

How do SNAP & SNAP-Ed benefit your community?

SNAP-Ed is paired with SNAP to help create a spring board of education about healthy food and physical activity and increasing local food access that launches participants toward healthier, hunger-free lives.

CHILDREN

- With almost 17% of Kansas children living below the poverty line, SNAP is essential to help parents afford food.
- SNAP-Ed helps ensure that food is wholesome and nutritious making children healthier and more successful in school.

WORKERS

- 82% of SNAP recipients in Kansas have at least one working household member and are using food assistance to help them make ends meet.
- The average SNAP benefit is \$255 per month in Kansas
- SNAP-Ed helps participants stretch these food dollars teaching basic menu-planning and food budgeting skills.

CONSUMERS

- 25% of Kansans live in areas with no healthy food access; "Food Deserts" where people have limited access to fruits, vegetables and other healthy foods are common in rural and urban areas.
- SNAP benefits make it easier for many Kansas families to afford groceries, increasing the demand for fresh food.
- Reducing the number of food deserts and providing all of us with better-quality food.

What are SNAP & SNAP-Ed?

SNAP

is the Supplemental Nutrition Assistance Program, also known as food assistance, and is administered by the United States Department of Agriculture.

SNAP-Ed

is the Supplemental Nutrition Assistance Program Education, administered by USDA Food and Nutrition Service. The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and USDA Food Guidance.



SNAP and SNAP-Ed

are funded federally through the Farm Bill and in Kansas are coordinated through the Department for Children and Families (DCF).

SNAP-Ed

is implemented in Kansas by K-State Research and Extension educators and para-professional staff in 66 of 105 counties.

SNAP-Ed in Kansas is Successful at

- moving Kansans beyond knowledge of healthy behavior goals – to actual behavior changes
- expanding community environmental supports for healthy lifestyle choices
- increasing access to healthy food and physical activity options in communities

Kansas 2022 Impact Report



How can SNAP-Ed Partners Help?

- Local KSRE Extension Councils and Districts can support their staff in writing grants to meet local needs of low-resource audiences.
- Local community organizations, coalitions and groups can:
 - refer, recruit and remind potential class participants.
 - be a host site for classes.
 - advertise and promote SNAP-Ed classes.
 - provide other lesson reinforcements including take-home ingredients for recipes and small kitchen equipment.



SCAN ME



SCAN ME

Kansas SNAP-Ed is based on PARTNERSHIPS

As the Land Grant University in Kansas, K-State Research and Extension was selected to implement the SNAP-Ed program locally. Extension Educators in counties and districts conduct simple needs assessments gathering food insecurity, food access, average SNAP caseload and chronic disease data to support the local need for SNAP-Ed funding.

SNAP-ED in Kansas is a Grant-based Program With Funding Available October 1 - September 30

KSRE staff seek local and regional partners for:

Community-Based Approaches

KSRE SNAP-Ed staff collaborate with community groups and individuals to make healthier food choices and physical activity easier and more desirable at a community level.

Community-based approaches may include community gardens, farmers markets, school and/or community wellness coalition work, healthy corner stores, or summer feeding programs. These vary depending on a community's needs.

Adult Direct Education Classes

KSRE SNAP-Ed partners with health departments, housing sites, senior meal sites, food pantries, churches and other community organizations to conduct interactive educational sessions based on the Dietary Guidelines for Americans and MyPlate to help community members implement health changes on a personal level.

Classes are a series of 6 or more lessons of 45 to 90 minutes in length and include taste-tests of healthy recipe and snack options. Lesson series are evaluated with pre and post tests and small kitchen tools and physical activity aides are available as reinforcement items for concepts taught.

Adult Participants learn:

- to stretch their food dollars through meal and menu planning
- to prepare healthy and tasty meals using basic cooking skills and techniques
- to control portion sizes and understand nutrition labels
- to keep food safe - reducing food waste and food-borne illness

Youth Direct Education Classes

KSRE SNAP-Ed partners with schools where 50% or more of the families qualify for free and reduced meals. Lessons taught target youth in 3rd through 12th grades and like adult classes are also a series that encourage healthy eating and physical activity and provide taste tests.

Youth Participants learn:

- to eat healthy in and out of school using MyPlate guidelines
- to include physical activity daily for overall health
- the importance of healthy drink and snack choices
- in some series, basic cooking skills for snacks and simple meals