Making healthy choices is not always easy, especially on a budget. University of Illinois SNAP-Ed provides practical healthy eating and physical activity solutions for Illinois families and participates in strategic local, regional, and statewide partnerships to transform the health of Illinois communities.

We make a difference in the lives of Illinois families and their communities by focusing on increasing access to healthy foods, improving food and activity choices of Illinois families, and helping them save more money.

SNAP-Ed by the numbers

- **577,156** Total educational class contacts: adults and youth
- **1.67 million** Illinois residents reached
- **409** Communities reached in 93 counties
- **1,827** Community agency partnerships

Impacting families and communities

SNAP-Ed helps Illinois families make healthier choices through engaging, face-to-face classes and events, online resources, and healthy messaging strategies.

- **6 in 10 adults** who attended short, interactive educational sessions shared they will make a healthy change that week.

SNAP-Ed partners with agencies and organizations, which allows for greater collective impact and saves money by ensuring limited duplication of services.

Reaching Illinois families in need

- **1 in 8** households live in poverty
- **13%** of households receive SNAP benefits
- **9 in 10** do not meet recommended daily vegetable intake

For more information

Visit Illinois’ Interactive SNAP-Ed Maps for Personalized District Information

http://go.illinois.edu/2019DistrictReports
SNAP-Ed works: Transforming communities, making healthy choices easier for Illinois families

Access to healthier foods leads to healthier eating

When individuals have access to healthier foods, they have a lower risk for obesity and other chronic diseases. Healthier eating choices can lead to better health, bringing improved job performance and lower absenteeism rates.

Illinois SNAP-Ed partnered with 82 grocery stores or farmers’ markets and 483 food pantries to help improve available choices and encourage families to choose the healthier options.

SNAP-Ed helped 122 food pantries make changes to layouts and operations to make healthier choices more accessible for Illinois families.

Partners receive funding to better serve families

With the help of SNAP-Ed, Eastern Illinois Foodbank received $37,500 to create and implement healthy food pantry operations and build a model for other pantries in their 13 county network.

SNAP-Ed helped Belleville Old Town Farmers Market accept SNAP benefits for the first time, which included obtaining grant funds to buy a card reader and a donation from HSHS St. Elizabeth Hospital to purchase 500 $5 vouchers for families to use at the market.

Community donates over 25,000 pounds of produce

Buyers who purchase produce at the Arthur Produce Auction to sell at stores and restaurants donated a portion of their purchases to the Partners in Produce program initiated by SNAP-Ed. The donated produce was distributed to families at 22 food pantries and one summer feeding program.

A total of 25,285 pounds of produce was donated and distributed in 2019.

Families at the pantries and summer feeding program also received nutrition education from SNAP-Ed to increase their knowledge of eating healthfully and shopping for food on a budget.

Partnership continues to provide education, fresh fruits and vegetables

SNAP-Ed and Illinois Extension Master Gardeners worked together to increase fresh fruits and vegetables at local food pantries through new or existing community gardens.

In 2019, the gardens produced 4,022 pounds of fresh produce that was donated to 14 pantries, reaching 21,341 individuals.

Pantry clients received information on preparing the produce from SNAP-Ed. SNAP-Ed worked closely with pantries to improve pantry layout and operations to make sure families chose the fresh produce. Clients were excited to see new, fresh produce options to share with their families.

Providing education across the community where families EAT, LEARN, LIVE, and PLAY

- SNAP-Ed assisted Beverly Manor Junior High in Washington to reduce lunchroom food waste with a new ‘offer vs. serve’ model. As a result, the amount of food wasted at meals decreased from 107.7 to 53 pounds. This new policy helps the school district save money and better serve their students.

- PlayRx in Champaign County was expanded in 2019 with help from SNAP-Ed. This referral program pulls together multiple agencies for nutrition education and physical activity programming for families, including SNAP-Ed. Previously, multiple groups provided duplicate programming. Agencies now work together to coordinate a variety of educational options to better meet the needs of area families.

SNAP-Ed and Illinois Extension Master Gardeners worked together to increase fresh fruits and vegetables at local food pantries through new or existing community gardens.

“I made the veggie pasta salad recipe at home from the vegetables at the [Park Avenue Food] pantry and loved it!” -- Client of the Park Avenue Food Pantry in Mt. Vernon, which receives donated produce from the Mt. Vernon Community Garden.
Creating community partnerships that promote change

In 2019, SNAP-Ed worked with **106 coalitions representing 703 organizations.** Coalitions work together to make changes across communities, allowing for greater reach of families.

**349 organizations made 981 changes** with SNAP-Ed assistance. Assistance included completing grant applications and making changes to layout, signage, and product promotion to encourages healthier choices.

**Partners received $154,000 in grant funds,** thanks to assistance from SNAP-Ed in completing applications.

SNAPedshot: Southern Illinois

SNAP-Ed successfully reaches SNAP-Ed individuals and families through an extensive partnership network in Southern Illinois. By working together, we better serve families where they eat, learn, live, and play.

2019 Highlights

• As a member of the Healthy Southern Illinois Delta Network, SNAP-Ed worked with partners to **plan and deliver health fairs during mobile food pantry markets.** These reached **641 uninsured/under-insured individuals** for free health screenings. **58% of adults screened were recommended to follow-up with a healthcare provider** to address abnormal results. One community member said, **“I haven’t been to the doctor in 10 years. This will make me make an appointment with a doctor.”**

• Through a partnership with the Early Head Start Program (EHS) in Franklin County, participants are transported by EHS once a month for SNAP-Ed classes. Classes are attended by parents and children, and **families learn to cook, new healthy recipes together** while learning ways to eat and shop smarter. **SNAP-Ed has also connected new community partners to EHS.** With assistance from the Franklin County Farm Bureau, EHS families learned about buying and storing fresh produce. In addition, the Benton Farmers Market taught families how to use their EBT cards and offered new opportunities to try fresh vegetables at the market.

This institution is an equal opportunity provider.

University of Illinois | United States Department of Agriculture | Local Extension Councils Cooperating. In Cook County, SNAP-Education is provided in partnership with the Chicago Partnership for Health Promotion at University of Illinois at Chicago.