

BUY EAT LIVE HEALTHY

On average, Iowans eat too few healthy foods like fruits, vegetables and whole grains. Often, Iowans with lower income eat fewer of these healthy foods than those with higher income.

Buy. Eat. Live Healthy is working to change this trend by helping Iowans build knowledge and skills to make healthy choices despite tight food budgets. In 2022, nutrition education programs served Iowans in person and virtually.

WOODBURY COUNTY

Household members reached: 709



identify with an underserved race/ethnicity



reported income at or below 100% of federal poverty level

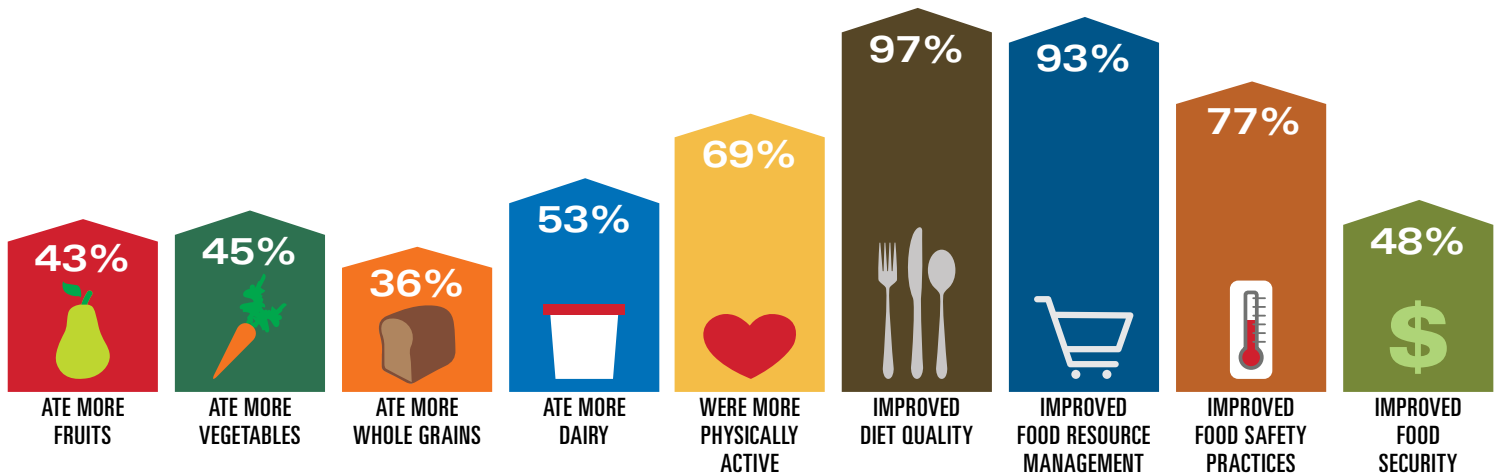


partnerships with other organizations

I had the pleasure of teaching Buy. Eat. Live Healthy lessons to a group of adults with cognitive disabilities. This group was very eager to learn about nutrition. They were particularly interested in the lesson on planning and shopping to save money. Some have helpers who shop for them or with them and practice making a plan and a shopping list was very valuable. This group took an interest in learning to read the nutrition facts labels and had lots of questions about healthy food choices. They were always excited about the physical activity portion of our lessons – they even suggested music to make it more fun!

STATEWIDE DATA

Program graduates made significant changes to improve their health.



Contact Us