

BUY EAT LIVE HEALTHY

On average, lowans eat too few healthy foods like fruits, vegetables and whole grains. Often, lowans 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 Iowa families build knowledge and skills to make healthy choices despite tight food budgets.

SNAP-ED

Household members reached: 1,262



Olivia has two daughters and she approached the nutrition educator wanting to do the classes for her daughters. She did not have a car and was new to town. She did not know about WIC or the food pantry. The educator gave her bus passes so she could get to the food pantry. She also gave her the phone number for WIC so she could make an appointment. She was also given referrals to two churches that offer financial help to those in need. At the next visit, Olivia's refrigerator had food. Since this time, Olivia has also started working.

STATEWIDE DATA

Buy. Eat. Live Healthy program graduates made significant changes to improve their health.



Contact Us