Barber County
After attending a Barber County SNAP-Ed Money for Food lesson series, a single mom of six saved $100 on groceries using the meal prepping strategies she had learned. The money saved was very important to her family, because she was also caring for her parents who were unable to work.

Frontier District (Osage, Franklin and Anderson)
Three-quarters of 4th grade students in Osage County used food thermometers at home this year. This was a direct result of the Osage County SNAP-Ed nutrition and food safety lessons in 4th grade classrooms. Only 25% of these households were using food thermometers prior to receiving the lessons.
Kansas SNAP-Ed programming is coordinated and delivered by Kansas State Research and Extension in 66 counties across Kansas. SNAP-Ed provided direct nutrition education to youth, adults, and seniors and partnered with local agencies and organizations using multi-level intervention and community engagement to exert greater impacts among Kansans.

SNAP-Ed reached 19,722 Kansans through direct and indirect nutrition education and PSE efforts. An average of 222,407 Kansans per month received SNAP benefits.

The Challenge

**Empower** low income youth and adults to choose 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.

Direct Education

We empower limited-resource Kansans to make healthy food choices and be physically active by offering a series of nutrition lessons. Nearly 10,000 Kansans attended SNAP-Ed lessons.

The Solution

The Outcomes

After participating in the Kansas SNAP-Ed Program, adult participants made behavioral changes to improve their health.