

SNAP-Ed

Supplemental Nutrition
Assistance Program
Education

Iowa SNAP-Ed partners with communities to make the healthiest choice the easiest choice for all Iowans. Through these partnerships, Iowans build knowledge and skills to make healthy food choices within tight food budgets, keep food safe, and be active.

SNAP-ED

Buy. Eat. Live Healthy participants: 187

Plan Shop Save and Cook participants: 268



26%

identify with
an underserved
race/ethnicity



51%

reported income at
or below 100% of
federal poverty level



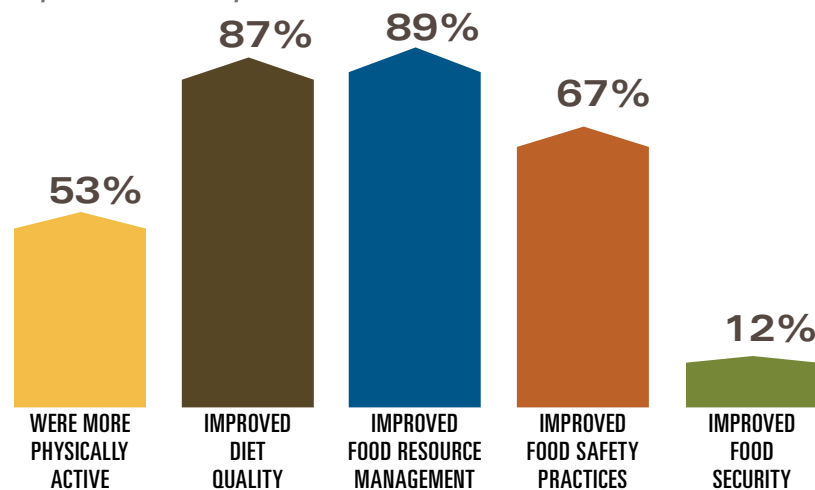
99

partnerships
with other
organizations

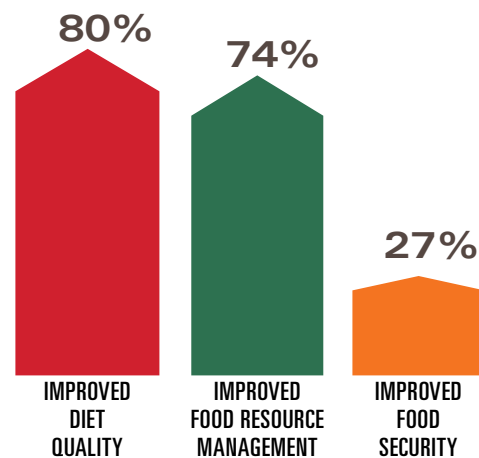
The Jefferson family includes two kids in junior high and their mother. Their biggest goal with taking the SNAP-Ed classes was to learn quick, easy, nutrient dense meals and snacks. Additionally, the mom wanted foods that were easy enough for the kids to help prepare or make themselves. During the four weeks together, they talked a lot about Spend Smart. Eat Smart. resources and recipes and the whole family would cook the new recipes together. Six months after the Jeffersons finished the SNAP-Ed series, the educator saw them at an event. They came up and openly shared that they are still using the recipes, especially Skillet Lasagna!

STATEWIDE DATA

Buy. Eat. Live Healthy



Plan Shop Save and Cook



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Healthy Food Access - State of Iowa

Healthy Food Access Specialists partner with local food pantries to implement changes using the Nutrition Environment Food Pantry Assessment Tool (NEFPAT). These changes make healthy choices easier for food pantry clients in Iowa.



68

food pantries
completed the
NEFPAT



46,418

food pantry
clients served
each month at
these pantries



3.9

average number
of changes made
by food pantries

The Food Bank for the Heartland receives large amounts of lentils, split peas, and dried beans, so they partnered with SNAP-Ed to create a buzz around these foods among staff. In June, the SNAP-Ed staff prepared Spend Smart. Eat Smart. recipes using these items so 25 food bank staff could try them. Now they could recognize that these foods can be delicious and pass that enthusiasm along to food pantry partners to effectively promote these foods in the pantry. They enjoyed delicious food and learned about valuable resources for their pantry partners and clients. All in all, it was a great experience!

Many food pantries are already creating healthy spaces for clients. Through pantry coaching and goal setting, pantries improved the nutrition environment in a variety of ways.



23 pantries increased
choices for clients



36 pantries marketed
healthy options



34 pantries offered fruits
and veggies in many forms



35 pantries increased
the colors of fruits and
veggies available



35 pantries promoted
community resources



16 pantries planned for the
nutritional needs of diverse
food pantry clients

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Growing Together

2024 IMPACT HIGHLIGHTS

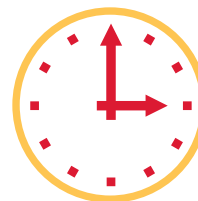
Growing Together Iowa promotes healthy food access and nutrition education for families with low income through a partnership between Iowa State University's SNAP-Ed program, Master Gardener volunteers, and Iowa food pantries and distribution sites. The 2024 Growing Together Iowa mini-grants were funded by the USDA SNAP-Ed program and Iowa Total Care.



37 county volunteer teams worked with food pantries to provide fresh produce and nutrition education.



102 food pantries and distribution sites received produce as a result of the project.



301 Master Gardener volunteers contributed time to the project.



Projects leveraged **\$46,582** in community funding to support their work.



611 youth were involved with the gardens.



87,489 people with low income were served by the project.



585 non-Master Gardener volunteers contributed time to the project.



103,320 pounds of fruits and vegetables were supplied to food pantries.