We know that for busy individuals and families, healthy choices are not always the easy choices, especially on a limited budget. This is why SNAP-Education focuses on reaching our clients where they are in their own communities.

SNAP-Education

University of Illinois SNAP-Ed provides the knowledge and skills needed for adults and families to make healthier choices through classes and online resources.

SNAP-Ed also works with organizations to increase healthier food options and create healthy environments.

SNAP-Ed is funded through the USDA Food and Nutrition Service.

Helping Illinois Families in Need

- 1.8 million live in poverty
- More than 6 in 10 adults are overweight or obese
- 1 in 5 children are food insecure
- 6 in 10 Illinois adults eat fewer than 1 fruit or vegetable daily

(Food Insecurity: A person who is food insecure is at risk for hunger and lacks access to adequate food.)

SNAP-Ed by the numbers

- 921,686 Received Education
- 147,256 Adults
- 774,430 Youth
- 1,548 Community Partners
  - Schools
  - Early Childcare Centers
  - Youth Centers
  - Community Centers
  - Food Distribution Sites
  - Grocery Stores
  - Markets
Helping Families at Home

SAVE MONEY

“T’ve been learning a lot about sales, ads, coupons, and healthy shopping tips. I saved $21 last week!”

80%

Adults showed improvements when buying food, such as comparing prices, using grocery lists, and not running out of food.

EAT HEALTHY

“After taking your classes, I know how to prepare healthy meals. I check prices and use a grocery list.”

“My daughter has been asking for more fresh fruit since your program, so now I serve bananas and strawberries with dinner. We are all eating healthier foods now!”

90%

Adults showed improvements in nutrition practices, such as planning meals, making healthy food choices, and using less salt.

Promoting Healthier Choices in Schools

467 schools received nutrition education through SNAP-Ed

More than 80% of 1st and 2nd graders increased knowledge in nutrition and physical activity.

225 schools made changes in one or more areas:

• Offered healthier foods on school menus
• Planted school gardens
• Promoted a healthier learning environment

Lunchroom Success

“After taste testing spinach, students were so excited that they told school foodservice staff how much they liked it. Now the school is putting spinach salad on the menu!”

- SNAP-Ed Staff

Improving Food Access

SNAP-Ed works with coalitions, farmers markets, public health, & other agencies to improve food access in the community.

• Assisted farmers markets to accept SNAP payments for food purchases
• Partnered with local stores in Chicago and East St. Louis to stock and promote healthy foods at affordable prices.