

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. In 2020, nutrition education programs served participants in person and virtually.

SNAP-ED

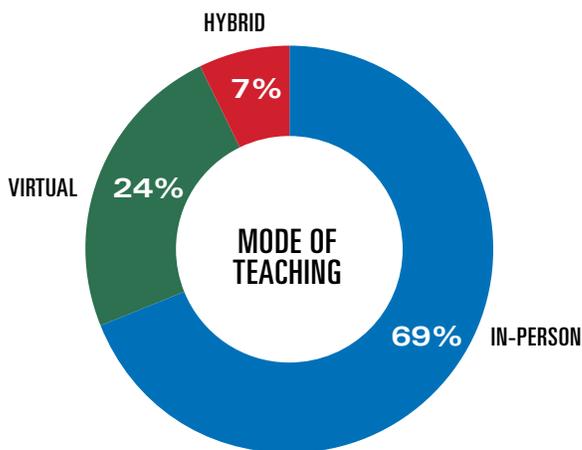
Household members reached: 1622



A group of women who participated in the Plan, Shop, Save & Cook class faced multiple health concerns as well as homelessness, poverty, and food insecurity. Group members voiced frustration because they could not access healthy food. During the class, they discussed meal planning to assess what foods they had on hand and the meals they could make. Next, they identified what items they could seek at the food pantry to make complete meals. Last, they walked through the pantry and brainstormed what meals could be made with the items, how to include all the food groups, and substitutions that could be made for missing foods.

STATEWIDE DATA

Program graduates made significant changes to improve their health.



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