

ILLINOIS SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

Helping Illinois Residents Make Healthy Choices Every Day

2016

For busy Illinois families, the healthy choice is not always the easy choice, especially for those on a limited budget.

University of Illinois SNAP-Ed helps families gain the knowledge and skills needed to make healthier choices through in-person classes and online resources.

SNAP-Ed also works with organizations and community groups to promote healthier food options and environments in communities struggling with limited resources.



Illinois SNAP-Ed By The Numbers



SNAP-Education Reaching Illinois Families In Need



1 in 7 Illinois residents live in poverty



30% Individuals Eligible for SNAP Benefits



13% Individuals Currently Receiving SNAP Benefits

Families in Illinois Receiving SNAP Benefits



53.6% have children

40% have one or more persons with a disability

28% have one or more persons older than 60

48% have had at least one person working in the past 12 months

SNAP-ED WORKS:

Transforming Communities Where Families Live

Helping Families Buy Healthy Foods



Spending SNAP dollars wisely on nutritious foods contributes to healthier families, and healthy families contribute to a more productive Illinois workforce. **Each \$1 in SNAP benefits generates approximately \$1.70 in economic activity.**



As a result of SNAP-Ed, **76% of adults** now know how to manage SNAP benefits when buying food, such as comparing prices, using grocery lists, and not running out of food at home.



SNAP-Ed worked with **coalitions on increasing access to healthy foods**. Stores made improvements on displaying healthy foods and offering more fruits and vegetables for sale.

Success in Action: Rockford, IL

SNAP-Ed helped families in Rockford realize that SNAP could be used at farmer's markets. **As a result, sales with SNAP increased by 174-1031%.** This leads not only to more families eating healthy foods, but also contributes to the local economy and local farmers.



Making Healthy Food Choices at Home



84% of adults learned vital skills for feeding their families, such as planning meals, making healthy food choices, and using less salt in their diets.



"I have learned how to eat healthier, both when I'm eating away from home and while cooking for myself. I have lost 25 pounds so far by making changes that I've learned in class!"

- SNAP-Ed Participant

Making Healthy Choices Easy at Schools

Impacting Schools:



713 K-12 Schools

476 Early Childcare Centers

As a Result of SNAP-Education:

- Students now **prefer eating more fruits and vegetables** and gained skills in cooking and preparing food.
- **41 schools made changes** in the cafeteria to help students select more fruits and vegetables. These changes not only help improve students' nutrition, but also increase sales.