Our mission: We help limited-resource families in Florida access more nutritious food choices on a budget and adopt healthier eating and physical activity habits to reduce the risk of obesity and chronic disease.

Core Values:

**Diversity**
We support Florida’s diverse population and we ensure that our programs are accessible to all.

**Excellence**
We provide relevant, high-quality, unbiased, research-based educational programs that empower Florida’s citizens to improve their lives.

**Passion**
We commit to an enthusiastic person-centered approach in programming and management.

**Wellness**
We value staff and participants as human beings and inspire people to prioritize their health and well-being.

**Stewardship**
We commit to being responsible stewards of state and federal resources.

**Communication**
We commit to open communication internally and externally.

**Collaboration and Partnership**
We commit to assemble the expertise needed to address important issues and extend the reach and depth of our educational programs.

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