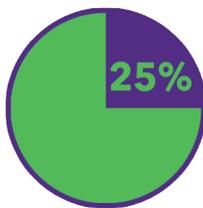
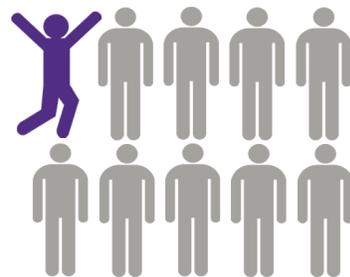
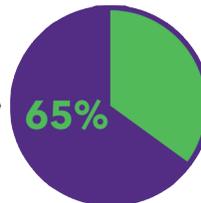


Why is Kansas SNAP-Ed needed?



Kansans who know they should consume 5-9 servings of fruits and vegetables per day

Low income Kansans who are overweight or obese



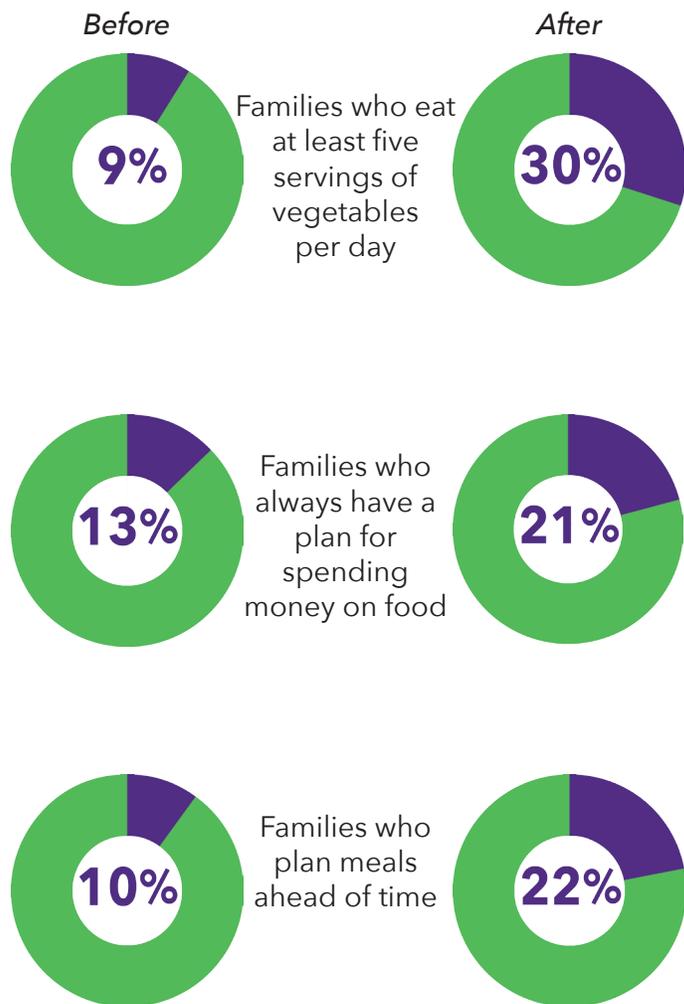
90% of Kansas adults with an annual household income less than \$15,000 do not get the recommended level of physical activity

In Kansas, an average of 316,983 individuals in 149,000 households received food assistance each month in 2013.

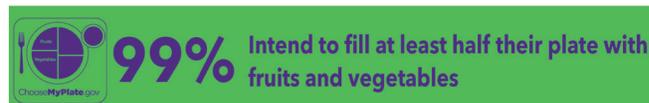
—Up 100,000 since 2009

“The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with MyPlate and the current Dietary Guidelines for Americans.”

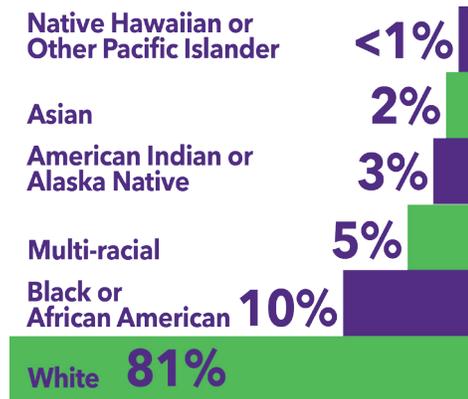
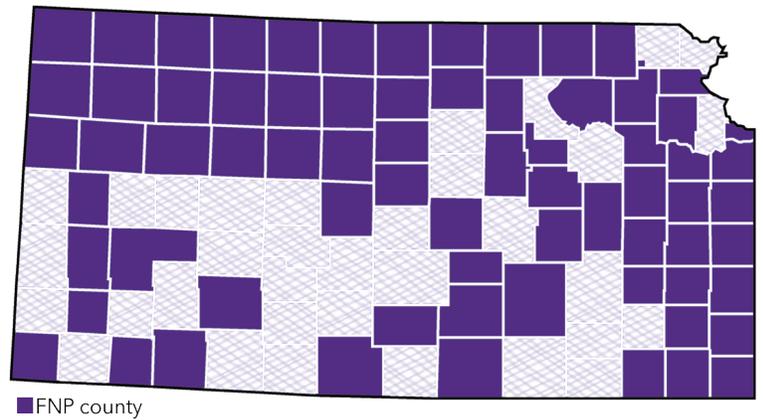
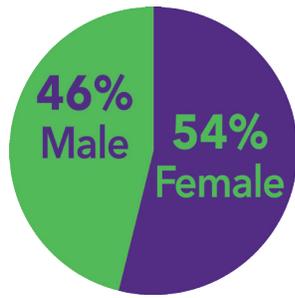
Making a Difference...



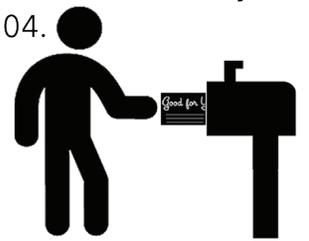
Program participants:



Kansas SNAP-Ed Reaches a Diverse Audience



SNAP-Ed programming is coordinated and delivered by Kansas State Research and Extension (KSRE) in 75 counties across Kansas, reaching more than 43,000 Kansans. Additionally, more than 131,000 nutrition-focused newsletters were mailed directly to the Kansas SNAP audience in 2104.



Successes Across the State

Increased youth knowledge and skills

The Family Nutrition Program educator was stopped by a mom of a fourth grader who had recently participated in SNAP-Ed lessons. Mom said her daughter loved cooking from the cookbook the educator had provided the students the week before, because it enticed her to make different fruits and veggies. Mom reported helping the daughter make appropriate substitutions using food on hand, as their Food Assistance (SNAP) benefits were used up for the month. The mother reported how grateful she was for the practical skills, healthful knowledge and useful recipes provided by FNP. **(Harvey County)**

Improved family nutrition

An FNP class provided clients with the rationale for including lean protein in the diet, ways to identify sources of lean protein, shopping skills to compare labels, techniques to modify favorite recipes to decrease total fat, and healthful MyPlate recipes. One participant purchased 90% lean ground meat with plans to cook, blot and rinse it to further reduce fat and calories. She reported making the homemade taco seasoning demonstrated in class because "it tastes good and doesn't have salt." **(Douglas County)**

Skill-building nutrition and cooking classes

Clients with developmental disabilities came together once a month to learn about healthy eating and cooking skills from the FNP educator. The lessons provided and resources shared through SNAP-Ed classes increased participants' independence and abilities to plan and prepare healthier recipes for themselves and to share what they have learned with their families. **(Northwest Kansas)**

Policy change in community food distribution

Through local SNAP-Ed efforts, local food pantry staff received nutrition and meal planning resources to assist their clients, and policy changes surrounding food distribution methods have been made. Emergency food supplies will still be provided, but staff will now distribute food baskets containing items based on MyPlate guidance rather than individual food requests. More fruits and vegetables will be provided, and families will have increased opportunity to serve more healthful meals. **(Atchison County)**

FOR MORE INFORMATION

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

