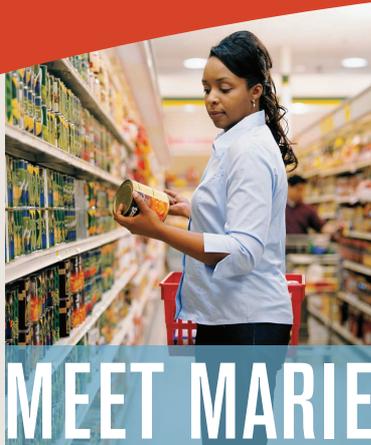


UTAH SNAP-ED FEEDING FAMILIES

SNAP-Ed (Supplemental Nutrition Assistance Program – Education) is to improve the likelihood that low-income people will make healthy food choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans.

↑
INCREASING
FOOD SECURITY
FOOD\$ENSE



MEET MARIE

Marie is a typical mom trying to feed her children and herself a healthy nutritious meal. Her SNAP-Ed Nutrition Education Assistant shares Marie's story.

“ Today I met with Marie at the grocery store. I was able to show her how to shop the perimeter of the store, where most of the whole foods are located. We went down only those aisles we absolutely had to. She wasn't happy about choosing healthy foods in place of chips and cookies. Though she felt a little better when she choose a bag of tortilla chips for the taco soup meal she will be making this week. We were able to get all the items on her list for \$78 bucks, and it will last her 2 weeks. She still has a little more than \$100 left for her next trip. She was thrilled at the price and mentioned that she usually spends every penny the first trip of the month. After that, she has to live on Ramen for a week. ”



PERCENTAGE OF UTAH STATE UNIVERSITY SNAP-ED PARTICIPANTS ON SNAP AND OTHER FOOD ASSISTANCE PROGRAMS



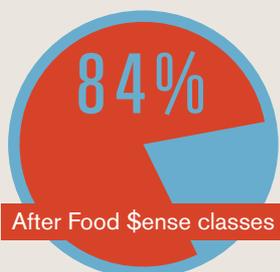
UTAH SNAP-ED (FOOD \$ENSE) PROGRAM PARTICIPANTS:



UTAH SNAP-ED IMPROVES LIKELIHOOD THAT HUNGRY FAMILIES HAVE ENOUGH FOOD TO LAST ALL MONTH



54% indicated they usually or always had enough food to last through the month



84% indicated they usually or always had enough food to last through the month

FOR MORE INFORMATION

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.html>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. USDA and Utah State University are equal opportunity providers and employers of race, color, national origin, sex, age, religion, political beliefs or disability.