

## ABOUT KANSAS SNAP-ED

The Kansas Supplemental Nutrition Education Program (SNAP-Ed) offers free nutrition education for individuals, families, youth and seniors who qualify for food assistance.

Funding is provided by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) through a contract with the Department of Children and Families (DCF), formerly SRS.

This program is administered and implemented by K-State Research and Extension. Extension educators provide nutrition education in their counties in partnership with community agencies and organizations.

### FOR MORE INFORMATION, CONTACT:

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## Wyandotte County **SNAP-ED**

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, please contact the Wyandotte County Extension Office at 913-299-9300.

K-State Research and Extension is an equal opportunity provider and employer.



## WHAT SNAP-ED DOES

*We help individuals, families and children:*

- ✓ Enjoy more fruits and vegetables
- ✓ Increase physical activity
- ✓ Choose and prepare nutritious meals and snacks
- ✓ Develop budgeting, shopping and cooking skills
- ✓ Use safe food handling, preparation and storage practices



## WHAT PARTICIPANTS SAY...

*"I used what I learned on portion distortion to change the way I eat and I lost weight."*

*"I rarely cook, but this Stir Fry recipe is easy enough for me to try."*

*"I'm using what I learned to save at the grocery store."*

## OUR SERVICES

- ◆ Workshops and Classes
- ◆ Health Fair Displays
- ◆ Youth & School Resources
- ◆ Resource Library

Our educational services and resources cover a variety of topics around healthy eating, food safety, resource management and physical activity.

Ask our nutrition educators about classes and workshops to meet your specific need or resources that can be checked out by community partners.

