



# UF/IFAS Extension Family Nutrition Program CORE VALUES

**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.

## 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.

