EFNEP teaches parents and children how to improve their nutrition practices, stretch their food dollars, practice food safety, and increase their physical activity. EFNEP is a USDA-NIFA funded, research-based program operating in Escambia, Hillsborough, Miami-Dade, Palm Beach, Polk, and Seminole Counties.

Reducing Health Disparities

86% of participants identified as an ethnic or racial minority. Poor health disproportionately affects minority families.

97% of participants’ incomes fell below the federal poverty level. Low-income families have a higher risk for developing nutrition-related diseases.

Changing Nutrition and Physical Activity Behaviors

Adult

92% improved nutrition practices.

89% improved food resource management.

76% improved food safety practices.

40% increased their physical activity levels.

Youth

87% increased knowledge or ability to choose healthy food.

42% increased knowledge or ability in food resource management.

53% increased knowledge or ability in food safety practices.

56% increased knowledge or ability in physical activity practices.

Improving Eating Habits and Food Security

57% of EFNEP participants decreased their intake of solid fats and added sugars.

Participants ate...

- 46% more fruit
- 41% more whole grains
- 49% more vegetables
- 47% more protein
- 49% more dairy
- 2,315 adults reported being more food secure upon program completion.