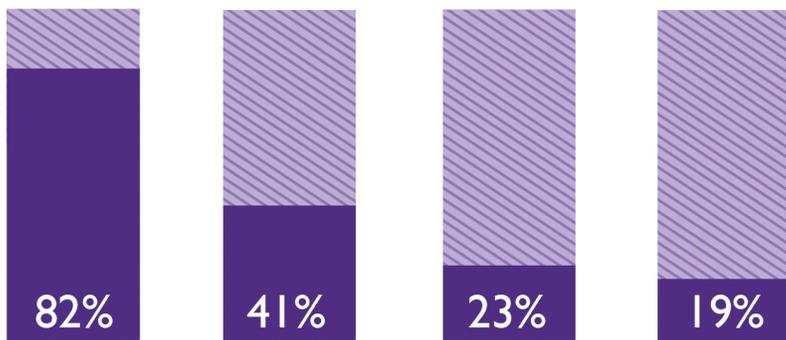


Why is Kansas SNAP-Ed needed?

Kansas is one of five states that saw an **increase in obesity** from 2013 to 2014. Kansas now has the **13th highest** obesity rate in the nation.

The evidence shows that SNAP alleviates poverty, reduces food insecurity, improves dietary quality, protects against obesity, and improves health, especially among children. SNAP-Ed targets SNAP participants and other low-income persons who are eligible to receive SNAP benefits.



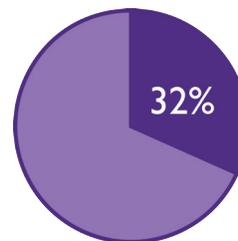
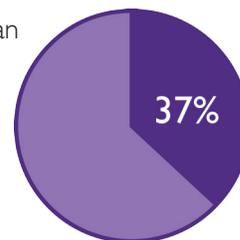
82% of low-income households report purchasing inexpensive, unhealthy food because they could not afford healthier options (Source: Kansas Food Bank, 2014)

41% of low-income Kansans reported eating less than one daily serving of fruit

23% of the same group ate less than one daily vegetable serving

19% of Kansas children live in poverty

Kansas adults with an annual household income less than \$15,000 who get **NO** leisure time physical activity



Low income Kansas adults who are overweight or obese

In Kansas, an average of **264,411** individuals in **117,987** households received food assistance in October 2015.

Making a Difference

After Kansas SNAP-Ed programs, participants report....



89% Learned how to use Nutrition Facts Label to make healthier food choices

83% Intend to grow vegetables in garden or buy from farmers market



71% Intend to fill at least half their plate with fruits and vegetables

86% Feel more motivated to improve food safety during food preparation



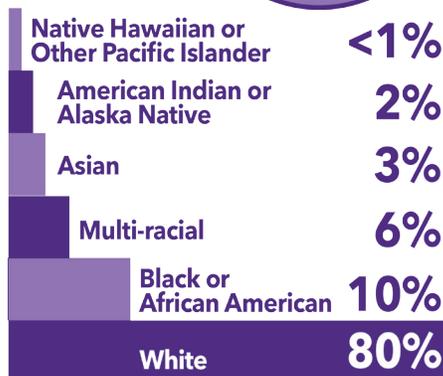
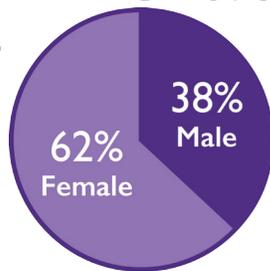
90% Have a plan for spending money on food

99% Feel more motivated to follow physical activity recommendations



83% Plan meals ahead of time

Kansas SNAP-Ed Reaches a Diverse Audience



SNAP-Ed Counties In Kansas



■ SNAP-Ed county

*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 2015.



“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.”

‘Through a community program in Barber County, KS, we increased family time and physical activity across all ages and income levels by placing a Story Walk in our community. Seniors on limited incomes reported walking the path multiple times. Parents of young children loved hearing their older (2-4th graders) kids read to the younger kids. In addition to reading the book, they all reported reading the nutrition tips that accompanied the walk, and being willing to incorporate them into their lives.

During the kick-off events, SNAP-Ed provided a taste testing that coordinated with the nutrition-focused books. For June, we used Handa’s Surprise (from the Book in a Bag curriculum) and sampled apples with Tropical Fruit dip (a healthful recipe featured in the curriculum). One mother commented that she never bought yogurt because she didn’t like it. She tasted the dip and said that it was good. She was willing to start using yogurt as a cooking ingredient.’

About 12 years ago, a high school counselor asked if Wyandotte county SNAP Ed could provide basic nutrition and cooking education for her class of special needs students. The request led to successful series of classes, first in one school, and later in four.

About five years ago, SNAP-Ed educators learned that the coordinator for these classes incorporated nutrition education into the daily curriculum. They assisted the coordinator in providing activities to supplement the basic nutrition and cooking classes.

In 2015, our SNAP-Ed educator provided a series of four, 1.5 hours classes for three teachers in two high schools. Students learned the basics of nutrition education, food safety, meal planning and preparation, as well as simple physical fitness activities.

Teachers and parents report that students are more aware of the food choices they make at school and at home, students make class recipes at home and many cook or assist their parents with meal planning, purchases or preparation. The district high school special needs coordinators are now considering how they can partner with Wyandotte County SNAP-Ed to offer nutrition classes to all qualifying students.

Kansas SNAP-Ed featured a speaker on the Child Summer Feeding program from the Kansas Department of Education, Child Nutrition Services, at our Extension Update conference early in 2015. Grant County, in SW Kansas, had no summer feeding programs. As part of her Extension and SNAP-Ed collaborative work in the county, FCS Agent Mary Sullivan and several local stakeholders took the necessary steps to begin offering the program in Ulysses in 2015.

That summer, two young girls came to Ulysses to live with their grandmother, because their mother was incarcerated. Although the girls were welcomed at the grandmother’s, she risked losing them to foster care because she could not meet the required dollar amount for food allowance needed for them to stay with her. With the help of the free meals served through the Child Summer Feeding Program, the grandmother was able to meet the requirements, assure her granddaughters were well fed, and keep the girls with her for the summer.

FOR MORE INFORMATION

Sandy Procter, PhD., RD, LD, Family Nutrition Program Coordinator procter@ksu.edu or Paula Peters, PhD., Family Nutrition Program Director ppeters@ksu.edu



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.

