

*The Family Nutrition Program (Kansas' name for the Supplemental Nutrition Assistance Program Education) helps families and individuals improve the likelihood that those eligible for the Kansas Food Assistance Program (formerly known as Food Stamps) will make healthy food choices within a limited budget, and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate/MyPyramid.*



## **FNP is Successful**

After completing a series of FNP lessons, 44.9% of teen and adult FNP participants intended to increase their level of physical activity. Most respondents indicated an intended increase of physical activity from “1 or 2 days per week” to “3 to 4 days per week.”

Youth FNP participants were asked to select “ways for eating more fruits and vegetables.” Of the 2875 participants, 63.7% were able to correctly select “all of the above” (including “eating an apple for dessert,” “making a banana smoothie,” and “using carrots and celery sticks for dipping”) in the post-survey, a 7.2% increase in correct responses over the pre-survey.

Participants also compared “how often [they] eat meals that include a variety of foods” before FNP lessons, to their intentions after the program. Nearly 51% of 3899 participants reported intentions to increase the frequency with which they eat a variety of foods at each meal.

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**K-STATE**  
Research and Extension



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USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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# **FNP**

**FAMILY NUTRITION PROGRAM**



# **KANSAS 2012**

## How does FNP work?

The Family Nutrition Program helps Kansans with limited resources improve their healthful food choices by focusing on increasing the amount of fruits and vegetables eaten daily, and increasing their physical activity while reducing time spent in sedentary behaviors. The program shares research-based lessons on healthful eating, keeping food safe, physical activity for health and cost-wise cooking with SNAP-eligible audiences in their communities across the state.



## Who benefits from FNP?

The *primary* target audiences of FNP are women and children in food-assistance-eligible households. In FNP, nutrition education is also provided to youth and older Kansans, through direct group lessons as well as displays, posters and newsletters.

In FY2012:

- FNP lessons and programs reached 43,070 youth and adult participants in over 160,704 educational contacts.
- FNP provides part- or full-time employment for 50+ Kansans across the state.
- FNP infused more than \$2.3 million of program funds into the Kansas economy.

## Where is FNP?

In FY2012, the Family Nutrition Program was led by K-State Research and Extension educators in 75+ Kansas counties, with more counties signing on for FY2013.



Adult Kansans participating in FNP reported plans to make these healthy changes:

- ◆ to eat more fruits and vegetables (55%)
- ◆ to eat a greater variety of fruits and vegetables (60%)
- ◆ to use a plan to spend money for food (64%)
- ◆ to plan their meals ahead of time (61%)
- ◆ to shop for food from a list (48%)
- ◆ to increase their level of physical activity (45%)

## Successes - One Change at a Time

Here are some successes participants shared after taking part in the Kansas Family Nutrition Program:

“Although our FNP program was directed to preschoolers, I share information with the staff, as well. One of the classroom helpers was talking about preparing soup for a school fundraiser, and I was able to share with her how to cool large batches of chili safely, and how to reheat.”  
(Anderson County)

During a hands-on parent/child program, a single dad helped his daughter make a sample of Better Baking Mix. The dad said, “this is good...it will make life a little easier.”  
(Douglas County)

In the school parking lot one afternoon, the FNP educator was greeted by the mother of a third grade program participant. She said, “I want you to know that because of you, my life has become easier! Now that Luke is reading ingredient and nutrition labels, he is much easier to please in the grocery store. In fact, he will put back cereal boxes when he sees sugar at or near the beginning of the list, and he helps me find the multigrain products. Until he learned this in your class, I was forever having unhappiness and hassles with him in the cereal aisle.”  
(Meadowlark District)

Families struggling to stretch their food dollars receive help from FNP in the form of lessons and simple recipes utilizing food items commonly found in a community food pantry – from dried beans that provide an inexpensive source of protein, to creating four family meals from one stewing hen. One class participant shared how, in addition to the chicken and rice casserole that she had made in class, she also used the leftover chicken to make two more meals – hot chicken sandwiches and chicken salad.  
(Post Rock District)