

Success Stories from our FNP Counties

After viewing Choose More Health for Your Money [display], several parents said that they were surprised to see just how much less it costs to buy meat, vegetables, fruit, bread and milk than to buy chips, coke and cookies. One mom said she always thought snack foods were less expensive than fruit but after looking at the display, she changed her mind. *(Douglas County)*

One boy said he is eating vegetables and fruits instead of ice cream for snack at night. *(Johnson County)*

One mother said that she was surprised that her children chose fruit for a snack over cookies when the fruit was available and already cut up. She said she had started leaving cut fruit in the refrigerator in containers for snacks and her children were looking for it and eating it. *(Pottawatomie County)*

One participant reported she is now using what she learned from our previous class to do her monthly grocery shopping with her food assistance. *(Wyandotte County)*

My students are definitely being more active at recess by running and playing more. They told me that is because they are eating more grain foods that give them energy. *(Harvey County)*

One Mom reported that her 6 year old daughter turned up her nose at the meal one evening proclaiming that the meal did not have colorful vegetables. Her Mother got up and fixed a vegetable for the meal! *(Seward County)*

One of my participants asked, "Can I have an extra set of handouts? I would like to send one to my sister and we can talk about it and discuss it over the phone. I do that with a lot of your information." *(Rook County)*

The students' parents have remarked how their children are helping with the family meals more. *(Graham County)*

When I was setting up the display a few seniors commented on how they read through the information and pass it on to others. The manager at the site said that she gets many responses from the material that is put up every month. They (the seniors) seem to really enjoy the new displays. *(Ellis County)*

The parent letter was sent home and not 15 minutes after I returned to the office, I had a call from a parent. The letter advises them to contact me if they have questions about food in general or about food assistance. This mother wanted to know more about food assistance programs. Through talking to her, I found out that they have already been in touch with SRS and the food bank, but had no knowledge of Commodity foods. I put her in touch with the distribution site in her community. *(Ellsworth County)*



For more information, contact Paula Peters, PhD., Assistant Director, K-State Research and Extension; Director, Family Nutrition Program

This material was funded by USDA's Supplemental Nutrition Assistance Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



FNP Completes 15th Year

The Family Nutrition Program (FNP) offers nutrition education in over 70 counties to individuals and families who receive food assistance (formerly known as food stamps). Funding is provided by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) through a contract with Kansas Department of Social and Rehabilitation Services (SRS). The program is administered and implemented by Kansas State University Research and Extension. Extension agents and their assistants provide nutrition education in their respective counties in partnership with a variety of community agencies and organizations. Over 1500 collaborators are involved in making FNP successful!



Why is FNP needed?

What are our goals and objectives?

Who do we serve?

What are our resources?

FNP Success Stories

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Why is Kansas FNP Needed?

365,033 individuals live in poverty with **153,756** in extreme poverty
(US Census 2009)

276,349 individuals received food assistance in August 2010-up 25% since 2009
(SRS)

45.7% of Kansas public school children received free and reduced priced meals
(Data provided by KSDE 2010)

| 20% - 29% | 50%-59% |
|------------------|----------------|
| Johnson 21% | Lincoln 50% |
| Sheridan 29% | Norton 50% |
| | Pawnee 50% |
| 30% - 39% | Russell 51% |
| Gove 30% | Anderson 52% |
| Nemaha 30% | Geary 52% |
| Trego 31% | Linn 53% |
| Douglas 33% | Republic 53% |
| Pottawatomie 33% | Wichita 53% |
| McPherson 34% | Barton 54% |
| Miami 36% | Sedgwick 54% |
| Jefferson 37% | Rawlins 55% |
| Clay 38% | Woodson 55% |
| Ellis 39% | Cloud 56% |
| Jackson 39% | Osborne 56% |
| | Allen 57% |
| 40%-49% | Brown 57% |
| Mitchell 40% | Neosho 58% |
| Ness 40% | Crawford 59% |
| Coffey 41% | Grant 59% |
| Marshall 41% | Montgomery 59% |
| Washington 41% | 60% - 69% |
| Graham 42% | Bourbon 60% |
| Thomas 42% | Cherokee 60% |
| Jewell 43% | Finney 67% |
| Osage 43% | 70% - 76% |
| Cheyenne 44% | Seward 74% |
| Logan 44% | Ford 75% |
| Wallace 44% | Wyandotte 76% |
| Decatur 45% | |
| Dickinson 45% | |
| Lane 45% | |
| Phillips 45% | |
| Rooks 45% | |
| Ellsworth 46% | |
| Smith 46% | |
| Harvey 47% | |
| Meade 47% | |
| Rush 47% | |
| Sherman 47% | |
| Sumner 47% | |
| Franklin 48% | |

What are our goals and objectives?

Our goal is to improve the likelihood of individuals who are eligible for food assistance making healthy food choices within a limited budget.

Our objectives in meeting this goal are to help participants:

- increase their overall diet quality by choosing and preparing nutritious foods including more fruits and vegetables,
- balance the food they eat with physical activity,
- increase their food resource management skills including budgeting and shopping from a list and
- increase their food security by taking advantage of available food assistance programs.

What are our resources?

The impact of FNP is maximized through its partnerships in education with community agencies and organizations such as:

- Department of Social and Rehabilitation Services
- Schools, libraries and learning centers
- WIC/health departments
- Senior centers and congregate meal sites
- Head Start and childcare centers
- Food banks and pantries

Who do we serve?

186,953 direct contacts

Gender

| | |
|---------|-----|
| Females | 56% |
| Males | 44% |

Age

| | |
|-------------------|-----|
| Less than 5 years | 15% |
| 5-17 years | 63% |
| 18-59 years | 17% |
| 60+ years | 5% |

Ethnicity

| | |
|--|-----|
| White-non-Hispanic | 69% |
| Hispanic | 15% |
| African American or multi-racial | 12% |
| Asian, Native Hawaiian or Pacific Islander | 2% |
| Native American | 2% |

“Students were more willing to try foods they prepared themselves.”

(Miami County)



“Several kids told me they drink water instead of soda pop, and several others say they were going to start drinking water instead of pop.”

(Franklin County)