

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

## SNAP-ED

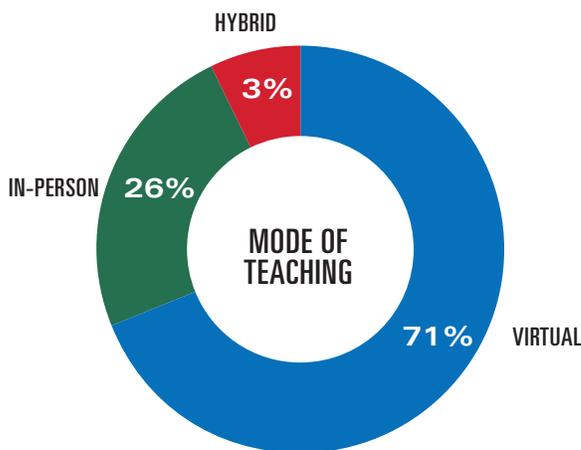
Household members reached: 791



*Elena is a mom of 4 boys. She has some health concerns in her family and jumped at the opportunity to learn about healthy eating on a budget with Buy. Eat. Live Healthy. She was concerned about the amounts of fat, sugar and salt her family was consuming and she wanted to learn healthier alternatives on how to cook for her family than how she grew up. A critical step was learning to understand the food label. As Elena built those skills, she began making informed choices at the grocery store. Practice with cooking and meal planning was also valuable to her. She loves trying new recipes from Spend Smart. Eat Smart. that incorporate fruits, vegetables, whole grains and a variety of protein foods.*

## STATEWIDE DATA

Program graduates made significant changes to improve their health.



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