

Kansas SNAP-Ed

The Family Nutrition Program

Program
Report
2013

The Kansas Family Nutrition Program (FNP) or Supplemental Nutrition Assistance Program - Education (SNAP-Ed) provides nutrition and obesity prevention education to Food Assistance (SNAP) participants and those eligible for the program.

Coordinated and delivered by Kansas State Research and Extension (KSRE) in 70 counties across Kansas, SNAP nutrition education programming supports four behavioral objectives: (1) Improve overall dietary quality, (2) Increase food resource management skills, (3) Increase participation in physical activity, and (4) Improve safe food handling and



preparation. In 2013, more than 45,000 Kansas adults and youth participated in series of FNP lessons. Additionally, more than 109,000 nutrition-focused newsletters were mailed directly to the Kansas SNAP audience.

FNP improves adults' knowledge of nutrition, helping families put more healthful foods into their diets and including physical activity as part of a regular routine. For both adult and teen audiences, program participants identify improved nutrition-related knowledge and increased intentions to engage in positive nutrition-related behaviors.

Following SNAP-Ed/FNP lessons in their classrooms, teachers told us:

- Students have been eating more fruits and vegetables as snacks after school.
- Students were willing to try different fruits and vegetables as a result of the program.
- Students are willing to walk laps instead of sitting out during recess.
- Some students say they are trying to play outside more at home and not just play their video games.



Students reported these behavior changes following FNP lessons:

- "I have eaten more vegetables at lunch."
- "I only drink pop for special occasions."
- "I have started putting fruit in my lunch."
- "I learned to wash my hands for 20 seconds because there is bacteria on my hands."
- "At my house we have stopped thawing meat out on the counter."

FOR MORE INFORMATION

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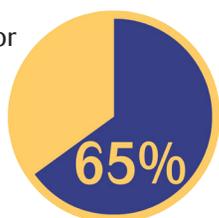
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Research and Extension

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 the current Dietary Guidelines for Americans.

From Wyandotte County:

To increase access to fruits and vegetables for SNAP recipients, the Beans and Greens Project provided EBT machines for four local Farmers Markets, and offered double value for SNAP clients. FNP (Kansas SNAP-Ed) staff assisted by providing educational resources at the markets, and by training volunteers to do food demonstrations utilizing local produce for market patrons. At the end of the Farmers Market season, participants were surveyed to determine the project's effectiveness, with these results:

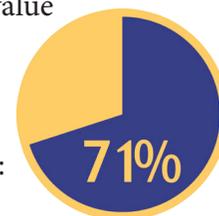
Tried a new fruit or vegetable during the season



Prepared a fruit or vegetable in a new way for their family



Noted that shopping at the Farmers Market made them feel more connected to local foods



Increased their F&V purchases after trying the market "tastings"

From Geary County:

In WIC Cooking Classes, our FNP program helps families make the connection by teaching them the importance modeling good nutrition behavior and cooking with their children. One WIC mom, after cooking class, reported "I plan on letting my kids help more when I'm cooking. I have learned how simple healthy eating can be."

From Douglas County:

In June, 2013, the LiveWell Healthy Food For All Work Group was created with a goal to enhance access to healthy food for low-income families. More than a dozen local and area agencies meet regularly to address food and food access issues. In December the Work Group formed the SNAP subcommittee to establish case management and outreach enrollment at local food pantries and schools, linking and enrolling eligible people to the SNAP program. Subcommittee representatives included a community volunteer who is currently a SNAP recipient, a local pastor whose congregation is more that 50% eligible for SNAP benefits, food bank representatives, FNP, USD 497, KS Dept Health & Environment, and DCF. Client barriers to SNAP enrollment were identified. Several participating groups prepared to offer SNAP enrollment case managers at their sites, and new objectives have been identified by the work group for future efforts.

From Pottawatomie County:

Last year one Professor Popcorn lesson (youth FNP) highlighted the importance of reading nutrition labels. I explained what labels are, how to find them, what they tell us. We talked extensively about the importance of reading nutrition labels.

This year, I was stopped by the parent of a former FNP participant who received nutrition education lessons in October 2012 as a third grader. Mom stated how excited her son is about the Nutrition Facts labels! She said, "He has to read the Nutrition Facts label on all the foods brought into the household. I am amazed at how much he knew about what was on the label, and even taught me a few things!" Mom stated her son was still just as adamant about reading labels as he was a year ago right after the lesson!