

# Kansas Tribal Food Systems Pilot Project

## SNAP-Ed Innovates During the COVID-19 Pandemic

### Supporting Healthy Food Choices and Promoting Physical Activity



## Challenge → Solution → Results

### 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.



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.

**SAVE THE DATE**  
**Kansas Tribal Health Summit**  
 August 17th - 18th, 2020  
 10am - 2pm

*The 8th Annual Kansas Tribal Health Summit will be held virtually through Zoom and other technology. We will learn about how to cope and remain healthy and resilient during the COVID-19 pandemic.*



This project is a jointly funded through efforts of the American Heart Association Midwest Affiliate, Sunflower Foundation, and K-State Research and Extension SNAP-Ed in cooperation with the 4 federally recognized tribes in Kansas: *The Iowa Tribe of Kansas and Nebraska, the Kickapoo Tribe in Kansas, Prairie Band Potawatomi Nation and the Sac & Fox Nation of Missouri in Kansas and Nebraska*

For questions, contact [missty.slater@heart.org](mailto:missty.slater@heart.org)

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