

# SNAP-ED SUCCESS STORIES



## Grow It, Try It, Like It

A study conducted by the CDC (Centers for Disease Control and Prevention) found that sixty percent of children aged 1-18 years did not meet USDA Food Patterns fruit intake recommendations, and ninety-three percent did not meet vegetable recommendations.

The SNAP-Ed assistant for Clinton County partnered with the Clinton County Early Childhood Center Preschool teachers to present the Grow It, Try It, Like It curriculum to more than one hundred preschool students, ages 3-5, to help educate the students on different types of fruits and vegetables, how foods are grown and what foods are best for a healthy lifestyle. The students were presented with samples of various produce that they could touch and taste. They also participated in a hands-on

activity where they planted seeds to grow their own vegetable plant.

Post-evaluations showed that 83% of students could identify a variety of fruits and vegetables after the classes. One student said, "I didn't think these things {sweet potatoes} were good... boy was I wrong!"

“ ONE PARENT SAID:  
**My daughter makes sure I don't forget the fruits and vegetables every time we go to the grocery store. She says they are now her favorite foods.** ”

## Eating Smart

Eating Smart was a 2018 Nutrition Education Program held in Warren County, Kentucky. Many of the adults who enrolled had poor food safety practices and often ran out of food before the end of the month. The Healthy Choices for Every Body curriculum was conducted by one of the SNAP-Ed assistants from the Warren County Cooperative Extension Service. The SNAP-Ed assistant partnered with Community Action of Southern Kentucky to present a series focused on teaching participants how to create healthy meals on a budget, food safety practices, and proper resource management. Classes included cooking demonstrations, lessons on healthy choices and budgeting, and proper food safety practices.

Over 83% of the class participants showed improvement in resource management. One hundred percent more often planned meals in advance while 89% more often used a list for grocery shopping as a result of the program. Several participants stated that the recipes demonstrated during class were "delicious and easy." The recommended practice of not thawing foods at room temperature was achieved by 100% of the participants.

One participant said, "I've learned something I never knew before!"

Although the program has ended, participants stated that they plan to continue using the information they learned in their everyday life.

# SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

2018

ANNUAL

REPORT

### SOURCES:

1. Childhealthdata.org, accessed October 2018
2. Stateofobesity.org, accessed October 2018
3. CDC, State Indicator Report on Fruits and Vegetables, 2013
4. Feedingamerica.org, accessed October 2018
5. U.S. Census Bureau 2017 estimates, accessed October 2018

University of Kentucky

Nutrition Education Program

Family and Consumer Sciences Extension

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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.

## OUR CHALLENGE



### AT LEAST 1 OUT OF 3

Kentucky children (**36.9%**)<sup>1</sup> are overweight or obese, while **34.3%**<sup>2</sup> of Kentucky adults are obese.



### NEARLY 1 OUT OF 2

Kentucky children (**49.7%**)<sup>3</sup> and adults (**45.9%**)<sup>3</sup> consume fruits less than once daily.



### ABOUT 1 OUT OF 5

Kentucky children (**19.2%**)<sup>4</sup> and all Kentuckians (**15.5%**)<sup>4</sup> experience food insecurity.



### OVER 39%

of Kentuckians<sup>2</sup> have hypertension.



### 1 OUT OF 3

Kentuckians (**34.4%**)<sup>2</sup> are physically inactive.



### 1 OUT OF 6

Kentuckians (**17.2%**)<sup>5</sup> are living below poverty.

## OUR SOLUTION

1

Encourage small steps to increased physical activity.

2

Teach families how to budget, buy, and cook healthy foods.

3

Introduce and encourage youth to eat fruits and vegetables through demonstrations, classes and school gardens.

4

Show ways to meal plan.

## OUR RESULTS

### SNAP-ED WORKS FOR KENTUCKIANS



#### Better food choices

**95%** of adult participants made a positive change in food group choices.



#### Healthier eating habits

**83%** of youth participants improved their ability to choose healthy foods.



#### Increased nutrition knowledge

**73%** of adult participants increased usage of the "Nutrition Facts" on food labels to make healthy food choices.



#### Safer food storage and preparation

**91%** of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).



#### Increased food security

**89%** of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, does not run out of food, uses grocery lists).

### IMPACT

**21,447**  
SNAP-Ed lessons taught

**6,128**  
families enrolled in nutrition education series

**719,679**  
SNAP participants reached

## SNAP-ED SUCCESS STORIES

### Healthy Steps for Johnson County

Kentucky now has the fifth highest adult obesity rate in the U.S., at 34.6%. In Johnson County, the adult obesity rate is at 39.4% and rising. To help combat the issue, the Johnson County SNAP-Ed assistant and the local hospital teamed up for a summer program to teach adults healthy eating habits and how to implement exercise into their daily lives.

During the seven-week program, the SNAP-Ed assistant used the Healthy Choices for Every Body curriculum to teach meal planning, reading food labels, healthy food options and the importance of physical activity. Quick and easy recipes were demonstrated and pedometers were given to the participants so they could track their activities during the day. As a result of this program, each of the members were able to make better food choices as well as increase their activity levels. The group had a 97% overall improvement. One client lost over 10 pounds during the program and stated that she would continue with the program on her own.

### Recipes for Life

The Bourbon County Family and Consumer Sciences Extension Agent, in collaboration with the SNAP-Ed assistant and Bourbon County Extension Homemakers, provided the Recipes for Life Program experience to every fifth grade student in Bourbon County. Almost 300 fifth graders participated in the preparation of ten recipes while learning the importance of kitchen safety and sanitation, reading and following a recipe, proper measuring of both wet and dry ingredients and the math skills involved in altering recipes. Each of the students incorporated time management skills for preparing the recipes.



At the completion of the program, the students reported:

- **89%** strongly agreed that they planned to try new foods
- **96.8%** strongly agreed that they planned to eat more fruits

- **79%** agreed that they planned to eat more vegetables

Some supportive comments from parents and students included:

"Thank you! My son asked to fix dinner all by himself after attending Recipes for Life. It was wonderful. He used the recipes in his book and even cleaned up afterwards!"

"Thank you for inviting us to Recipes for Life. My favorite recipes were the smoothies and the fruit salad stuff — and I don't like fruit!"