SNAP-ED: STRENGTHENING FAMILIES

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) reaches SNAP recipients and limited resource audiences providing nutrition education. Participants receive hands-on education and gain basic skills necessary to raise healthy families on limited incomes in a struggling economy. Clients are provided with nutrition education that teaches them to use SNAP resources effectively while promoting healthy eating habits with physically active lifestyles. SNAP-Ed helps Cooperative Extension further its goals in key strategic areas:

- Reducing and preventing obesity
- Decreasing hunger
- Reducing health care costs

In Kentucky:

- 31.3% of adults were obese in 2012¹
- 36.0% of children and teens age 10 to 17 were obese or overweight in 2011-2012²
- 821,067 of adults were impoverished in 2012³
- 263,744 of children were impoverished in 2012⁴
- $264.72 was the average SNAP benefit received in 2013⁴

SNAP FAMILIES AND PROGRAMS

In Kentucky in 2013 there were:

- 2,844 families enrolled in SNAP-Ed programs
- 6,399 adults benefiting from SNAP-Ed programs
- 209,163 children benefiting from SNAP-Ed programs
- 67,835 children below the age of 5 benefiting from SNAP-Ed programs
- 45 SNAP-Ed assistants in 42 counties

This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP.
Along with the garden tour, a food demonstration was presented to show how to utilize food safety behaviors and cooking with fresh produce. One participant reported after the program they were “eating more fruits and vegetables, buying more locally grown produce, and losing weight gradually.”

SNAP-ED CHANGES KENTUCKIANS

The number of participants who most of the time or almost always...⁵

- make meals using a variety of foods from the USDA Dietary Guidelines increased from 26.0% to 58.0%
- participate in at least 30 minutes of moderate physical activity each day increased from 49.0% to 66.0%
- consume caffeinated foods decreased from 68.0% to 49.0%

SNAP-ED YOUTH

Youth participating in SNAP-Ed...⁵

- Improved their physical activity 31%
- Improved their ability to choose healthier foods 58%
- Improved safe food handling practices 41%

SNAP-ED SUCCESS

After participating in SNAP-Ed...⁵

- More often compared prices when shopping 79%
- Less often ran out of food before the end of the month 41%
- More often followed the recommended practices of not thawing foods at room temperature 82%

SOURCES:
2. Kids Count Data Center, KY Youth Advocates.