

# 2014

## Supplemental Nutrition Assistance Program Education



### What is SNAP-Education?

The SNAP-Education program helps those who are in need make healthier choices. By reaching people where they are in their communities across Illinois, we are able to teach skills necessary to make healthier meals, spend their SNAP dollars more effectively, and help them make healthy living a natural part of their day.



*"From the first lesson, my students were completely impacted and became more aware of how important making healthy choices can change the way they feel. Each time they learned something new, they discussed it with classmates, teachers and parents. Having this program in our school has brought positive changes to healthy choices."*  
- Teacher, DuPage County

### Illinois Residents in Need

#### Poverty Rate



= 1,841,996 Individuals

#### SNAP: Illinois Average Monthly Household Participation



= 1,021,150 Households

**Adult Obesity Rate: 29.4%**

Sources:

1. U.S. Census Bureau, *Small Area Income & Poverty Estimates*, 2013.
2. United States Department of Agriculture, *SNAP: Average Monthly Participation (Households)*, as of 1/9/15. <http://www.fns.usda.gov/sites/default/files/pd/16SNAPpartHH.pdf>
3. Centers for Disease Control and Prevention, *Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013.*

### SNAP-Education Reaching Those in Need

SNAP-Education is provided in 92 Illinois counties, partnering with 1,587 agencies.

Through cooking classes, informational booths, and online resources, we are there to support Illinois families in being physically active and staying healthy.

In 2014, we had 736,819 people in Illinois directly participate in our programs.

We know that for busy individuals and families, healthy choices are not always easy choices - especially on a limited budget. This is why we focus on reaching our program participants where they are in their own community.

#### Partner Sites



= 1,587 Agencies

#### Program Participants



= 736,819 Direct Contacts



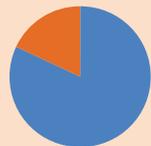
= 698,539 Indirect Contacts



University of Illinois \* United States Department of Agriculture \* Local Extension Councils Cooperating  
University of Illinois Extension Provides equal opportunities in funding and employment.  
SNAP-Education is provided in partnership with the University of Illinois at Chicago - Chicago Partnership for Health Promotion in Cook County.

# SNAP-Education Works: Illinois Impacts 2014

## Helping Adults Make Healthy Choices



**82%** showed improvement in planning meals, making healthy food choices, preparing food without adding salt, reading nutrition labels, or having children eat breakfast.



**59%** showed improvement in three or more nutrition practices listed above.



*"I did not want to try some of the new recipes in class because I did not like some of the ingredients, like broccoli. I was surprised that after we prepared them, I really did enjoy them and also made them for my family later that week. Now, my family & I are more willing to try new recipes and foods as a result." - Program Participant*



## Providing Resources for Teachers and Schools

In 2014, we continued our new work in assisting schools in making changes to improve the school environment in regards to nutrition and health. Four staff members focused on this area and reached out to 14 school districts, indirectly impacting more than **150,000** youth.



We have established involvement within school wellness committees, provided technical assistance for teachers regarding incorporating gardening and nutrition in the classroom, and assisted in increasing the number of healthy celebrations.



Several elementary schools received assistance with fruit and vegetable challenges. Students were introduced to the food, allowed to try it, and provided with take-home materials to share with their families. **Increased exposure to different foods is an effective, impactful way to improve healthy eating behaviors.**



## Youth Nutrition Education: School Year and Beyond

Classroom education is provided to early childhood and elementary school children at eligible schools, with a focus on healthy eating, age-appropriate cooking skills, and overall healthy lifestyle choices.



Students improved in identifying foods that contain calcium, which foods are healthy snacks, and which foods are fruits and vegetables.



**86%** of teachers noted that students are more aware of the importance of a healthful diet.



*"As I was finishing up a class this fall, I was approached by a mother. She said that she just had to show me a picture of her son helping her with supper. The picture showed him peeling potatoes! Her son had attended one of the cooking schools this past summer. She said he is always helping in the kitchen now and that he was even the one to suggest fresh potatoes!" - SNAP-Ed Staff Member*