

# ILLINOIS SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

2015

Helping Illinois Residents Make Healthy Choices Every Day



*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



# 2015 ILLINOIS IMPACTS: SNAP-ED WORKS ACROSS ILLINOIS



## Helping Families at Home

### SAVE MONEY



*"I've been learning a lot about sales, ads, coupons, and healthy shopping tips. I saved \$21 last week!"*



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!"*



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.

