

Kansas SNAP-Ed Works

2018 Impact Report

Kansas SNAP-Ed programming is coordinated and delivered by Kansas State Research and Extension in 72 counties across Kansas. SNAP-Ed provides direct nutrition education to youth, adults and seniors and partners with local agencies and organizations using multi-level interventions and community engagement to exert greater impacts among Kansans.



40,717 Kansans reached by SNAP-Ed programs.

An average of **219,738** Kansans per month received SNAP benefits.

The CHALLENGE

2 in 5

Kansans consumed fruit **less than** once per day

1 in 5

Kansans consumed vegetables **less than** once per day

33%

of Kansas adults are **obese**

18%

of Kansas children are **food insecure**

25%

of Kansas adults are physically **inactive**

The SOLUTION

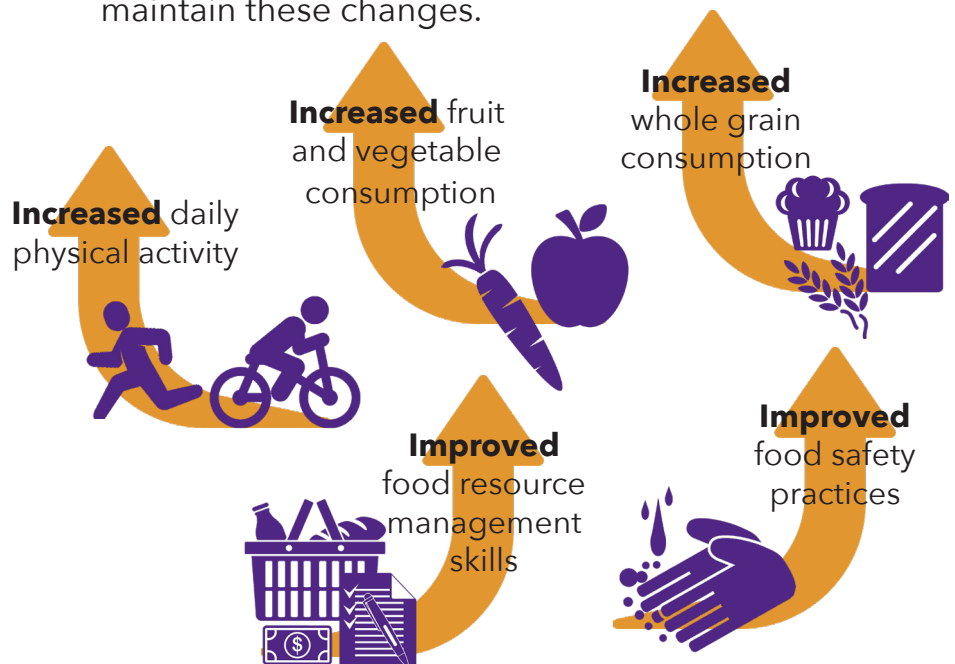
Empower low income youth and adults to eat healthy foods and be physically active.

Change policies, systems and environments to make healthy choices easier and more desirable.

Collaborate with community partners and coalitions to create a culture of health.

The RESULTS

After participating in Kansas SNAP-Ed Program, participants of all ages made positive behavioral changes. Adult participants were also motivated to maintain these changes.



Program Impacts

Engaged **351** partners

Collaborated with **11** coalitions

Implemented **26** Policy, System and Environment activities

"Before I participated in SNAP-Ed classes, I never had enough money to feed my children. I used to receive food vouchers and I still had to use my money to buy more groceries. When I learned how to prepare nutritious meals, I was able to stay within my food budget and there was always enough food for the entire month.

I recently received a small pay increase and I am no longer eligible for SNAP, however, my family can still have balanced meals and there is always food available because I also learned how to save money in other areas of my small budget.

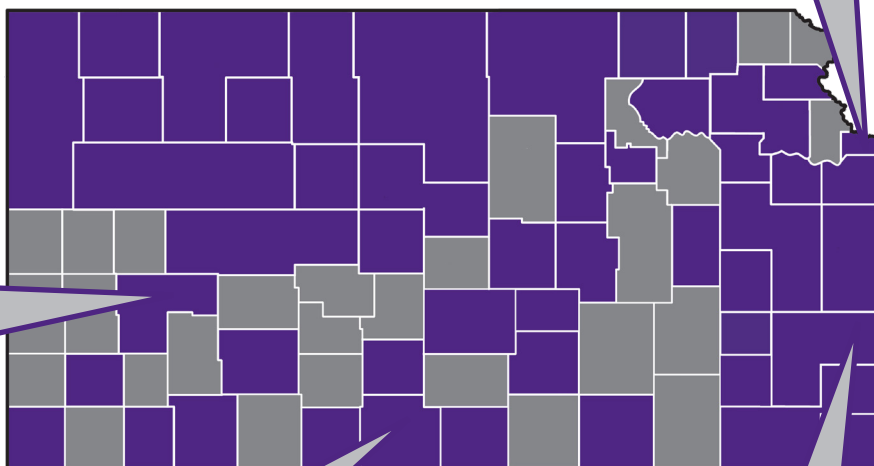
Thank you SNAP-Ed!"

- *Finney County Participant*

Kansas State Research and Extension SNAP-Ed partnered with the Wyandotte County's Area Agency on Aging to help break down barriers to participation in the Kansas Senior Farmers Market Nutrition Program. SNAP-Ed educators were available at farmers markets to explain the use of vouchers and enroll seniors into the programs. Participants using Double Up Food Bucks could receive up to \$60 of free produce from the farmers market.

Leveraging this partnership, educators taught seniors to buy, prepare and use healthy foods, and to be physically active. A senior shared, "Not only was I able to eat MORE fruits and vegetables this summer with the free vouchers, but I tried different foods that I wouldn't have if I hadn't been a part of this program."

- *Wyandotte County Educator*



■ SNAP-Ed county or district

Roughly 495 pounds of fresh produce were harvested from the Medicine Lodge Community Garden. Produce was distributed to senior housing, the summer feeding program, the local food bank and school food service. Low-income residents also harvested for their personal use.

The SNAP-Ed educator supported these efforts and helped maintain the garden. One family commented, "...because of the garden we were still able to eat fresh vegetables even though our SNAP benefits were reduced."

- *Barber County Educator*

"My doctor told me my cholesterol was too high and medication would have to be ordered if I could not lower it by lifestyle change. I didn't know I had control over my cholesterol until I attended SNAP-Ed classes. I decreased my total cholesterol count to a more acceptable level, and I don't have to take any additional medication. My doctor was impressed!"

- *Fort Scott Participant*

FOR MORE INFORMATION

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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