

BUY EAT LIVE HEALTHY

On average, lowans eat too few healthy foods like fruits, vegetables and whole grains. Often, lowans with lower income eat fewer of these healthy foods than those with higher income. **Buy. Eat. Live Healthy** is working to change this trend by helping Iowa families build knowledge and skills to make healthy choices despite tight food budgets.

STORY COUNTY

Household members reached: 176



Healthy Choices in a New Environment

Sunny is a young woman who immigrated to the United States with her pre-school-age daughter. She was eager to learn about American ingredients and utensils as she did not have experience with these things before. To help Sunny feel prepared to eat well in her new environment, we focused on how to shop carefully at American stores, compare prices and use low-cost ingredients like canned produce. Sunny's daughter is very fond of sweet things, so fresh and canned fruits were a great snack for her. Canned products were entirely new to Sunny, she opened her first can during lesson 5.

Sunny made terrific changes during the program. She now drinks low-fat milk, has switched to brown rice and reads food labels to comparison shop.

STATEWIDE DATA

Buy. Eat. Live Healthy program graduates made significant changes to improve their health.



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