

# SNAP-Ed

Supplemental Nutrition Assistance Program Education

## SNAP-Ed is an Obesity Prevention Grant Program

Local agencies receive SNAP-Ed grants to provide:

**1. Nutrition and/or Physical Activity Education for Youth and Adults**

- Grocery shopping and meal planning on a budget
- Cooking healthy, low-cost recipes
- Easy and new ways of being active

**2. Community Engagement and Mobilization through, Policy, System, and Environmental (PSE) Strategies**

- PSE Strategies encourage the healthy choice to be the easy choice



## SNAP-Ed Addresses the Needs in Washington State

**1** <sup>out of</sup> **7**

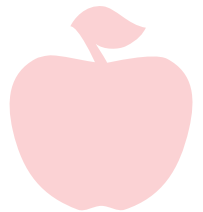
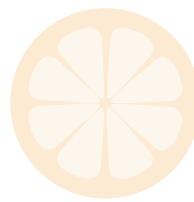
Washingtonians receive SNAP benefits

**3** <sup>out of</sup> **4**

Washington youth, grades 8 to 12, report eating less than five fruits and vegetables a day

**1** <sup>out of</sup> **5**

Washington 12th graders report having to cut meal size or skip meals because not having enough money to eat well



### SNAP-Ed's Goal:

To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose active lifestyles.



**SNAP-Ed** reaches the people who receive, or are eligible to receive, SNAP benefits



Putting Healthy Food Within Reach

# SNAP-Ed Makes a Difference in Washington State

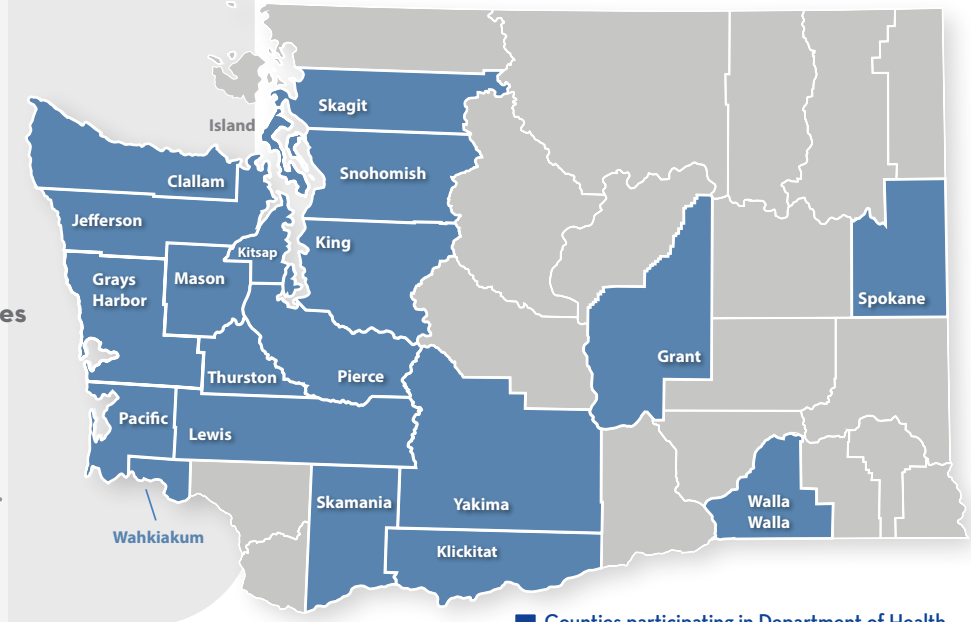
## In FFY15 (Oct 2014–Sept 2015)

Through the work of local agencies, Department of Health SNAP-Ed collectively reached:

1. 26,552 Washingtonians through direct education:
  - 6,802 Youth
  - 19,750 Adults

2. 368 local sites, including:
  - Public Schools
  - Community Centers
  - Farmers Markets
  - Public Housing
  - Childcare locations
  - Grocery Stores
  - Worksites
  - Food Banks
  - Hospitals
  - Churches

3. 19 Counties



### SNAP-Ed Participants:

#### Increased their knowledge and use of MyPlate

- MyPlate encourages participants to make healthy food choices, including fruits and vegetables.

#### Improved their eating habits, including:

- Eating fruits and vegetables more often and eating less refined grains
- Drinking water instead of sugar sweetened beverages

#### Improved their cooking and shopping skills, including:

- Reading nutrition facts or ingredient lists when shopping
- Buying foods with lower added fats, sugar, and salt
- Stretching food dollars to last all month

### SNAP-Ed Local Agencies:

#### Implemented Policy, Systems, & Environmental Strategies:

- Safe walking and biking routes to school written in city plan
- Water bottle filling stations added in schools
- Fresh produce donated to food bank through plant-a-row campaign
- Active play time increased in childcare
- Garden vegetables and scratch cooking used in school meals

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