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
UF/IFAS Extension

Karla P. Shelnutt, PhD, RD
Principal Investigator, UF/IFAS Extension Family Nutrition Program
Associate Professor and Extension Nutrition Specialist
Nutrition Program Leader

Photography by: UF/IFAS Communications, FNP, and iStockphoto.com
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:
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
NP 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
- Brevard
- Broward
- Calhoun
- Charlotte
- Clay
- Collier
- Columbia
- DeSoto
- Dixie
- Duval
- Flagler
- Franklin
- Gilchrist
- Gulf
- Hardee
- Lafayette
- Lee
- Leon
- Levy
- Liberty
- Madison
- Manatee
- Martin
- Miami-Dade
- Nassau
- Orange
- Osceola
- Palm Beach
- Pasco
- Pinellas
- Putnam
- Santa Rosa
- Sarasota
- St. Johns
- St. Lucie
- Suwannee
- Taylor
- Volusia
- Wakulla
1.3 million people were reached at 1,528 locations.

Indicates partner sites where FNP programming occurred.
“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:

- 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

1,243 partner organizations
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
<table>
<thead>
<tr>
<th>Percentages of participants who improved their behaviors after taking FNP class series:</th>
</tr>
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<tbody>
<tr>
<td><strong>ADULTS (18+)</strong></td>
</tr>
<tr>
<td>46% ate more vegetables</td>
</tr>
<tr>
<td>41% ate more fruits</td>
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<tr>
<td>38% were more physically active</td>
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</tbody>
</table>

“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
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
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

Did You Know?

Resulting from FNP trainings and technical support, which reached 62,282 students.

Florida counties implemented Smarter Lunchrooms Movement techniques in schools,
Partner with us for a healthier Florida!
¡Asóciese con nosotros para una Florida más saludable!
An nou travay ansanm pou nou gen yon Florid pi an sante!

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familynutritionprogram.org

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