



2019 FLORIDA SNAP-ED IMPACT

WELCOME

For over 23 years, the UF/IFAS Extension Family Nutrition Program (FNP) has provided nutrition education and environmental and policy changes that make communities healthier, helping SNAP-eligible families make healthy choices on a budget. FNP continues to implement strong SNAP-Education in Florida and we are happy to share our impacts from 2019.

We are proud of our more than 160 dedicated staff in 40 counties who partner with local and state organizations to serve Florida's families. Our passionate educators teach children about nutrition, and how their food is grown, harvested, and prepared. They also provide hands-on training to parents and seniors on food safety and preparing healthy, tasty meals on a budget. Our public health and food systems specialists support efforts in food pantries, school cafeterias, and school and community gardens to increase access to healthy foods.

In 2019, we reached more than 167,000 youth and adults with nutrition education (including 18% more adults than in the previous year) and 1.1 million people through environmental changes. Regardless of the activity or the audience, our goal is the same: to make a positive impact on health in Florida.

Through the network of UF/IFAS Extension, which has served Floridians for more than 100 years, FNP is able to work within the majority of Florida's counties as a foundational Extension program. As the state's premier land-grant university, UF offers free educational programs through Extension to provide solutions for everyday problems facing Florida's families. We look forward to continuing our work and partnerships in 2020. 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 positive difference in people's lives through FNP.

In good health,



Nick Place, PhD
Dean and Director
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Nutrition Program Leader



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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 be more 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 = **32.7%** of the FL population¹

2.8 million are food insecure (lack consistent access to enough food for an active, healthy life)² = **13.8%** of the FL population²

 **1 in 5** youth has obesity³

 **1 in 3** adults has obesity⁴

Sources:

1. U.S. Census Bureau American Community Survey, 2013-2017
2. Feeding America, Map the Meal Gap, 2019

3. DOH Summary of School Health Services, 2016-2017 (Grades 1, 3, and 6)
4. Behavioral Risk Factor Surveillance System (BRFSS), 2018

ABOUT US



FNP is a University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension program. 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.

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



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

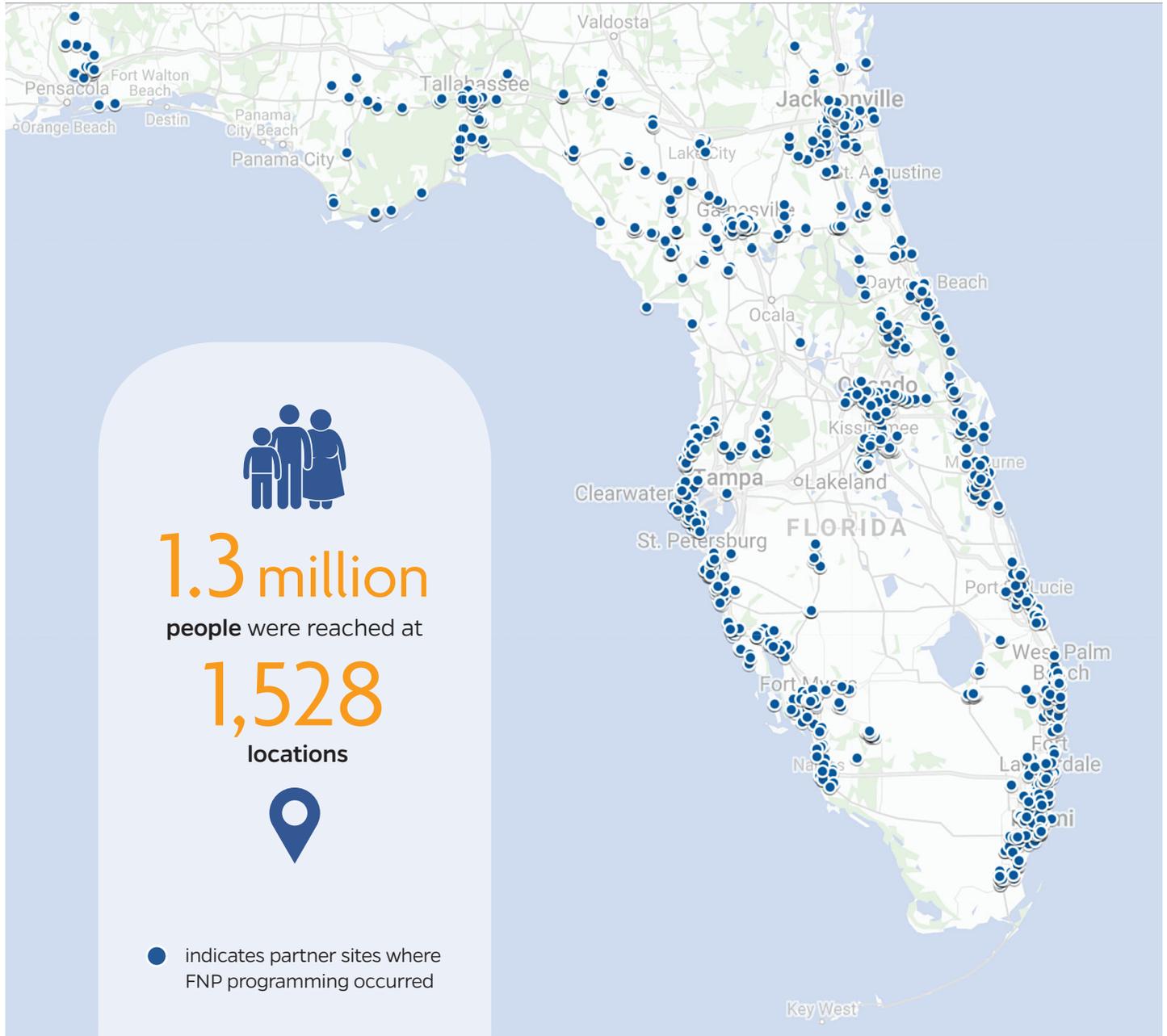
We employ **more than 160 team members.**

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

In 2019, **we served 40 counties:**

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

OUR REACH



”

“GETS [FNP’s garden educator training series] has been a springboard for me into more confidently caring for the garden at my school.”

— Science teacher
in South Florida





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.** We work with the following types of partners:



1,243
partner
organizations

- Adult education and job training sites
- Agricultural organizations
- Childcare centers and Head Start programs
- City and regional planning groups
- Community centers
- Elder service centers
- Faith-based organizations
- Farmers and farmers markets
- Federal, state, and local governmental organizations
- Food banks and pantries
- Grocery stores
- Health and human services organizations
- Hospitals and clinics
- Nonprofit organizations
- Parks and recreation centers
- Public health organizations
- Public housing and shelters
- Public libraries
- Schools
- Transportation groups
- Worksites

PROMOTING HEALTHY CHOICES AT THE PANTRY

FNP provided free nutrition education to pantry clients while they waited in line to pick up their food at Lauderdale Manors Early Learning and Family Resource Center in Broward County. FNP educators taught lessons based on MyPlate and demonstrated healthy recipes at the pantry one to three days per month. Clients were able to taste the food that was prepared.

“Tastings make a big difference in convincing people to choose healthier foods,” said an FNP educator who teaches at the pantry.

“We show people how to make healthy, flavorful dishes with items found in the pantry.”

FNP’s partnership with Lauderdale Manors went beyond nutrition education. With help from an FNP public health specialist, the pantry transitioned to allowing clients to choose their foods rather than receiving a pre-made bag. This gives clients more control over the food they receive and reduces food waste.



WHAT OUR PARTICIPANTS LEARN IN CLASS

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

- cooking 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

2019
**OVERALL
IMPACT**

167,049

people reached
through nutrition
education classes

105,246
youth

61,803
adults



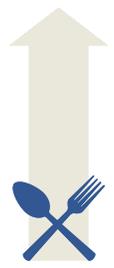
25,947
classes taught



“I learned that processed foods are very high in salt. Now I’m trying more spices in my food instead of adding salt.”

— Adult participant in Lee County

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



ADULTS (18+) 
46% ate more vegetables
41% ate more fruits
38% were more physically active

YOUTH (Grades 3-12) 
30% ate more vegetables
27% ate more fruits
29% were more physically active

GROWING TOGETHER AT HEAD START

FNP works with many Head Start programs in Florida, where young children and their parents can learn about nutrition and gardening. In Levy and Gilchrist counties, FNP provided training and material support for the childcare gardens to complement free nutrition education at several sites.

Groups there planted and harvested potatoes and bush beans. Approximately 400 people participated in planting, learning, and tasting in the gardens during spring and fall growing seasons. Some of the harvested produce was used in series-based adult cooking classes provided by FNP.

“It’s been great to see my kids learn about how to grow their own vegetables,” said a Head Start parent in Gilchrist County. “When they came home telling me all about it, we had to plant some in our own yard. This has been a great extension to what I have been teaching them at home, so for them to be learning at school too is great!”



INSPIRING CHANGE THROUGH PARTNERSHIPS

The following are some of the 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

2019 OVERALL IMPACT (cont.)

428

policy, systems and environmental (PSE) **changes** implemented

1.1 million

people reached through PSEs



58,877

people reached through PSEs at 14 food pantries



DID YOU KNOW? 

Resulting from FNP trainings and technical support,



9

Florida counties implemented Smarter Lunchrooms Movement techniques in schools,



which reached

62,282
students

227
gardens supported



An estimated **35,758** youth and adults actively participated in school and community gardens



1,188

partner staff were trained on promoting healthy behaviors and reducing food insecurity

Trainings include:

- Garden education
- Early childhood education
- Smarter Lunchrooms Movement
- Healthy pantries

Partner with us for a healthier Florida!

¡Asóciase con nosotros para una Florida más saludable!

An nou travay ansanm pou nou gen yon Florid pi an sante!

Karla P. Shelnett, PhD, RD

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