

SNAP-ED WORKS

for youth and parents

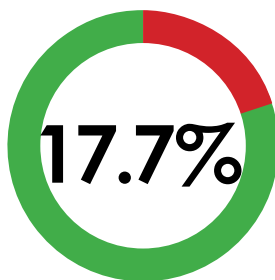
In Iowa, SNAP is called Food Assistance. Iowa Department of Public Health's (IDPH) SNAP-Ed program designed to educate youth and their parents about healthy lifestyles is called *Pick a better snack™*. Students and their families have received direct nutrition education through *Pick a better snack™* in low-income Iowa elementary schools for nearly **15 years**.



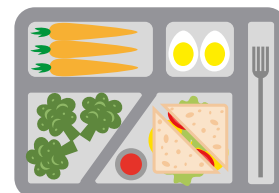
Iowa Challenge



Almost half of Iowa households receiving SNAP benefits have children¹



Iowa ranks **10th** in the nation for youth obesity²



207,835 children in Iowa public schools are eligible for free or reduced-price lunch³

Iowa Solutions



Engage K-third grade students in *Pick a better snack™* education at schools during normal class hours.



Distribute healthy eating and physical activity materials and media messages to youth and parents that reinforce *Pick a better snack™* lesson messages.



Partner with nutrition educators, schools and health agencies.

Iowa Impact



22,718

children received the *Pick a better snack™* curriculum at **101 elementary schools**



59%

of **SNAP-Ed eligible elementary schools** participated in the *Pick a better snack™* program.



32

community and school sites involved with farm to school.

¹Feeding America Map the Meal Gap, 2019. ²YRBS, 2017.

³Department of Education Iowa Public School K-12 Students Eligible for Free and Reduced-Price Lunch, 2018-19. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. This institution is an equal opportunity provider. <https://idph.iowa.gov/inn/pick-a-better-snack>