

2018 Supplemental Nutrition Assistance Program Education

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Extension
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Making healthy choices is not always easy, especially on a budget. University of Illinois SNAP-Ed **provides easy solutions** through in-person lessons and online resources, making the **healthy choice an easy choice where families eat, learn, shop, and play.**

SNAP-Ed also works with local organizations to promote healthier settings and food choices, further increasing impact. By focusing on **improving food access**, increasing the **likelihood of healthy selections**, and helping families **save more money, we are making a difference** in the lives of Illinois families and their communities.

Illinois SNAP-Ed by the Numbers

708,173

Total educational class contacts: adults and youth

2,031

Community agency partnerships

1.6 million

2018 Illinois residents reached



Making a Difference



Children who participate in SNAP-Ed **prefer healthier foods** and beverages, **improve cooking skills**, and are **more physically active**



6 in 10 adults who attended short, interactive sessions said **they will make a healthy change** that week



Reaching Illinois Families in Need



1 in 8 households live in poverty



13% households receive SNAP benefits



9 in 10 do not meet recommended vegetable intake

For More Information

Visit Illinois' Interactive SNAP-Ed Maps for Personalized District Information



<http://go.illinois.edu/2018DistrictReports>

SNAP-Ed Works: Impacting Communities, Making Healthy Choices Easier for Illinois Families

Improving Access to Healthier Foods



Spending SNAP dollars on healthier foods helps families make better choices, which can lead to **better health, improved job performance, and lower absenteeism rates**



Illinois SNAP-Ed partnered with **68 grocery stores or farmers' markets** and **273 food pantries** to help nudge families towards healthier choices



Eighty-eight food pantries made changes with assistance from SNAP-Ed, making **healthier choices more available** to patrons

SNAP-Ed Works by Providing Fresh Produce to Pantries

SNAP-Ed partnered with Illinois Extension Master Gardeners to increase fresh produce options at local food pantries through community gardens.

This collaboration took place in 15 Illinois communities and resulted in **8,022 pounds of fresh produce donated** to 18 food pantries.

SNAP-Ed provided nutrition lessons and worked closely with pantries to improve pantry layout and policies to ensure produce would be selected.



"Having fresh produce available at the pantry is a big help. Businesses near here tend to only have things like honey buns and chips. If fresh food is available to us, we will eat healthier."
-- Pantry recipient

Increasing Healthy Choices for Families



SNAP-Ed works to reach all family members, **making a greater impact** on healthy choices

Three generations in Jefferson County benefited from SNAP-Ed, with grandmother, mother, and granddaughter attending lessons over the past year. "We are making family meals, trying new recipes and foods together!"



SNAP-Ed Works in the Kitchen

Illinois Junior Chefs is our signature hands-on cooking and nutrition series for children aged 8-13. In 2018, *Junior Chefs* took place at 197 different sites across Illinois, reaching 4,789 children.

Evaluations showed 94% of children improved their cooking skills after five short lessons.

"Before [Illinois Junior Chefs], he wouldn't even try vegetables at all. Now he loves to eat them! He cooks the recipes at home and helps in kitchen all the time, too."
-- Mother of Junior Chefs participant



SNAP-Ed Works at School

- In 2018, SNAP-Ed worked with **543 schools** providing classroom lessons and school wellness improvements
- SNAP-Ed provided key support during grant applications, resulting in **over \$100,000 awarded** to Illinois schools
- School breakfast participation has nearly doubled** at Danville High School, **from 14% to 27%**, after SNAP-Ed assisted the school in completing the grant and installing a grab 'n' go breakfast cart

SNAP-Ed Works in Early Childhood

SNAP-Ed reached **477 early childhood locations** in 2018.

Chicago Fresh is a farm-to-child care initiative which connects home childcare locations to local farmers for a local source of fresh produce. A local urban farm and family childcare location were brought together by SNAP-Ed to pilot *Chicago Fresh* in 2018.

In addition to using fresh produce at meals and snacks, childcare providers and students received a tour of the farm and cooking demonstrations. Due to the pilot's success, the childcare location plans to continue to source its fresh produce from the farm.

Helping Families Save Money



SNAP-Ed works with farmers markets to promote the use of SNAP benefits, **improving access to healthy foods and supporting local farmers**



Adults who attended SNAP-Ed lessons stated that by using information learned, **they used food dollars more wisely** and had more money left at the end of the month

SNAPedshot: Making Health Happen

For families who live in East St. Louis, access to healthy and affordable food is challenging. Many rely on over 40 corner stores for food purchases, which historically stock highly processed, high sugar, and high salt foods. In response, the *Make Health Happen* partnership formed in 2015, and SNAP-Ed has been instrumental in the partnership's success.

2018 Highlights

- **A previously closed grocery store reopened**, due in large part to efforts of SNAP-Ed. The store accepts SNAP benefits and has a robust produce section. SNAP-Ed provides in-store nutrition education and recipe demonstrations, **encouraging sales and selection of healthier foods.**
- An annual Health Forum, focused on **reducing food waste and emergency food efforts**, was organized by SNAP-Ed, with over 100 in attendance.
- Bond Avenue Fish and Poultry has worked with SNAP-Ed for three years as part of *Make Health Happen*. Over this past year, they **continued to revamp their store to promote healthier options**, expanding the amount of healthier staples and fresh fruits and vegetables offered.
- SNAP-Ed staff served in an advisory capacity on the community benefit committee of the St. Elizabeth's Hospital Community Advisory Board. Due to SNAP-Ed's influence, **the hospital is now funding a part-time registered dietitian** and healthy holiday food baskets.



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