep discount delivered directly to them. The monthly program started with one apartment building in 2017 and has since expanded to four. Twenty to twenty-five seniors participate at each location.

“I love knowing that the farmers pull the vegetables fresh from their own farm,” said a participant.



WHAT OUR PARTICIPANTS LEARN IN CLASS

FNP offers free hands-on nutrition education classes for all age groups. Topics include:

- cooking and food preparation skills
- shopping on a budget
- reading nutrition facts labels
- preparing and storing foods safely
- growing fresh produce
- being more physically active
- improving the home food environment



“I now read every food label before I put a food item in my shopping cart.”

— Adult participant, Pasco County

2018
OVERALL
IMPACT

137,979
people reached
through nutrition
education classes

85,638
youth
52,341
adults


25,208
classes taught

Percentages
of participants
who improved
their behaviors
after taking FNP
class series:



ADULTS (18+)



- 49% ate more vegetables
- 48% ate more fruits
- 50% were more physically active
- 56% saved money at the grocery store

YOUTH (Grades 3-12)



- 37% ate more vegetables
- 43% ate more fruits
- 48% were more physically active

FREE FRUITS, VEGETABLES FOR FAMILIES AT CLINIC

A doctor's office waiting room might be the last place you would expect to find a fruit and vegetable stand, but it is a convenient way for families there to access fresh produce for free.

FNP installed a stand at the Florida State University Immokalee Health Education Site clinic and partnered with the Immokalee Pioneer Museum at Roberts Ranch to donate the produce. Nutrition information and recipes also were provided.

When Hurricane Irma damaged some of the fruit trees at the ranch in September 2017, FNP was able to identify other sources of produce, such as the UF/IFAS Extension Florida Master Gardener Program, until the trees recover.

FNP and Florida Master Gardeners have since developed a fruit tree orchard and a vegetable garden on clinic grounds for teaching area youth. The produce will be used on site for education, with excess provided to patients and staff.



INSPIRING CHANGE THROUGH PARTNERSHIPS

The following are ways we collaborate with partners to support healthy changes in our communities:

- connecting farmers with school food and nutrition staff to increase the purchasing of Florida-grown foods
- supporting school and community gardens
- training early learning providers on how to encourage young children to make healthy choices
- serving on committees that improve wellness policies in communities, schools, and workplaces



DID YOU KNOW?

The school boards of Brevard, Broward, Martin, and St. Lucie counties

accepted **amendments to district wellness policies** related to nutrition and physical activity

that FNP regional specialists proposed,

which affected an estimated **330,159** students

2018 OVERALL IMPACT (cont.)

508
policy, systems and environmental **changes** implemented

696,451
people reached through policy, systems, and environmental changes



101,207
people benefited from increased access to healthy foods

341
gardens supported



An estimated **21,000** youth and adults actively participated in school and community gardens

2,501 partners were trained on promoting healthy behaviors and reducing food insecurity

Some trainings included:

- Garden education
- Healthy Habits for Life/ Let's Move Child Care
- Smarter Lunchrooms

PARTNERSHIPS

Our program relies on partnerships with state and community organizations. They provide resources such as staff time, expertise, donated goods, and space in which to conduct programming. **Through partnerships, FNP can maximize the impact of our federal grant dollars, positively affect Florida’s economy, and help Florida families live healthier lives.**

EXAMPLES OF KEY PARTNERS

21st Century Community Learning Centers
Action for Healthy Kids
Alachua County Farm to School to Work Hub
ARC
Boys and Girls Clubs of America
CareerSource Florida
Catholic Charities
Florida Agriculture in the Classroom
Florida Department of:
 Agriculture and Consumer Services
 Children and Families
 Education
 Elder Affairs
 Health
Florida Hospital
Florida Organic Growers
Florida State University
Goodwill Industries
Localecopia
Nemours Children’s Hospital
PACE Center for Girls

Police Athletic League
Publix Supermarkets
Salvation Army
Share Our Strength
Special Supplemental Nutrition Program for Women, Infants, and Children
Tampa Bay Network to End Hunger
The 4R Foundation
UF HealthStreet
UF/IFAS Extension:
 Expanded Food and Nutrition Education Program
 Florida 4-H
 Florida Master Gardener Program
 Small Farms and Alternative Enterprises
United Way
University of Miami
University of South Florida
Walmart Foundation
Winn-Dixie Stores
YMCA



1,451
partner
organizations



“Now I see my daughters are more interested in eating fruits and vegetables that they did not like before. I feel happy because the changes I made with my family work.”

— Adult participant, Collier County



Partner with us for a healthier Florida!

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For more information, visit



familynutritionprogram.org

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**Family Nutrition
Program**

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