

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

Turnips, 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.



SOURCES:

1. The State of Obesity Report, Better Policies for a Healthier America, 2015
2. stateofobesity.org, accessed November 2015
3. Feeding America, Map the Meal Gap, 2013
4. Kentucky Department for Public Health, Cabinet for Health and Family Services. Statewide Summary, 2015

University of Kentucky
Nutrition Education Program
Family and Consumer Sciences Extension

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SNAP-Ed KENTUCKY

2015 ANNUAL REPORT



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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.

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

Spotlight: Farm to School Program

In Wayne County, a three-acre garden provides fresh produce for the school district's lunch program. After serving five schools, the extra produce from the Farm to School Program is donated to limited-resource families.

Produce harvested for 2015 school lunch program:

- 1,000 heads of broccoli
- 200 heads of cabbage
- 600 cantaloupes
- 9,000 ears of corn
- 1,000 pounds of cucumbers

- 415 eggplants
- 1,000 pounds of grape tomatoes
- 200 pounds of peppers
- 1,450 pumpkins
- 520 pounds of red potatoes
- 1,000 pounds of slicing tomatoes
- 450 watermelons

Produce given to low-income county residents:

- 50 ears of corn
- 700 eggplants
- 150 pounds of grape tomatoes
- 200 pounds of slicing tomatoes



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!

THE CHALLENGE

KENTUCKY'S RANK AMONG STATES



#1
High school obesity¹



#6
Obesity among 2- to 4-year-olds from low-income families¹



#12
Adult obesity¹



#5
Hypertension¹



#8
Obesity among 10- to 17-year-olds¹



#6
Diabetes¹



#6
Physical inactivity¹



#7
Low fruit (**45.9%**) and vegetable (**25.5%**) consumption (less than once daily)²



ADDITIONAL STATS:

- **21.7%** of Kentucky children and **16.4%** of all Kentuckians experience food insecurity³
- **17.5%** of counties have food insecurity rates between **20-24%** and **65%** of counties have rates between **15-19%**³
- **21.92%** of Kentuckians are living below poverty⁴

Workshops help Kentuckians safely preserve food

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.

"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

