Kansas Tribal Food Systems Pilot Project
SNAP-Ed Innovates During the COVID-19 Pandemic
Supporting Healthy Food Choices and Promoting Physical Activity

Direct Education

Tribal nutrition assistants completed training in March.

Stay-at-Home orders were issued due to the pandemic. Planned community face-to-face classes were not allowed.

Solution

Tribal Food Systems staff pivoted to offer on-line classes via Zoom.

Participants practiced Healthier Behaviors after education including:
- Ate fruits and vegetables more often
- Exercised at least 30 minutes almost 3 or more days
- Planned meals more often

Policy, Systems, and Environmental Change Interventions

Community gardens were established and maintained in tribal communities to increase food access.

Produce from the Prairie Band Potawatomi Nation garden was donated to elders and Diabetes Prevention program participants.

Sectors of Influence

1 in 7 of Kansans and 1 in 4 Kansas children worried about their next meals during COVID-19.

Tribal Food Systems staff continued to coordinate with the Tribal Health Summit Planning Committee and the Tribal Food Systems Advisory Team to encourage and promote food access in tribal communities.