



## 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.

## ILLINOIS SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

2017

### 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.



*"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."*

### SNAP-Ed Works: Chicago

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

### Reaching Illinois Families in Need



1 in 8 Households Live in Poverty



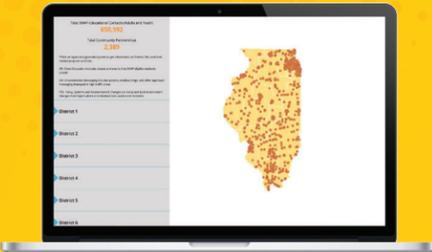
13% Households Receive SNAP Benefits



53% SNAP Households Have a Working Adult



9 in 10 Do Not Meet Recommended Vegetable Intake



### For More Information

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



### 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

# 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.



## 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.



Rock River Farmers' Market in Rockford experienced **112% growth in SNAP/LINK related sales** from 2016-2017 as a result of increased marketing and assistance from SNAP-Ed, **keeping more dollars in the local community.**

## 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!"*



## 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

## 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