

BUY EAT LIVE HEALTHY

On average, lowans eat too few healthy foods like fruits, vegetables and whole grains. Often, lowans with lower income eat fewer of these healthy foods than those with higher income. **Buy. Eat. Live Healthy** is working to change this trend by helping Iowa families build knowledge and skills to make healthy choices despite tight food budgets.

SNAP-ED

Household members reached: 1,848



Path to Independence

Adrian is mother to a two-year-old little girl. She is about to finish high school and preparing to move out of her parents' house to live on her own for the first time. This change gave Adrian anxiety as she had never handled cooking, shopping and budgeting by herself. She joined the Buy. Eat. Live Healthy program with the goal of moving out on her own in mind.

She began with figuring out a food budget for herself and her daughter. From there she was able to start planning meals, shopping and cooking. At first, she was most comfortable with making the recipes we had practiced together during lessons, but soon she was making multiple meals for her family each week. She now has the skills and confidence to manage independently and is looking forward to starting off in her own apartment.

STATEWIDE DATA

Buy. Eat. Live Healthy program graduates made significant changes to improve their health.



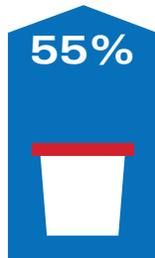
ATE MORE FRUIT



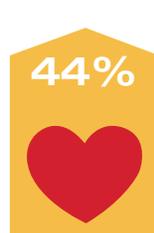
ATE MORE VEGETABLES



ATE MORE WHOLE GRAINS



ATE MORE DAIRY PRODUCTS



WERE MORE PHYSICALLY ACTIVE



IMPROVED NUTRITION PRACTICES



IMPROVED FOOD RESOURCE MANAGEMENT



IMPROVED FOOD SAFETY PRACTICES

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