Helping Families Eat Healthy at Home

56% of adults who attended short, interactive nutrition education sessions plan to make healthy changes to their eating habits.

After attending SNAP-Ed, adults plan more meals and read food labels more frequently. They are also less likely to run out of food for their families at the end of the month.

SNAP-Ed Works: Chicago

Through collaboration with Windy City Harvest of the Chicago Botanic Garden, nutrition education was provided by SNAP-Ed while clients were receiving fruit and vegetable prescription boxes. This resulted in clients eating more fruits and vegetables as snacks and overall each day.

"Since attending your classes, I am cooking more at home. The recipes you shared are easy to make. I’m saving money and also eating less sugar and salt."

For More Information

Visit Illinois' Interactive SNAP-Ed Federal Congressional District Maps http://go.illinois.edu/SNAPed2017

ILLINOIS SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

Helping Illinois Residents Make Healthier Choices on a Budget

Making healthy choices is not always easy, especially on a budget. University of Illinois SNAP-Ed works with families through in-person classes and online resources to make the healthy choice an easy choice where they live, shop, learn, and play.

SNAP-Ed also works with local agencies and organizations to promote healthier environments and food options for Illinois communities in need, which increases impact to even more Illinois families.

Reaching Illinois Families in Need

1 in 8 Households Live in Poverty
17% Households Receive SNAP Benefits
53% SNAP Households Have a Working Adult
9 in 10 Do Not Meet Recommended Vegetable Intake

Illinois SNAP-Ed By the Numbers

650,952 Total Educational Class Contacts: Adults and Youth
2,389 Community Agency Partnerships
1.5 million 2017 Illinois Residents Reached

The institution is an equal opportunity provider. University of Illinois, United States Department of Agriculture, Local Extension Councils Cooperating. In Cook County, SNAP Education is provided in partnership with the Chicago Partnership for Health Promotion at University of Illinois Chicago.

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SNAP-Ed Works: Transforming Communities and Making Healthy Choices Easier for Families

Helping Families Choose Healthy

Spending SNAP dollars on healthier food options helps families make better eating choices, which can lead to better health, improved job performance, and lower absenteeism rates.

In 2017, SNAP-Ed partnered with 83 grocery stores or markets and 324 food pantries to help families make better food choices.

Making Healthy Choices Easy at School

Children who eat meals regularly and are food secure perform better at school.

2017 Overall School Impact
SNAP-Ed Partnerships:
- 864 K–12 Schools
- 448 Early Childcare Centers

437 Schools Received Assistance for Cafeteria Improvements

Results:
- Improved display of healthier foods, leading to increased nutrition and sales
- Implemented healthier cooking techniques
- Assisted in grant applications, resulting in over $100,000 in grant funding received by Illinois schools

"Thank you for helping my son try more vegetables. Now he’s eating fewer chips and wants vegetables instead for a snack!"

SNAP-Ed Works: Round Lake

Round Lake Calvary Presbyterian Church houses a food pantry that serves the local community. Before working with SNAP-Ed, pantry offerings were highly processed, high in added salt, and low in nutrients.

SNAP-Ed assisted the pantry with obtaining a refrigerator and freezer to increase capacity for healthier food choices to pantry clients, such as frozen vegetables, sweet potatoes, fresh fruits, and more.

SNAP-Ed Works: East St. Louis

"SNAP-Education staff have provided invaluable support during the school year. They have provided extensive, free consultation and services to enhance the quality of and student access to breakfast and lunch within our entire district. Their staff have positively influenced district policy and practices to increase overall student access to proper nutrition. We are deeply grateful for the support, research and hands-on services provided to us at this critical time." – East St. Louis District 189

Program Evaluations Show After Attending SNAP-Ed Programs, Students:
1. Prefer healthier foods and beverages
2. Have improved cooking skills
3. Are more willing to try new foods
4. Are more physically active