

BUY EAT LIVE HEALTHY

On average, Iowans eat too few healthy foods like fruits, vegetables and whole grains. Often, Iowans 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. In 2020, nutrition education programs served participants in person and virtually.

EFNEP

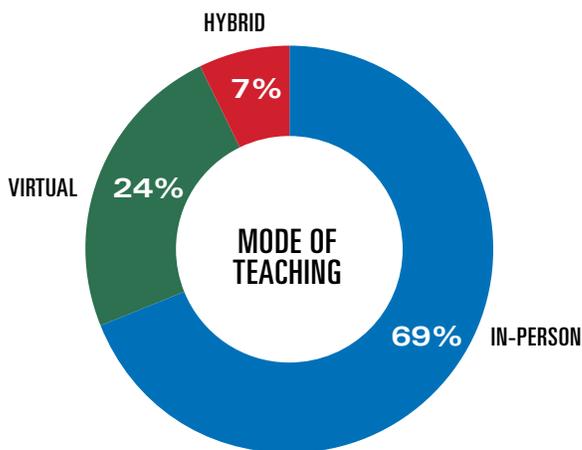
Household members reached: 1725



Jess was a single mom of 2 young children. She was concerned about planning for meals and shopping for food that would last the whole month. She was also unsure what to do with food distribution boxes she received from the pantry. Jess downloaded the Spend Smart. Eat Smart. app and learned how to plan meals with food on hand at home. She then used food from the distribution boxes to make recipes at home. Jess asked questions often and took notes on what she was learning. She stated how happy she was to be able to provide healthy meals to her family using food from home and the distribution boxes.

STATEWIDE DATA

Program graduates made significant changes to improve their health.



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