

# SNAP-Ed Works

## in Kansas

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

### Senior Participant

"As a senior citizen with chronic illnesses, I took the SNAP-Ed course. I now make it a point to **include more fruits and vegetables into my daily meals**. By doing so, I have **less digestive issues and less inflammation** in my body which helps me with mobility. I just have an all around general state of well being. I **read the food labels** more which helps me to **make healthier food choices**. I also try to include **more healthy fat** into my diet...I am **more aware of portion sizes** and portion control by using the "My Plate" as a guideline. I make grocery lists and **do more meal planning** which include more fruits and vegetables. I **actually purchase more fresh produce now**. The **SNAP-Ed class has really helped me to eat healthier and feel better**. I hope to **avoid many cardiovascular diseases** as I continue to age; **live independently & stay active for many more years to come**."

### SNAP-Ed Staff

I am so pleased to share that one of our **participating moms has gained so much confidence** in herself that she is reaching out to seek companies that she might be **able to work for using the skills she has learned through these education classes** she has attended.

### Senior Housing Manager

"I work with **senior adults and disabled people** in a HUD low-income apartment complex. Although most of our tenants already know how to cook nutritionally, they benefit with more information and help **learning how to cook for one**, instead of the many they are used to preparing for. They learn **new ways of cooking** and learn to utilize newer equipment that is available to them. **Our seniors really enjoy learning to downsize their cooking in a nutritional, yet simple and cost-effective way**."

### Community Member

"I learned a lot about changing my eating and exercising habits. I **have been eating a lot better and exercising more**. I have also shared the paperwork with staff members at my mental health center that I attend...They are using that information to teach us in our weekly cooking classes. I highly recommend this course to not be cut. This has benefited me as well as many others in my mental health center who are living on a budget."