

What does the SNAP-Ed do?

Help individuals, families and children:

- Enjoy more fruits and vegetables
- Increase physical activity
- Choose and prepare nutritious meals and snacks
- Develop budgeting, shopping and cooking skills
- Use safe food handling, preparation and storage practices

What are participants saying?

"I used what I learned on portion distortion to change the way I eat and I lost weight."

"I rarely cook but this Stir Fry recipe is easy enough for me to try."

"I'm using what I learned to save at the grocery store."

This material is funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For more information, call 1-888-369-4777.

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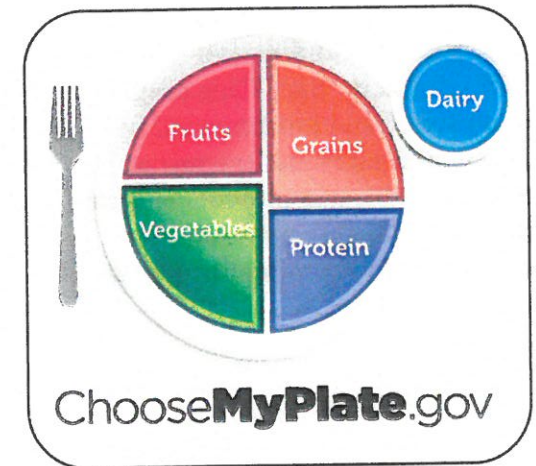
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Kansas State Research and Extension is an equal opportunity provider and employer.

Wyandotte County

SNAP-Ed (Supplemental Nutrition Assistance Education Program)



What is SNAP-Ed?

The SNAP-Ed is the Kansas Supplemental Nutrition Assistance Education Program (SNAP-Ed). It offers free nutrition education for individuals, families, youth and seniors who qualify for food assistance. Funding is provided by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) through a contract with the Department of Children and Families (DCF), formerly SRS. This program is administered and implemented by K- State Research and Extension. Extension educators provide nutrition education in their counties in partnership with community agencies and organizations.



"Make the healthy choice the easy and affordable choice."

Regina Benjamin, former Surgeon General

The Wyandotte County SNAP-Ed Offers:

Workshops:

"Eat Healthy, Be Active", an interactive 6-part series based on the 2010 Dietary Guidelines and 2008 Physical activity Guidelines, is designed to take participants from just "thinking" to "taking" their desired health actions.

*"Eating Smart and Moving More"**, a 4-part series, challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques.

*Also available in Spanish

"Kansans Move into Health", is an 8-class series begins with a personal assessment and teaches participants to overcome barriers that derail their health and fitness goals, including eating out, portion control and emotional eating.

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Additional Classes:

Let's Eat: MyPlate

Peak Performance

Fight BAC! Food Safety

Health Fair Displays:

MyPlate

Go, Slow, Whoa

Portion Distortion

Nutrition Facts Label

Plan to Save

Keep Foods Safe

Shake the Salt Habit

Sugar...It All Adds Up Habit

Youth & School Resources:

Nutrition Kits for PreK-2nd grade

Kids In the Kitchen (4th -5th grade)

Yummy MyPlate (1st - 6th grade)

Family Gardening (all ages)

Resource Library

Ask our nutrition educators about resources that can be checked out by community partners.

