

SNAP-ED SUCCESS STORIES

At-risk students find hope and opportunity in nutrition classes

Nutrition classes were brought to the Mercer County School Day Treatment in an effort to reach new youth audiences with the Nutrition Education Program. Formative assessment indicated that several students did not eat many vegetables and only ate fruit if it was provided during school lunch. Students had never before seen MyPlate recommendations and nutrition was not a familiar word.

Using the MyPlate materials and the Healthy Choices for Every Body curriculum each month for 10 weeks, students made a healthy recipe and were introduced to many kitchen skills. The students became so interested in vegetables and herbs that a small garden was approved for an area behind the school where students were able to grow their own garden. Students are also now interested in pursuing careers in restaurants, farming and one student indicated plans to become a chef!

The post-testing results showed that **63% of students demonstrated improvement** through:

- decreased consumption of sugary drinks
- increased hours of activity
- washing of fruits and vegetables before eating

Making physical activity fun for every age

Working with the Get Healthy Simpson Coalition, the Simpson County Nutrition Education Program assistant helped promote and implement a 5-week walking and activity challenge for the community. Seventy-two community members took part in the challenge and participants ranged from junior high school students to senior citizens. Participants were divided into nine teams and walked, biked, swam, danced, gardened, jogged and hiked for a total of 6,916 miles. The goal of the challenge was to create a routine where physical activity became a part of daily life. After the challenge, neighborhood-walking groups were



formed for support as well as walking groups during lunch hour at work locations. The SNAP-Ed Assistant also incorporated Healthy Choices for Every Body lessons that included cooking demonstrations to show healthy recipes and cooking methods.

95% of participants had a positive change in food group choices.

Families learn how to stretch their food dollars while eating healthy

Around 20 families enrolled at a Kenton County school had grandparents as the primary caregivers to their grandchildren. To offer support, the Nutrition Education Program assistant taught the Healthy Choices for Every Body curriculum. The families learned food safety, how to read labels, plan meals and budget. One participant said, "My grandkids are now helping me cook at home, and we

are saving money at the grocery. Our group feels like family now, and we all learned so much!"

By the end of the program:

- **80%** of participants now meal plan and use the Nutrition Facts label to make healthy food choices.
- **100%** of participants now shop with a grocery list.



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

SNAP-ED

(Supplemental Nutrition Assistance Program Education)

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SOURCES:

1. Stateofobesity.org, accessed October 2017; 2. Childhealthdata.org, accessed October 2017; 3. CDC, State Indicator Report on Fruits and Vegetables, 2013; 4. Feedingamerica.org, accessed October 2017; 5. Kentucky Department for Public Health, Cabinet for Health and Family Services, Statewide Summary, December 2015

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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



AT LEAST 1 OUT OF 3

Kentucky adults (**34.2%**)¹ are obese and children (**37.1%**)² are overweight or 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 (**21.9%**)⁴ and all Kentuckians (**16.8%**)⁴ experience food insecurity.



OVER 38%

of Kentuckians¹ have hypertension.



1 OUT OF 3

Kentuckians (**29.8%**)¹ are physically inactive.



1 OUT OF 5

Kentuckians (**19%**)⁵ are living below poverty.

OUR SOLUTION



OUR RESULTS

SNAP-ED WORKS FOR KENTUCKIANS



98% of adult participants made a positive change in food group choices.



95% 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).



85% of youth participants improved their ability to choose healthy foods.



81% of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).



73% of adult participants increased usage of the "Nutrition Facts" on food labels to make food choices.

IMPACT

21,288

SNAP-Ed lessons taught

6,600

families enrolled in nutrition education series

884,898

SNAP participants reached

SNAP-ED SUCCESS STORIES



Student feels better after learning about healthy food choices

Using the Professor Popcorn curriculum, 125 students at an elementary school in Greenup County participated in hands-on learning about healthy eating, safe food-handling, and physical activity with a Nutrition Education Program assistant. Students were part of teams with each team given challenges to come up with healthy meal ideas during the 10-week series. The students were also challenged each week to make a health change as part of a group effort. All 125 students made a change towards making better food choices. One student said that he had felt "so tired and uncomfortable" prior to the series but after substituting healthy food choices for his usual soda and snack cakes he has more energy, feels better and no longer wants to drink soda.

Food Preservation helps reduce food insecurity

The Magoffin County Nutrition Education Program assistant partnered with the Agriculture and Natural Resource (ANR) Extension Agent, and provided a two day Food Preservation class through the UK Extension Nutrition Education Program. The Magoffin County Extension Service works with the Grow Appalachia organization, addressing food insecurity for families. The Grow Appalachia program has also created opportunities for homegrown fresh produce. The ANR Extension Agent and NEP assistant saw the need to provide participants with the knowledge and skills of preserving harvested produce for later use in an effort to reduce food insecurity.

Twenty-five participants took part in the hands-on classes which included pressure canning, water bath canning, freezing, and drying with an emphasis on food preparation, food safety and proper equipment. Participants canned 172 pints of fruit, 30 quarts of vegetables and 163 quarts of fruits and vegetables were frozen.

- **100%** of the participants reported they had learned something new.
- **50%** of the participants stated they had been doing at least one or more incorrect practices.

The lessons imparted presents a positive impact on families and food resource management skills.