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

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

**SNAP-ED CHANGES KENTUCKIANS**

- **98%** had a positive change in food groups
- **57%** improved planning meals and comparison shopping
- **39%** ran out of food less often

- **58%** now read food labels
- **34%** are physically active for 30-60 minutes per day

Participants increased fruit and vegetable intake by 1.2 servings daily

**OUR CONTRIBUTION**

- 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

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