



Putting Healthy Food
Within Reach

UNIVERSITY OF KENTUCKY
Nutrition Education Programs
Family & Consumer Sciences Extension

SNAP-ED KENTUCKY

2012 PROFILE

OUR STATE

► Of the **4,369,356** people who reside in Kentucky, **796,208** (18.2%) live below poverty. The Kentucky Cabinet for Health and Family Services reports that **853,820** individuals in our state are receiving Supplemental Nutrition Assistance Program (SNAP) benefits (June 2012). This represents a **2.69%** increase from the previous year. The average Supplemental Nutrition Assistance benefit per person in Kentucky is **\$267.52** per month.



"You are my good angel who sits on my shoulder at the grocery store reminding me to make healthier choices when buying and cooking for my family".

- JANICE

OUR FOCUS

BUILDING HEALTHY FAMILIES THROUGH SNAP-ED

► The Supplemental Nutrition Assistance Program Education (SNAP-Ed) reaches SNAP recipients and limited resource audiences providing nutrition education that is evidence based. Participants receive hands-on education and gain basic skills necessary to raise healthy families on limited incomes in a struggling economy. Clients are provided with nutrition education that teaches them to use SNAP resources effectively while promoting healthy eating habits along with physically active lifestyles. SNAP-Ed helps Cooperative Extension further its goals in key strategic areas:

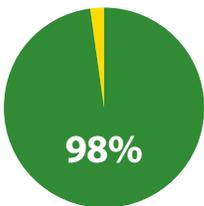
- Reducing and preventing obesity
- Decreasing hunger
- Reducing health care costs



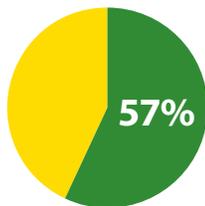
"I began baking my chicken and fish. Not only did my family love the new method of cooking they encouraged me to try more healthy recipes."
 - DONNA

OUR CONTRIBUTION

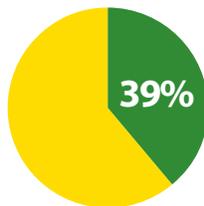
SNAP-ED CHANGES KENTUCKIANS



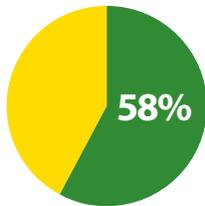
had a positive change in food groups



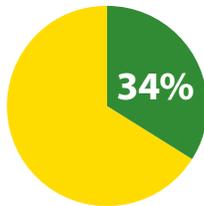
improved planning meals and comparison shopping



ran out of food less often



now read food labels



are physically active for 30-60 minutes per day

- ▶ Through Extension Agents, **53,982.7** hours were contributed to teaching nutrition education.
- ▶ Through partnerships, volunteers and educators contributed **5,210.95** hours to teaching nutrition education.
- ▶ University of Kentucky Cooperative Extension conducted **14,533** educational programs making over **811,047** contacts with SNAP recipients and eligibles.
- ▶ Through Farmer's Market programs, **73,649** persons were reached with produce information.
- ▶ Youth programs reached **420,568** pre-school and school age youth.

SOURCES:
 Nutrition Education Evaluation and Reporting System (NEERS)
 Kentucky Cabinet for Health and Family Services



Participants increased fruit and vegetable intake by **1.2 servings daily**

