

SNAP-Ed Works

in Iowa

The Association of SNAP Nutrition Education Administrators (ASNNA) collected stories from Iowa community members of how SNAP-Ed has impacted them

Senior SNAP-Ed Participant

"At 73 years old, Paul was **diagnosed with heart disease**, a wake-up call that prompted him to rethink his lifestyle. In the kitchen, Paul discovered a new passion for cooking. He...**learned how to chop vegetables** and prepare ingredients safely which made cooking less intimidating. With his newfound skills, **he began creating heart-healthy meals** that were both delicious and satisfying. [Learning how to read food labels] **empowered him to make healthier choices** at the grocery store, **opting for whole foods over processed options**. John embraced this shift, even **sharing his favorite recipes with friends and family**, encouraging them to join him in making healthier choices. He felt more energetic and vibrant than he had in a long time. The combination of reading labels, practicing chair yoga, and **cooking nutritious meals transformed not just his health, but his outlook on life.**"

Nutrition Educator

"Throughout the Buy. Eat. Live Healthy [nutrition education program] we would try and make **recipes that required fewer cooking resources** and ones where similar **food items could be found at the local food bank**. Some of the favorite recipes included Cowboy Caviar, fruit and pudding dessert, and lentil tacos. The group was **shocked at how easy it was to make lentil tacos** and how this was still a great way to get protein...The participants would even share recipes that they were making on their own with the class. After class **participants were able to take simple ingredients to make more filling recipes.**"

John and Mary

"John and Mary...joined the program as she had some health concerns and wanted to develop a healthier lifestyle. They were also looking for suggestions for recipes from the food they found at the local food bank, such as canned meat and lentils. Throughout the program the couple really enjoyed the Spend Smart. Eat Smart. Recipes: Spicy Tuna Salad, Energy Bites, and Cowboy Caviar...Learning to read a food label was very helpful and increased their awareness of nutrients they should lower. At the end of the program John and Mary were excited to share **they both had lost weight by choosing healthier food** options and were able to **cut their sodium intake in half.**"