

SNAP-Ed

Supplemental Nutrition
Assistance Program
Education

Iowa SNAP-Ed is helping Iowans build knowledge and skills to make healthy food choices despite tight food budgets. In 2022, SNAP-Ed nutrition education programs served Iowans in person and virtually.

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.

WOODBURY COUNTY

Plan Shop Save and Cook participants: 30



identify with
an underserved
race/ethnicity



reported income at
or below 100% of
federal poverty level

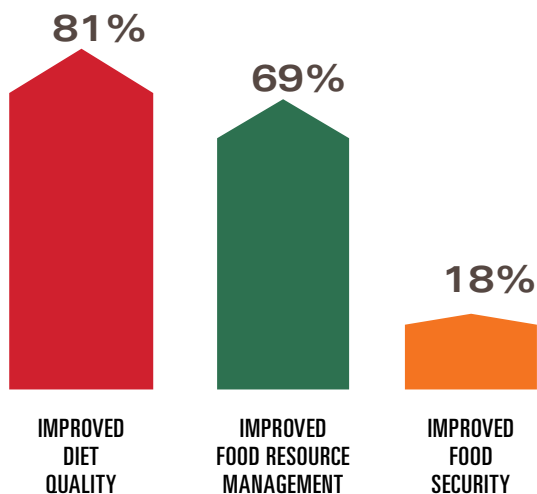


partnerships
with other
organizations

Jim felt he lacked the skills to cook healthy meals on his own, so he ate out or bought convenience foods. He was recently diagnosed with a chronic disease, and needed to watch his nutrition. This was a challenge because he did not cook at home or know how to read a food label. After his SNAP-Ed series, Jim became confident enough to try cooking a meal at home and said, "I have started to look at the food labels more now!" He planned, made tacos, and even used the leftover taco meat for a salad. Jim was proud to come to our last lesson and share that he cooked twice at home that week already!

STATEWIDE DATA

Plan Shop Save and Cook



This program is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension and Outreach. This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more visit dhs.iowa.gov/food-assistance.

For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
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