

SNAP-Ed

Supplemental Nutrition
Assistance Program
Education

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. **Iowa SNAP-Ed** 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: 1,379



identify with an underserved race/ethnicity



reported income at or below 100% of federal poverty level

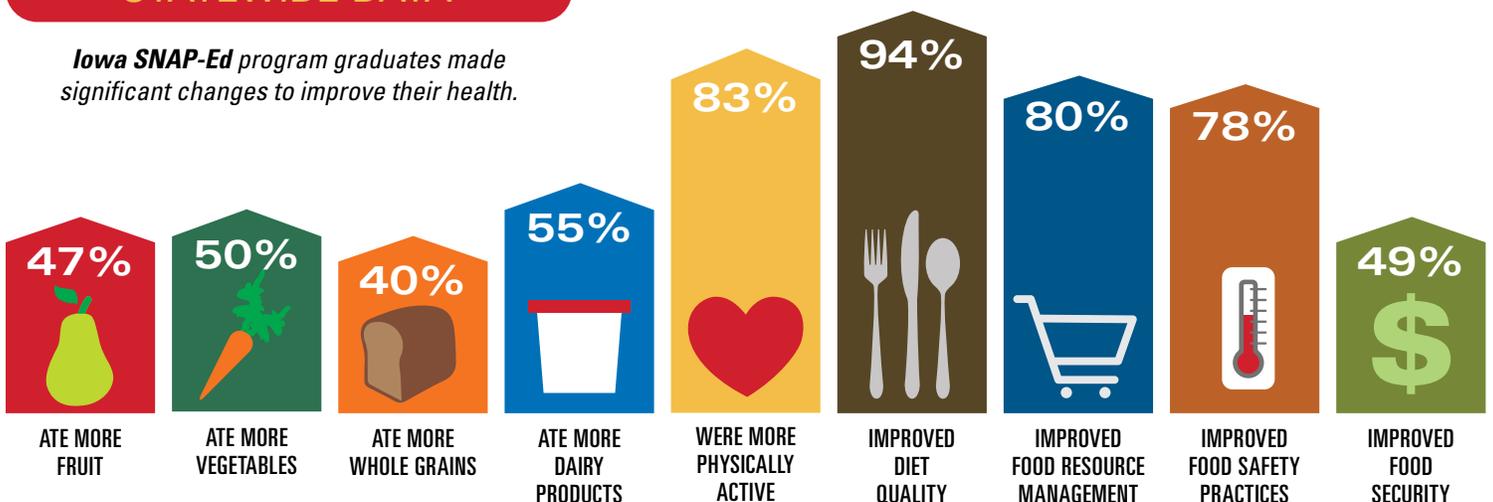


partnerships with other organizations

David is recently separated and shares custody of his 12-year-old son. He tried hard to provide healthy meals for his son, but worried that he did not eat a variety of fruits and vegetables. David worked on meal planning utilizing the 5-Day Meal Planning work-sheet to add fruits and vegetables to meals. In anticipation of his son's upcoming week-long stay, David planned an entire week of meals and made the shopping list. He made the Skillet Lasagna recipe and his son loved it, even with the spinach! They began making recipes using different vegetables and keeping cut up vegetables in the refrigerator for lunches and snacks.

STATEWIDE DATA

Iowa SNAP-Ed program graduates made significant changes to improve their health.



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