

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. In 2021, nutrition education programs served participants in person and virtually.

EFNEP

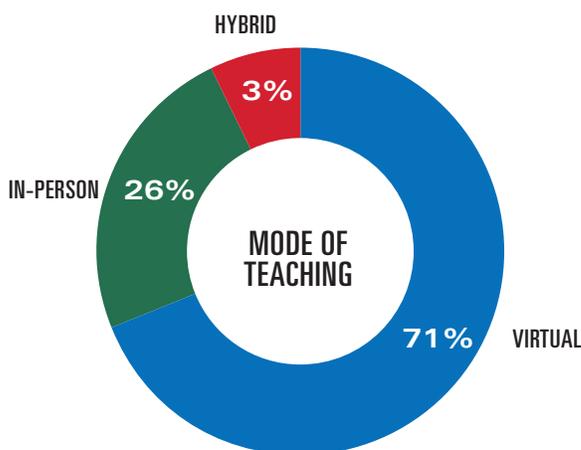
Household members reached: 1,515



Angie's 4 year old daughter, Clara, was a picky eater and did not eat her fruits and vegetables! Angie joined a Buy. Eat. Live Healthy group and learned about the different colors of fruits and vegetables. The whole group was surprised to learn about all the nutrients in colorful fruits and vegetables. By the end of the lesson, the group was eager to set a goal of including a wider variety of fruits and vegetables in their meals. At the next lesson, Angie was happy to report back that Clara enjoyed eating colorful fruits and vegetables and was even making sure her grandparents were eating the different colors as well! Angie was proud to have this information to share with her family to help live a healthier lifestyle together.

STATEWIDE DATA

Program graduates made significant changes to improve their health.



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