THE RESULTS

SNAP-Ed WORKS FOR KENTUCKIANS

- 95% of adult participants made a positive change in food group choices
- 60% plan meals in advance more often
- 69% showed improvement in one or more food safety practices (i.e. thawing and storing food correctly)
- 83% of youth participants improved their ability to choose healthy foods
- 63% use the “Nutrition Facts” on food labels to make food choices more often

Nutrition education and food tasting program leads to healthy choices at home

Turmeric, sugar snap peas, spinach and blueberries are fresh ingredients that many children in Hopkins County recently tried for the first time. Through the University of Kentucky’s literacy, eating, and activity for primary (LEAP) program, 481 elementary school children attended four nutrition lessons and tasted healthy snacks. LEAP lessons included children’s book readings about growing, harvesting, cooking and trying different types of produce. Children were encouraged to taste new foods as the characters in the stories had and were given parent newsletters to take home that promoted healthy food choices and summarized the nutrition lessons.

74% of students have eaten one of the sampled snacks on their own since attending the program. After seeing how much the students enjoyed the recipes from the tasting, the school incorporated two recipes – blueberry yogurt parfait and spinach salad with mandarin oranges and raspberry vinaigrette dressing – into the lunch menu. The program was implemented through a partnership among UK Cooperative Extension, Hopkins County Health Department and West Area Health Education Center.

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.

Sources:
2. stateofobesity.org, accessed November 2015
3. Feeding America, Map the Meal Gap, 2013

KYNEP.ca.uky.edu Facebook.com/KYNEP
Canning homemade salsa and green beans, and drying fresh apple slices are a few food preservation techniques that limited-resource Kentuckians learned from three-day food preservation workshops held across the state. Twenty-three workshops were conducted throughout the summer in 25 counties. They reached over 185 participants, who ranged from experienced to novice. Roughly 23 participants were new to food preservation and 21 were first-time gardeners. Workshop participants collectively preserved around 2,000 canning jars of food while learning safe food preservation techniques.

Nutrition Education Program reaches children and parents to build healthier families

Third-grade elementary students in Grant County recently took their parents back to school, and together they learned how to make healthy behavior changes. While the children learned to prepare healthy meals from the University of Kentucky’s Super Star Chef Curriculum and Nutrition Education Program Recipe Calendar, parents took part in nutrition lessons geared toward adult dietary needs. Youth discussed the importance of eating healthy, being physically active and drinking water, while adult lessons focused on planning meals, making healthy food choices and reading nutrition labels.

The program was implemented through a partnership between UK Cooperative Extension and the Family Resource Center at Sherman Elementary.

100% of youth learned something new about eating healthy.
100% of adults learned something new that their family can do to improve healthy behaviors.

“We are preparing meals at home more because my child wants to cook instead of getting fast food after ball practice.”
— Adult program participant

“I am so glad that I signed up because I am confident that I can cook now.”
— Youth program participant

Workshops help Kentuckians safely preserve food

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“I learned that my grandmother’s old-fashioned way of canning isn’t the right way, and I learned new, safe methods.”
— Program participant

“I learned that you don’t have to put salt in your green beans, which is great because I like to eat heart healthy foods.”
— Program participant

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.

The Challenge

Kentucky’s Rank Among States

#1 High school obesity
18.0%

#5 Hypertension
39.1%

#6 Obesity among 2- to 4-year-olds from low-income families
15.5%

#8 Obesity among 10- to 17-year-olds
19.7%

#6 Low fruit (45.9%) and vegetable (25.5%) consumption (less than once daily)
28.3%

#12 Adult obesity
31.6%

#6 Physical inactivity
12.5%

Additional Stats:

- 21.7% of Kentucky children and 16.4% of all Kentuckians experience food insecurity

- 17.5% of counties have food insecurity rates between 20-24% and 65% of counties have rates between 15-19%

- 21.92% of Kentuckians are living below poverty

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

23,873 SNAP-Ed lessons taught
5,587 families enrolled in nutrition education series

795,099 SNAP participants reached! That’s enough people to fill 34 sports arenas!