

THE RESULTS

SNAP-Ed WORKS FOR KENTUCKIANS:



94% of adult participants had a positive change in food group choices



64% more often plan meals in advance



69% showed improvement in one or more food safety practices (i.e. thawing and storing food correctly)



93% of youth participants improved their abilities to choose healthy foods



68% more often use the "Nutrition Facts" on food labels to make food choices



SNAP-Ed KENTUCKY

2014 ANNUAL REPORT

Preserving improves access and health knowledge

Madison County residents learn how to can, dry and freeze produce during a food preservation program. Through nutrition education lessons, participants are encouraged to grow their own produce or purchase fresh fruits and vegetables at their local farmers market. The program provides hands-on learning, demonstrating how to properly and safely preserve fresh produce. Below, one program participant shared how she preserved the local fruits and vegetables purchased with SNAP benefits and changed her eating pattern.



"I froze enough single serving bags of vegetables to last through the winter, and I doubled my vegetable intake since taking the preservation class. I now know a way to eat healthier without wasting food."



SOURCES:

1. Kids Count Data Center, KY Youth Advocates
2. Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data, 2013
3. CDC, State Indicator Report on Fruits and Vegetables, 2013
4. Feeding America, Map the Meal Gap, 2012
5. Kentucky Department for Public Health, Cabinet for Health and Family Services. State Health Assessment, 2013
6. CDC State Indicator Report on Physical Activity, 2014
7. Kentucky Department for Public Health, Cabinet for Health and Family Services. Statewide Summary, 2014

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OUR FOCUS

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) reaches SNAP recipients and limited resource audiences providing nutrition education. Participants receive hands-on education and gain basic skills necessary to raise healthy families on limited incomes in a struggling economy.

Farm to School focuses on eating locally

Children in Calloway County have a new understanding of where their food comes from and encourage their families to buy produce from local farmers, as a result of a Farm to School program with nutrition education lessons. Sixty percent of students in the Calloway County school system receive free and reduced lunches, and many of the children lacked knowledge of where their food originated before this program began. In 2014, 150 students were reached through nutrition education and the majority of Farm to School program participants have experienced improved outcomes and behavior changes.



93% can explain where their food originates

55% encourage their families to choose local fruits and vegetables

Community garden program increases vegetable intake

Growing their own food together has helped senior citizens in McCreary County add more vegetables to their diet. The program began in an effort to combat a statistic from the county's health report, which indicated that 80% of this population consumed few vegetables. In addition to the gardening component, the program emphasizes healthy recipes, cooking techniques and food safety, while encouraging participants to nourish their bodies with the produce they harvest. In addition to successfully growing their own tomatoes, broccoli, cabbage and cucumbers, participants reportedly experienced improved eating habits.



76% eat and enjoy more vegetables

THE SOLUTION

APPROACH:

Provided hands-on, nutrition education to SNAP recipients and limited resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new skills
- Adopting new behaviors
- Managing SNAP resources
- Living an active lifestyle

IMPACT:

15,775 SNAP-Ed lessons taught

3,342 families enrolled in nutrition education series



831,778 SNAP participants reached
(ENOUGH PEOPLE TO FILL 35 SPORTS ARENAS)

THE CHALLENGE



1 OUT OF 3

or more Kentucky children (36.0%)¹ and adults (33.2%)² are obese



NEARLY 1 OUT OF 2

Kentucky children (49.7%)³ and adults (45.9%)³ consume fruits less than once daily



OVER 1 OUT OF 5

Kentucky children (21.6%)⁴ face hunger/food insecurity



OVER 41%

of Kentucky adults⁵ who have had their blood cholesterol checked have been told it was high



4 OUT OF 5

Kentuckians (82.7%)⁶ do not meet aerobic and muscle-strengthening physical activity guidelines



OVER 1 OUT OF 5

Kentuckians (21.92%)⁷ are living below poverty

Youth become Super Star Chefs with SNAP-Ed program

The University of Kentucky Nutrition Education Program has expanded their SNAP education efforts with a new youth education program – Super Star Chef. This state-wide program has been delivered at 32 locations, reaching approximately 800 limited resource children. Participants ages 9 to 18 learn basic cooking, nutrition and food-safety skills with hands-on activities. Jeannie Najor, Super Star Chef group leader, commented below on youth response to the program.



“Watching the youth excel each week was an exceptionally rewarding experience. Kids were not only willing to learn but also excited to learn how to cook and eat healthy.”