



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# SNAP-ED

*(Supplemental Nutrition Assistance Program Education)*

## KENTUCKY

2016 ANNUAL REPORT

# OUR FOCUS



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

# OUR CHALLENGE



## 1 OUT OF 3

or more Kentucky adults **(34.6%)<sup>1</sup>** are obese and children **(37.1%)<sup>2</sup>** are overweight or obese



## NEARLY 1 OUT OF 2

Kentucky children **(49.7%)<sup>3</sup>** and adults **(45.9%)<sup>3</sup>** consume fruits less than once daily



## OVER 1 OUT OF 5

Kentucky children **(21.9%)<sup>4</sup>** and all Kentuckians **(16.8%)<sup>4</sup>** experience food insecurity



## OVER 39%

of Kentuckians<sup>1</sup> have hypertension



## 1 OUT OF 3

Kentuckians **(32.5%)<sup>1</sup>** are physically inactive



## OVER 1 OUT OF 5

Kentuckians **(19%)<sup>5</sup>** are living below poverty

# OUR SOLUTION



# OUR RESULTS

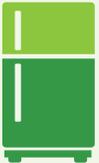
## SNAP-ED WORKS FOR KENTUCKIANS



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



**84%** of youth participants improved their ability to choose healthy foods



**71%** of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly)



**86%** of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food, uses grocery lists)



**66%** of adult participants use the "Nutrition Facts" on food labels to make food choices more often

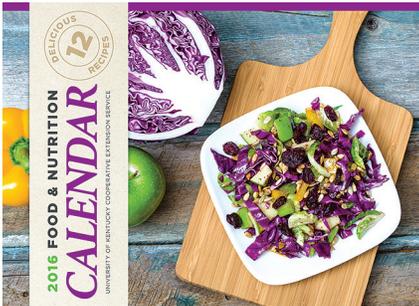
## IMPACT

**19,775**  
SNAP-Ed lessons taught

**7,325**  
families enrolled in nutrition education series

**875,106**  
SNAP participants reached

## SNAP-ED SUCCESS STORIES



### Recipe calendar motivates shelter resident to cook more and stay active

In Boyd County, residents at Shelter of Hope have participated in nutrition lessons and received 2016 recipe calendars produced by the Nutrition Education Program. One veteran who was staying at the shelter shared how the calendar has helped him make some positive changes and become a role model for others.

"The recipes are easy to make, and the food turns out just as good as the picture. I have enjoyed cooking more and started making recipes with others who are staying at the shelter as a way to encourage them to eat healthier with me. I also use the calendar to track my exercises and stay active."



### Middle school students incorporate vegetables in no-cook, after-school meals

Students from South Laurel Middle School are often home alone after school where they avoid using the stove and often make unhealthy selections for a quick dinner or snack. The Nutrition Education Program assistant in Laurel County worked with 24 students from the school's Cooking Club to promote healthy food choices, while teaching experience and confidence in reading and preparing recipes. None of the students had tried hummus

before the lesson where they made a no-cook vegetable and hummus pita sandwich. Participants enjoyed the recipe so much they asked for additional pita recipes to make at home.

- **96%** of participants tried and liked the vegetable and hummus pita sandwich.
- **96%** of participants said they would take the recipe home and ask for the ingredients to make on their own.

# SNAP-ED SUCCESS STORIES



## Budgeting lesson helps grandmother better provide for family

**A** new curriculum for adults called *Healthy Choices for Every Body* helps limited-resource participants make positive behavior changes to achieve and maintain a healthy lifestyle on a budget.

After graduating from a Healthy Choices for Every Body class in Franklin County, one participant — who is caring for nine grandchildren — shared how changing food shopping patterns has helped her run out of food less often.

“After the budget lesson, I used a list when I went shopping and compared prices. I had \$100 left on my SNAP-benefits card, and I have never had money left on my card. I was able to provide nutritious staples like bread, milk and eggs for my family for the rest of the month with the extra resources. I didn’t even need to ask for an emergency food box from the food pantry this month.”

- **100%** of participants in this class improved in one or more food resource management practices, such as planning meals, comparing prices, doesn’t run out of food or uses grocery lists.
- **100%** of participants improved in two or more nutrition practices, such as thinking about healthy food choices, preparing foods without adding salt and using the “Nutrition Facts” to make food choices.

## Participant helps family make healthy choices and increase activity

**A** Grandparents Raising Grandchildren group in Fleming County have learned to make *Healthy Choices for Every Body* after graduating from a series of adult nutrition classes. With the Know the Limits for Every Body lesson, participants gained an understanding that limiting fats, sugars and oils is an important part of a healthy diet. They also identified ways to reduce the quantity of unhealthy fats, sugars and salt in their diet with careful planning, purchasing and preparation. Throughout the program, the group was encouraged to get at least 30 minutes of moderate physical activity every day.



One participant realized she was buying her granddaughter convenience meals that were high in fat and sodium and shared this discovery with the group. The Nutrition Education Program assistant discussed strategies for her and other grandparents to help their grandchildren to make healthy choices, read nutrition labels and grocery shop together. After completing the program, this participant shared that her granddaughter has made healthy lifestyle changes with her help and encouragement.

“My granddaughter now loves to grocery shop with me. She is making healthy food choices and started playing on the basketball team at her school.”

### SOURCES:

1. Stateofobesity.org, accessed October 2016; 2. Childhealthdata.org, accessed October 2016; 3. CDC, State Indicator Report on Fruits and Vegetables, 2013; 4. Feedingamerica.org, accessed October 2016; 5. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summary, December 2015

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This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP.

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