

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.

EFNEP

Household members reached: 2,156



identify with an underserved race/ethnicity



reported income at or below 100% of federal poverty level

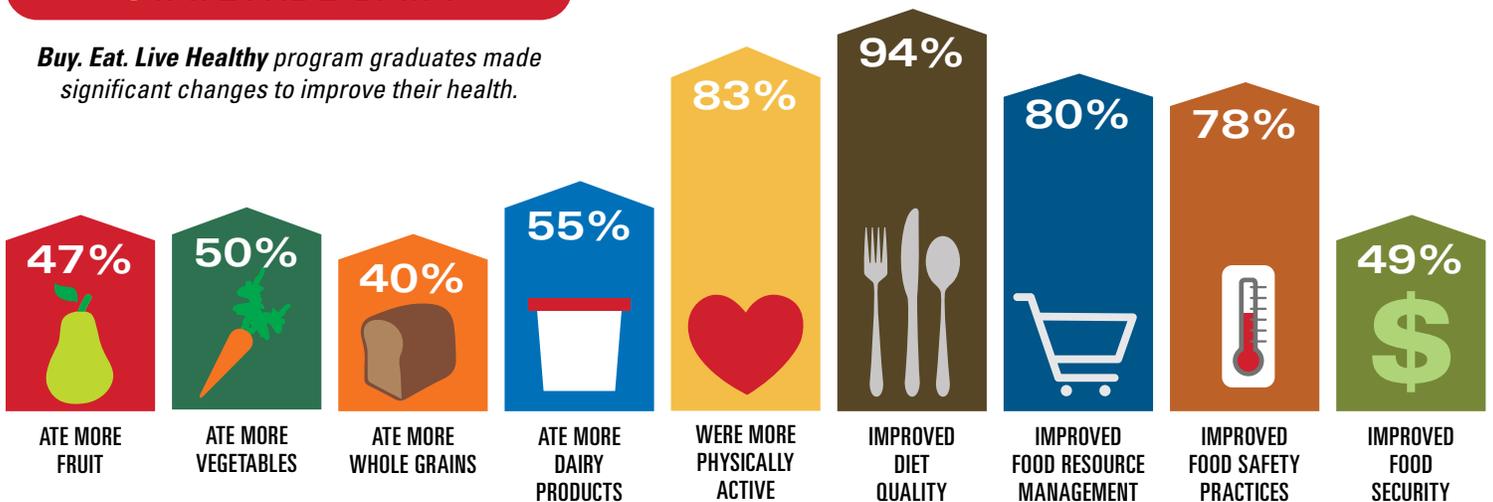


partnerships with other organizations

This summer, a youth educator and an adult educator partnered to reach youth and adults at the same time. During the first hour, the youth and adults were in separate rooms where they did their nutrition activities. During the second hour, they came back together for the cardio pyramid and cooking. The parents really enjoyed watching their children read and make a healthy recipe. There was not a single week that families did not like what they made together. The children started referring to cut veggies, such a carrots or peppers, as "French fries" and would ask for them with their meals.

STATEWIDE DATA

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



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