



**Mountain Plains Region,
Southeast Region,
and Southwest Region**

SNAP-ED

Nutrition Education Success,
Outcome, and Impact Report

2023

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WELCOME

Welcome to the 2023 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Tri-Regional Success, Outcome, and Impact Report. The Mountain Plains Region first published this report in 2017, and by 2019, the Southwest and Mountain Plains Regions partnered to develop a cross-regional approach. 2023 marks the report's 7th edition and the second time three Food and Nutrition Service (FNS) regional offices collaborated on SNAP-Ed outcomes. The Mountain Plains Region, Southwest Region, and Southeast Region extend appreciation to all states for their hard work in creating this vital and informational report. Please join us in celebrating the success of SNAP-Ed.

EXECUTIVE SUMMARY

Funded by the U.S. Department of Agriculture (USDA) FNS, the Supplemental Nutrition Assistance Program (SNAP) is the nation's largest domestic food and nutrition assistance program for low-income Americans. SNAP-Education, commonly referred to as SNAP-Ed, is the nutrition education arm of SNAP benefits. SNAP-Ed aims to help individuals stretch their food budgets wisely while working to make healthy living as easy as possible.

The 2023 SNAP-Ed Nutrition Education Success, Outcome, and Impact Report brings together 23 state agencies and 69 Implementing Agencies across three federal FNS regional offices to highlight program outcomes and demonstrate the success of nutrition education.¹

During Federal Fiscal Year 2023, over 42 million people in over 22 million households received SNAP benefits in the United States.² Due to the nutrition insecurity crisis brought on by COVID-19, federal nutrition programs such as SNAP became a critical component of the nation's recovery. As the country unwinds from the public health emergency, SNAP-Ed has continued responding to nutrition needs by refining and evolving its program design.

The Mountain Plains, Southwest, and Southeast Regions served over 1,197,049 people through nutrition education, incorporating online and in-person programming. Throughout the public health emergency and unwinding process, states fine-tuned innovative educational approaches, such as virtual learning, into their program design. Additionally, in all three regions, SNAP-Ed reached participants an estimated 5,000,000+ times through policy, system, and environment (PSE) change approaches. While this number represents an estimated count that may capture an individual more than once, it demonstrates the scope for population-level interventions. In

addition, SNAP-Ed participants engaged with SNAP-Ed social marketing interventions through comments, likes, and shares 3,018,731 times. These outcomes emphasize the outstanding success and flexibility of the program and illustrate how SNAP-Ed maximizes the use of PSE change and social marketing approaches when complementing direct nutrition education.

Coordination and collaboration between federal, state, and local partners have continued to be critical to SNAP-Ed's success. State Nutrition Action Councils (SNACs) have served as a model for coalescing state programs around nutrition education, nutrition security, and health improvement efforts. Within the tri-regional area, SNAP-Ed reported 9,214 partnerships in 2023. The programs have prioritized partnerships with community- and faith-based organizations, state chronic disease programs, food banks and pantries, school and early childhood centers, farmers markets, food retailers, Tribal nations, and other FNS programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and the Food Distribution Program on Indian Reservations (FDPIR).

Throughout this report, each state will provide an overview of their SNAP-Ed program's results.¹ This information includes a deeper dive into state-level reach, partnerships, coalitions, and program activities. Success stories illustrate positive outcomes; where appropriate, states included equity practice highlights. You will find successes, such as collaborating with Tribal nations to provide culturally relevant curricula or funding minority-led organizations to support those impacted most by nutrition security inequities. Please join the Mountain Plains Region, Southwest Region, and Southeast Region in celebrating SNAP-Ed's important role in supporting nutrition security through education and evidence-based interventions.

¹ North Carolina and Tennessee from the Southeast Region did not participate in the report; however, their reach numbers are included in the executive summary.

² Food and Nutrition Service. (2024, April 5). *SNAP data tables*. U.S. Department of Agriculture. <https://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>

ACRONYM GLOSSARY

CDC – Centers for Disease Control and Prevention

EBT – Electronic Benefit Transfer

FDPIR – Food Distribution Program on Indian Reservations

FY – Fiscal Year

FNS – Food and Nutrition Service

PSE – Policy, Systems, and Environment

SNAC – State Nutrition Action Council

SNAP – Supplemental Nutrition Assistance Program

SNAP-Ed – Supplemental Nutrition Assistance Program Education

USDA – United States Department of Agriculture

WIC – Special Supplemental Nutrition Assistance Program for Women, Infants, and Children

DATA NOTES

This report includes a variety of data points gathered through multiple evaluation strategies. Each outcome presented is based on one of the following general methods:

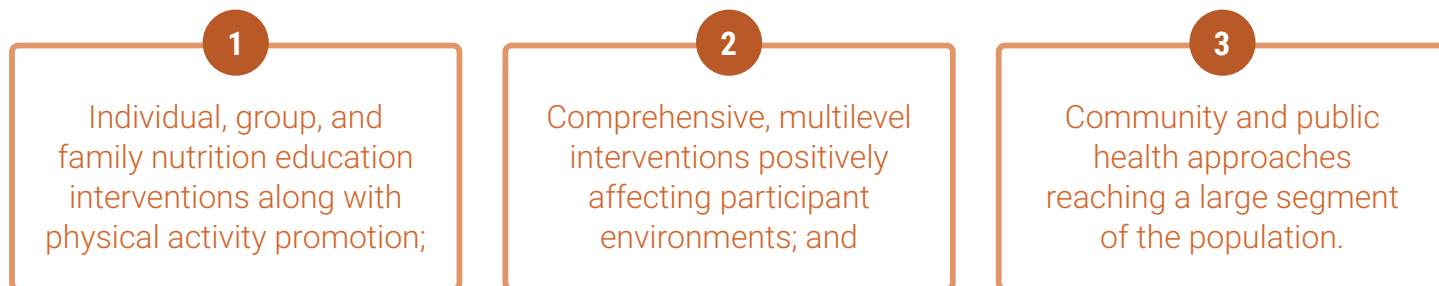
- Matched pre/post data
- Unmatched pre/post data
- Survey responses
- Combined statewide data
- Other evaluation methods

When interpreting results, readers are encouraged to contact the agency that provided the data to better understand the methods used and the statistical significance of each data point. A list of contacts by state and agency is available at <https://snaped.fns.usda.gov/state-snap-ed-programs>.

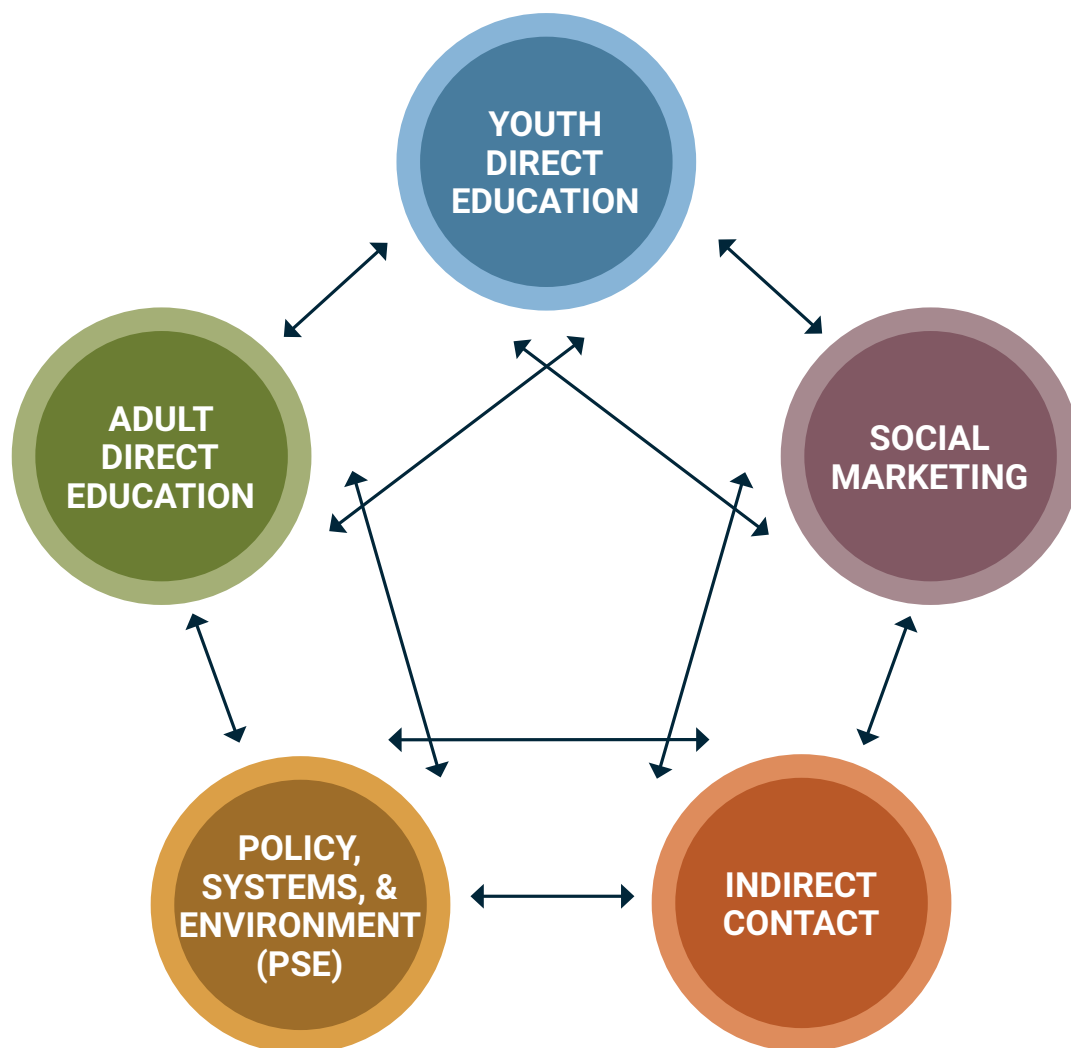
Note: For the purposes of this report, “youth” refers to individuals under the age of 18.

THE SNAP-ED APPROACH

States in the FNS Mountain Plains, Southeast, and Southwest Region use innovative practices and approaches, including:



The chart below demonstrates the connection between interventions and the need for a comprehensive SNAP-Ed program. Each approach to nutrition education provides an opportunity to affect multisector levels. Annually, each state provides a comprehensive plan to address SNAP education and outreach efforts. These endeavors meet the needs of participants through diverse educational approaches.



STATE AGENCIES

Mountain Plains Region

COLORADO

State Agency

Colorado Department of
Human Services

Implementing Agencies

Cooking Matters™ Colorado |
Nourish Colorado |
University of Colorado
Rocky Mountain Prevention
Research Center School
Wellness Program

KANSAS

State Agency

Kansas Department for
Children and Families

Implementing Agency

Kansas State University
Research and Extension

MISSOURI

State Agency

Missouri Department of
Social Services

Implementing Agency

University of Missouri
Extension

MONTANA

State Agency

Montana Department of
Public Health and Human
Services

Implementing Agency

Montana State
University Extension

NEBRASKA

State Agency

Nebraska Department of
Health and Human Services

Implementing Agency

University of Nebraska -
Lincoln Extension

NORTH DAKOTA

State Agency

North Dakota Department of
Health and Human Services

Implementing Agency

North Dakota State University
Extension Family Nutrition
Program

SOUTH DAKOTA

State Agency

South Dakota Department of
Social Services

Implementing Agency

South Dakota State
University Extension

WYOMING

State Agency

Wyoming Department of
Family Services

Implementing Agency

University of Wyoming
Extension Cent\$ible Nutrition
Program

Southeast Region

ALABAMA

State Agency

Alabama Department of Human Resources

Implementing Agency

Auburn University Alabama Cooperative Extension System

FLORIDA

State Agency

Florida Department of Children and Families

Implementing Agencies

Feeding Florida | UF/IFAS Extension Family Nutrition Program

GEORGIA

State Agency

Georgia Department of Human Services

Implementing Agencies

Georgia Department of Public Health | HealthMPowers | Open Hand Atlanta | The University of Georgia College of Family and Consumer Sciences

KENTUCKY

State Agency

Kentucky Cabinet for Health and Family Services

Implementing Agency

University of Kentucky Nutrition Education Program

MISSISSIPPI

State Agency

Mississippi Department of Human Services

Implementing Agency

Mississippi State University

SOUTH CAROLINA

State Agency

South Carolina Department of Social Services

Implementing Agencies

Clemson University Learning Institute | Lowcountry Food Bank | South Carolina Department of Public Health | South Carolina State 1890 Research and Extension | University of South Carolina Center for Research in Health Disparities

Note. North Carolina and Tennessee are part of the Southeast Region but did not participate in this report.

Southwest Region

ARIZONA

State Agency

Arizona Department of
Economic Security

Implementing Agency

AZ Health Zone - Arizona
Department of Health
Services

ARKANSAS

State Agency

Arkansas Department of
Human Services

Implementing Agencies

Arkansas Coalition for Obesity
Prevention | University of
Arkansas at Pine Bluff |
University of Arkansas
System Division of Agriculture
Cooperative Extension Service

LOUISIANA

State Agency

Louisiana Department of
Children and Family Services

Implementing Agencies

Louisiana State University
Agricultural Center | Feeding
Louisiana | Market Umbrella
| SNAP-Ed Health Channel
| Southern University
Agricultural Center

NEW MEXICO

State Agency

New Mexico Human
Services Department

Implementing Agencies

Cooking With Kids | Kids
Cook! | New Mexico State
University Ideas for Cooking
and Nutrition | University of
New Mexico Child Health
Initiative for Lifelong Eating
and Exercise | University
of New Mexico Eat Hard
to Play Hard | New Mexico
Department of Health Healthy
Kids New Mexico

OKLAHOMA

State Agency

Oklahoma Department of
Human Services

Implementing Agencies

Chickasaw Nation: Impa'
Kilimpi' | Oklahoma Tribal
Engagement Partners |
Oklahoma State University |
University of Oklahoma Health
Sciences - Oklahoma Nutrition
Information & Education
Project

TEXAS

State Agency

Texas Health and Human
Services Commission

Implementing Agencies

Brighter Bites | Common
Threads | Texas Department
of State Health Services -
Health Promotion and Chronic
Disease Prevention | Texas
Department of State Health
Services - Office of Border
Health | Feeding Texas | Texas
Health and Human Services
Commission Aging Services
Coordination - Texercise |
Texas Health and Human
Services Commission Early
Childhood Intervention | It's
Time Texas | MHP Salud |
Prairie View A&M University |
Texas A&M University Agrilife
Extension Service | Texas
Center for Local Food | Texas
International Institute of
Health Professions | Texas
WIC | University of North
Texas | UTHealth - Brownsville
| University of Texas - Rio
Grande Valley

UTAH

State Agency

Utah Department of
Workforce Services

Implementing Agency

Utah State University
Extension Create Better
Health SNAP-Ed

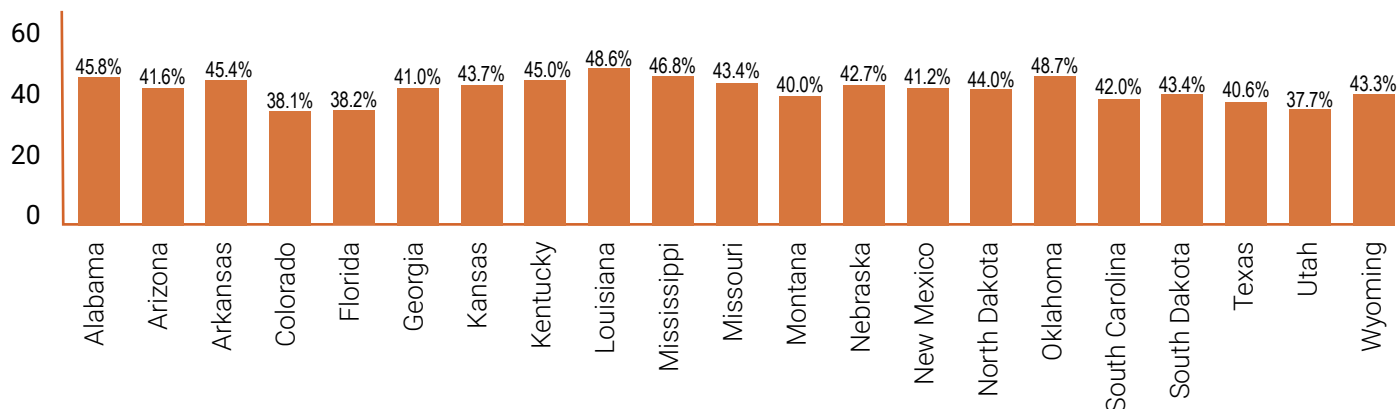
SUMMARY

The SNAP-Ed Challenge

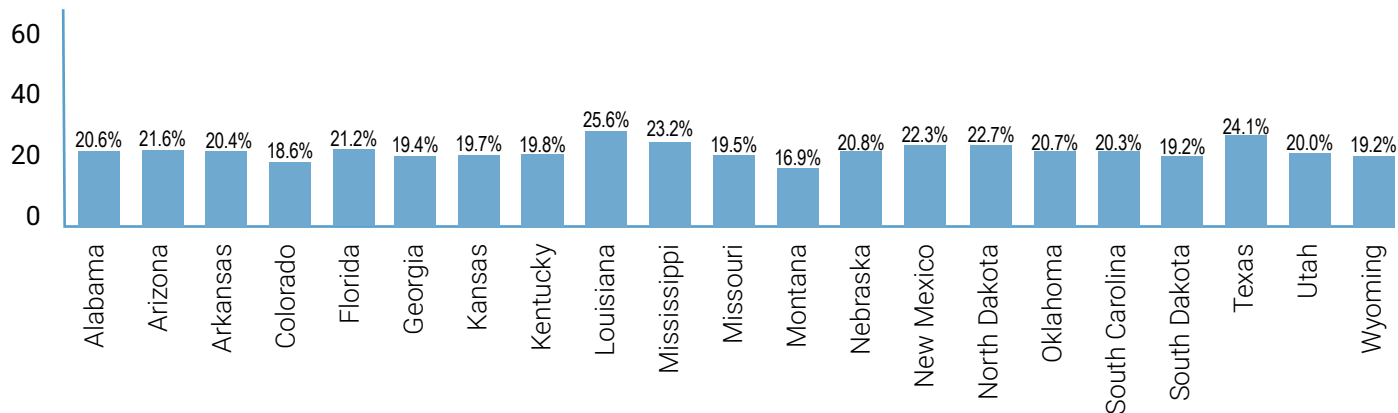
The Mountain Plains Region, Southeast Region, and Southwest Regional Offices work with our partners to provide food and nutrition education to people in need. We collaborate to inspire public confidence and support American agriculture. The SNAP-Ed goal is to improve the likelihood persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current USDA Dietary Guidelines for Americans and the USDA food guidance system, MyPlate. Demonstrating program success involves sharing stories of those participating in SNAP-Ed and highlighting positive program outcomes at the state and regional levels.

Selected Health Indicators

Percent of population consuming fruit less than one time per day

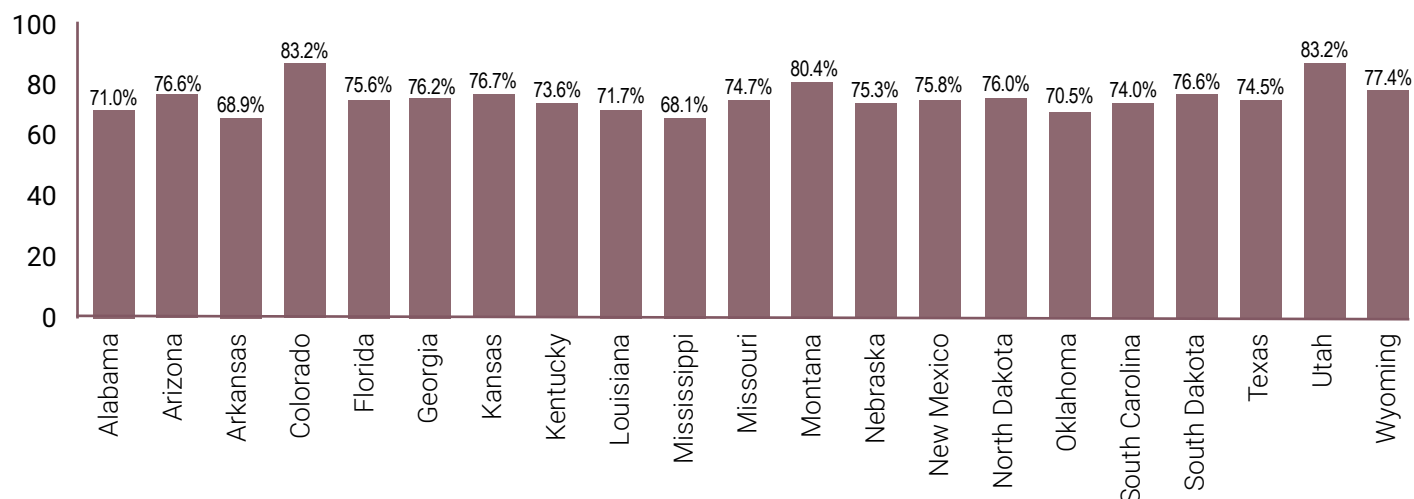


Percent of population consuming vegetables less than one time per day

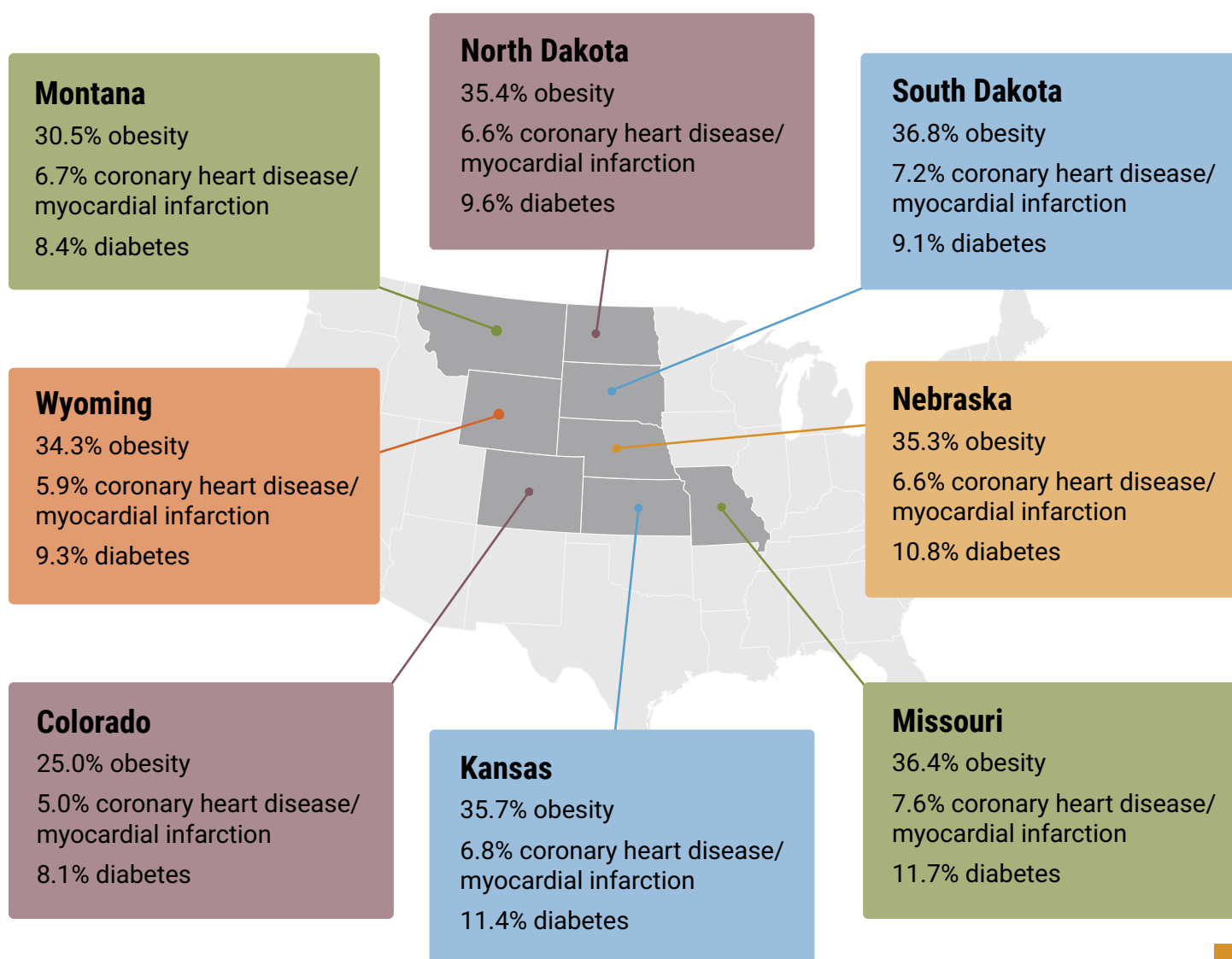


Data for pages 8-11 from: Centers for Disease Control and Prevention (2024, March 31). *BRFSS prevalence & trends data*. U.S. Department of Health and Human Services. <https://cdc.gov/brfss/brfssprevalence/>.

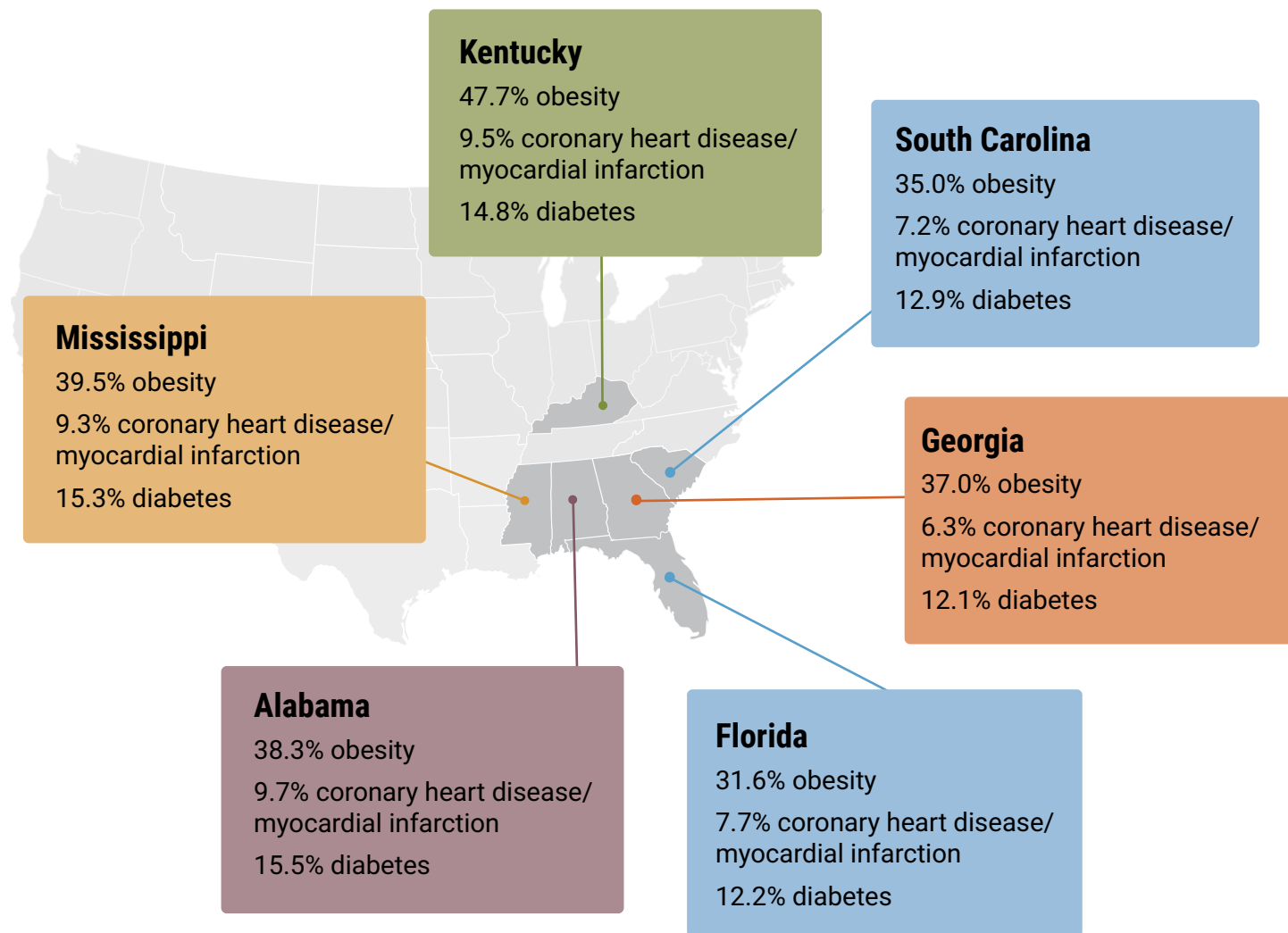
Percent of population participating in any physical activity in the past month



Mountain Plains Region Obesity and Chronic Disease Rates

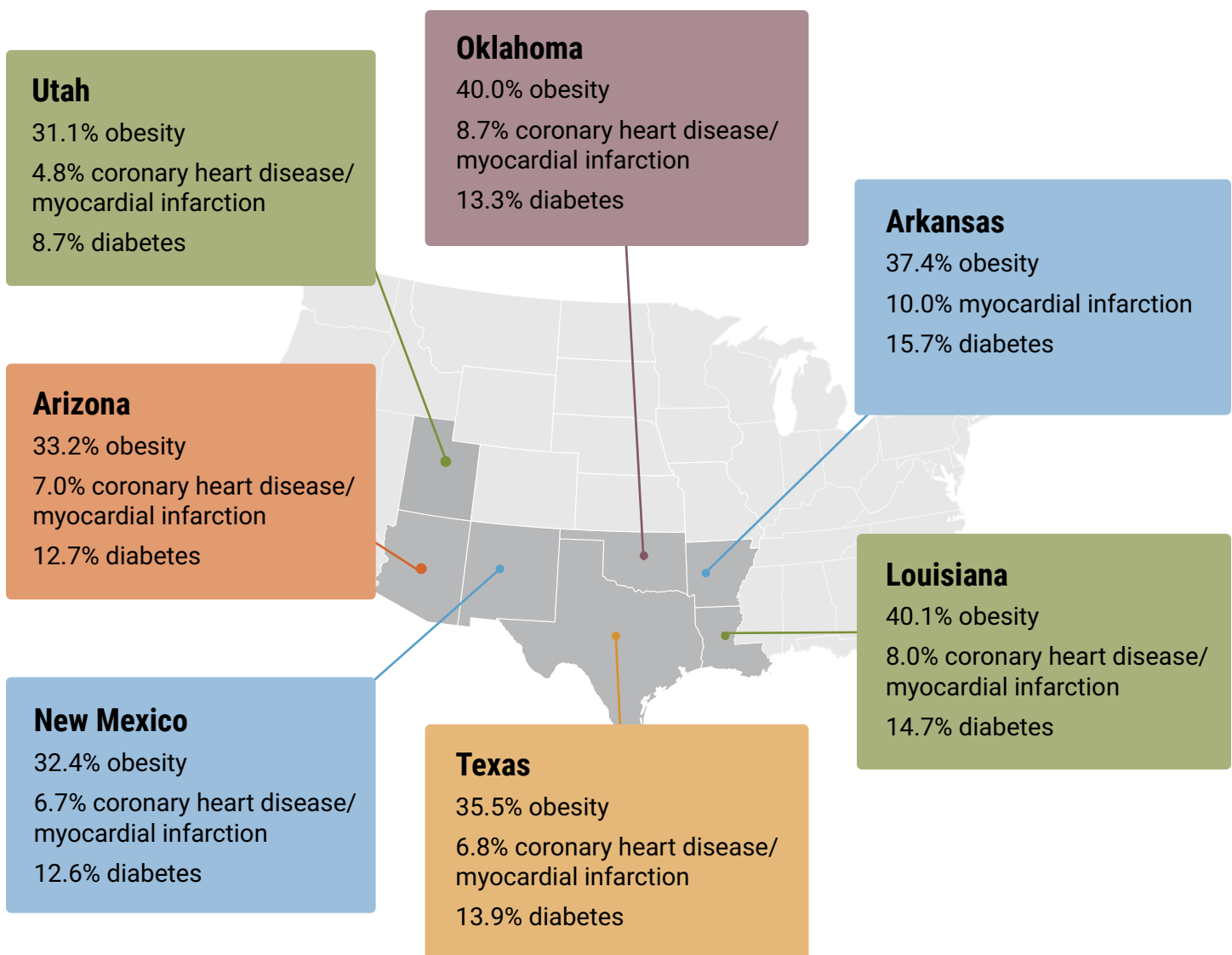


Southeast Region Obesity and Chronic Disease Rates



Note. North Carolina and Tennessee are part of the Southeast Region but did not participate in this report.

Southwest Region Obesity and Chronic Disease Rates



The SNAP-Ed Solution

SNAP-Ed is an evidence-based program helping people lead healthy, active lives. Through evidence-based nutrition education, it teaches people how to make their SNAP dollars stretch, shop for and cook healthy meals, and stay physically active. SNAP-Ed partners with state and local organizations to meet people where they are. SNAP-Ed initiatives include nutrition education classes, social marketing campaigns, and efforts to improve policies, systems, and the environment of communities. Mountain Plains, Southeast, and Southwest Regional Offices work closely with states to identify and track common indicators between SNAP-Ed Implementing Agencies to tell a uniform story of SNAP-Ed's impact. Throughout this report, you will learn how SNAP-Ed makes the healthier choice the easier choice.

Alabama's Approach

Alabama SNAP-Ed's overall goal is to facilitate the voluntary adoption of food and physical activity choices and other nutrition-related behaviors promoting the health and well-being of SNAP participants. Auburn University, Alabama A&M University, and the Alabama Department of Public Health provide a combination of direct education, policy, systems, and environmental changes, as well as social marketing delivered through multiple venues and channels at the individual, environmental, and community levels.

Key Individual Impacts



59% of adults increased water consumption (27 to 46 ounces per day).



17% increase in adults who always shop with a grocery list.



30% of youth increased vegetable consumption frequency (1.09 to 1.16 times per day).

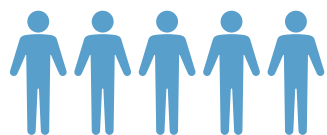
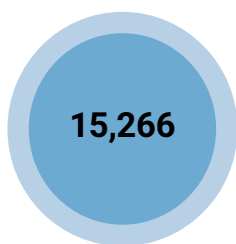


36% increase in the number of days per week youth were physically active after school (2.5 to almost 3 days per week).

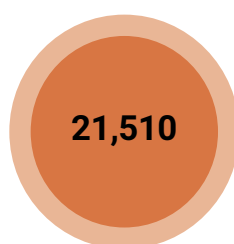


18% increase in adults who always read Nutrition Facts labels and ingredient lists when shopping and selecting foods.

Additional Individual Impacts



adults were reached with nutrition education.



youth were reached with nutrition education.



27% increase in youth who always wash hands and surfaces when preparing food.



25% of youth increased whole grain consumption frequency (.44 to .56 times per day).



62% of Body Quest adults decreased their consumption of calories from sugar sweetened beverages (403 to 212 calories per day).

Community Impacts

Alabama SNAP-Ed partnered with local communities to facilitate **540** unique policy changes, systems changes, and environmental improvements, making it easier for **73,941** people with limited resources to choose healthy foods, beverages, and physically active lifestyles.



Live Well in Schools

21,920

students

207

positive changes

84

schools

Alabama supported various PSE changes in schools, including establishing new school food pantries, increasing the availability of fresh, local produce in school cafeterias, and improving opportunities for physical activity.



School Highlight: Auburn University SNAP-Ed educators collaborated with elementary school staff to incorporate healthy snacks and physical activity into classroom parties and rewards. Five classes held celebrations centered around movement-based games with festive fruit and veggie-focused snacks. Three schools hosted physical activity challenges throughout the year and rewarded all students with Color Runs as rewards for participation.



Live Well and Garden

2,600

pounds of produce valued at \$5,435 and 9,440 servings of fruits and vegetables

10,640

participants

38

school and community gardens

Auburn University SNAP-Ed supported establishing or maintaining gardens and played a vital role in connecting them to community organizations such as food pantries, school cafeterias, or summer feeding sites.



Mobile Nutrition Education Lab

1,200

senior participants

Alabama A&M University's Mobile Nutrition Education Lab was featured in a Senior Expo where 1,200 older adults participated in interactive, hands-on learning about healthy eating and physical activity.



Move Alabama

2,100

participants

52

pop-up challenges

46

sites

Auburn University SNAP-Ed partnered with the Expanded Food and Nutrition Education Program to help community partners transform walking trails into vibrant, interactive story experiences and sensory paths to create demand for physical activity.



Success Stories

Live Well in Communities – Alabama Farmers Markets

SNAP-Ed helped nine farmers markets increase fresh produce sales by providing nutrition education, encouraging 1,210 customers per market day to purchase and eat more locally grown produce. As part of these efforts, SNAP-Ed worked to implement locally sponsored fruit and vegetable voucher programs. SNAP-Ed received local donations to distribute “Veggie Bucks” to children. Thanks to this initiative, children experienced the excitement of shopping and interacting with farmers participating in the market. SNAP-Ed also arranged unique items for families that reinforced their nutrition education lessons. Children explored various vendors, interacted with farmers, and searched for unfamiliar fruits and vegetables, breakfast ingredients, or even veggies that grow in the ground!



Farm to School

A SNAP-Ed regional Extension agent partnered with a county Board of Education to obtain and use grant funds to purchase four greenhouses at local schools. SNAP-Ed provided technical assistance and served as a connection for community partnerships to ensure the sustainability of the greenhouses. Through a collaborative effort, students can now watch their efforts grow from seeds, learn various subjects with garden education, and develop a sense of ownership over the produce grown. Garden produce is used to teach students about healthy cooking, and students can enjoy their harvest as a school snack.



Food Assistance Partnership in Alabama

To improve access to adequate, nutritious foods for households experiencing food insecurity, SNAP-Ed staff at the Alabama Department of Public Health partnered with organizations to develop and provide food and nutrition resources. In collaboration with the Heart of Alabama Food Bank (HAFB), SNAP-Ed has supplied a Commodity Supplemental Food Program (CSFP) with various nutrition materials since 2020. This year, SNAP-Ed staff worked with Samford University's Nutrition and Dietetics Program and the Community Food Bank of Central Alabama to develop monthly newsletters to provide practical nutrition tips and healthful recipes to seniors in English and Spanish. They were distributed to approximately 6,952 seniors every month in food boxes through the two food banks, covering 47 counties in Alabama.

Additionally, the team developed two educational videos to share with food bank participants about cooking methods for less traditional, nutritious foods distributed in mobile food pantries. This activity brought together two large area food banks and streamlined messaging for participants of CSFP in 47 counties in Alabama. The content was designed to be simple, practical, readable, and appropriate for seniors.

Live Well In Communities - Healthy Retail

SNAP-Ed partnered with 8 local food stores to support shoppers in making healthy food choices. Store owners received assistance in offering and displaying healthy items, promoting healthy items through pricing specials and voucher programs, and highlighting healthy items through improved store layouts and promotional signage. Together, these efforts directed more than 1,353 shoppers per day toward healthier food and beverages. One regional Extension agent in Barbour and Henry counties, collaborated with Eufaula Piggly Wiggly, which generously supplied \$5.00 vouchers to every child participating in SNAP-Ed's Body Quest nutrition education classes. With the vouchers, the third-grade students could purchase fruits and vegetables at the local Piggly Wiggly. This concept connects nutrition education from the school to the local grocery store, allowing children to get involved in shopping for healthy options.



Arizona's Approach

The AZ Health Zone is an evidence-based, equity-focused health engagement program integrating community engagement and trauma-informed approaches. It works by contracting Local Implementing Agencies to implement community-level interventions to build resilient and healthy communities. The Local Implementing Agencies work in all 15 Arizona counties to support behavior change using multi-level interventions addressing food systems, active living, and childhood focus areas. In 2023, AZ Health Zone continued incorporating trauma-informed approaches into the program's implementation, outreach, and evaluation. AZ Health Zone's programming utilizes trauma-informed practices to meet people where they are, avoid harm, and support resilient health and well-being journeys.

Key Individual Outcomes



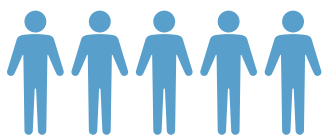
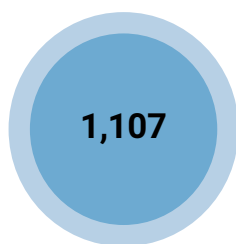
34% of adult direct education participants who completed a survey reported eating more fruits at post.



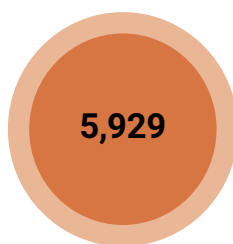
29% increase of adult direct education participants who completed a survey reported eating more vegetables at post.



After participating in SNAP-Ed, students in more rural counties reported fewer hours the previous day spent watching television and using electronics compared to students in more urban counties.



adults were reached through direct education.



youth were reached through direct education.



Community Highlights

The AZ Health Zone's primary program goal is to increase healthful nutrition and physical activity behaviors among SNAP participants and people who are eligible for SNAP through PSE approaches supported by complementary educational outreach. The AZ Health Zone's Local Implementing Agencies work throughout the state to assess and influence multiple community settings where people play, learn, and shop.



State SNAC Team Highlight

The SNAC continued its work aligning and coordinating nutrition security work across three state agencies (Child Nutrition Programs at the Department of Education, WIC and SNAP-Ed at the Department of Health Services, and SNAP and Hunger Relief Programs at the Department of Economic Security) and local partners who work with USDA Nutrition Programs. Staff from three state agencies led and attended workgroups that involved partners such as the Arizona Food Bank Network, the Dairy Council of Arizona, local Summer Food Service Program operators, eligibility workers, community members, and academic researchers. Projects this year included:

- Supporting communication and expanded operations in the Summer Food Service Program.
- Developing an infographic highlighting the various programs for which families may be eligible.
- Conducting community-based research regarding the potential for cross-program referrals between local WIC clinics and childcare facilities participating in the Child and Adult Care Food Program.
- Documenting current nutrition education requirements for nutrition programs offered in the state.

State Equity Highlight

Arizona's State Implementing Agency and Local Implementing Agencies are engaging community members to support program implementation of policy, system, and environmental changes. The program's vision is to have community members lead and inform projects and initiatives to increase sustainability. Engaging communities has increased the need to translate evaluation assessments into Spanish and Diné to include community residents in the evaluation process. Local Agencies have also provided interpretation services or hosted meetings in Spanish. The State Implementing Agency has been building capacity around equity practices through professional development and participating in FNS Evaluation of Equity in SNAP-Ed Service Delivery Listening Sessions. Arizona also provides continued learning opportunities around trauma-informed practices and community engagement, continually prioritizing relationships to build trust in SNAP-Ed communities.

Success Stories

Growing a Farm Fresh Food Program

The University of Arizona Cooperative Extension, Cochise County, first reported efforts to help launch Farm Fresh Fridays with the rural Palominas School District in FY 2021. At that time, they connected the district with Echoing Hope Ranch, a local grower and nonprofit. With Local Implementing Agency guidance around local food procurement, the district began serving fresh, local produce from Echoing Hope every Friday. The following year, the SNAP-Ed staff introduced the Smarter Lunchrooms Movement to the Food Service Director, who then applied strategies *“to further involve students in planning, preparing, and tasting the local (and often new) foods, strengthening Farm Fresh Fridays.”* In FY 2023, the Local Implementing Agency supported continued program growth, helping the district reach families during a Farm Fresh Family Night and expanded to a second local supplier:



“[We] played a pivotal role in facilitating conversations, providing expertise, and offering resources to make this integration successful. The inaugural Farm Fresh Family Night was open to the entire school district community and was well-attended. Echoing Hope Ranch generously provided free produce to each family [LT9c]. [In addition,] the nutrition services director, one of our strongest and most ambitious partners, successfully brought Cruz Farms on board as a vendor to supply beans and eggs [MT5, LT9c]. This effort not only improved the nutritional quality of school meals [LT5] but also supported local farmers and the local economy [LT11]. The Palominas School District is now the model for the community’s other, smaller school systems who are interested in simple and direct Farm to School initiatives.”

-University of Arizona Cooperative Extension, Cochise County

A Resident Leader Opens a New Window of Physical Activity Opportunity

In FY 2023, University of Arizona Cooperative Extension staff in Maricopa County connected with one highly active member of the Maryvale community. Her leadership brought new opportunities to engage the community around improving and activating Falcon Park. She championed a clean-up event that allowed residents to provide feedback, connect with local politicians, and learn about the PARA, a physical activity resource assessment. Soon after, a community-engaged administration of the PARA offered residents the chance to envision park improvements alongside a local councilwoman who co-completed the assessment. Subsequent park renovations, already slated for 2023, addressed some community concerns and created momentum for future advocacy work.



"Residents expressed a desire for a splash pad. A [City] Councilwoman advised that they should get organized to advocate for this because a big project like this could take time to be approved in the City's plan and budget."

– University of Arizona Cooperative Extension, Greenlee County

Arkansas' Approach

In FY 2023, the Arkansas SNAP-Ed program, facilitated by the University of Arkansas System Division of Agriculture Cooperative Extension Service's SNAP-Ed Program, University of Arkansas at Pine Bluff SNAP-Ed Program, and the Arkansas Coalition for Obesity Prevention, collaborated extensively with various agencies and organizations across the state. Together, they delivered SNAP-Ed programming at approximately 600 locations, strategically targeting areas where Arkansans live, learn, play, shop, and work. This approach aimed to meet people where they are, supporting a common goal of promoting healthy, active living through nutrition education and physical activity initiatives.

Key Individual Impacts

University of Arkansas Division of Agriculture Cooperative Extension Service

Adults



adults were reached through direct education.



79% of adults increased fruit consumption.



66% of adults increased vegetable consumption.



60% of adults improved food preparation skills.



59% of adults increased physical activity.

Youth



youth were reached through direct education.



35% of youth increased fruit consumption.



33% of youth increased vegetable consumption.



88% of youth improved food preparation skills.



21% of youth increased physical activity and/or decreased sedentary behavior.

University of Arkansas at Pine Bluff

Adults



52% of adults increased fruit consumption.



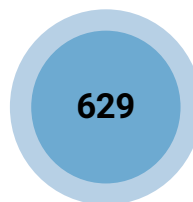
45% of adults increased vegetable consumption.



45% of adults adopted one or more eating and lifestyle behavior practices.



60% of adults increased consumption of low-fat or fat-free dairy products.



adults were reached through direct education.



51% of adults increased physical activity.

Youth



94% of youth increased fruit consumption.



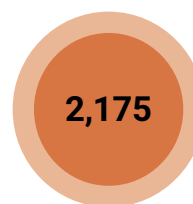
85% of adults increased vegetable consumption.



89% of youth adopted one or more eating and lifestyle behavior practices.



85% of youth increased consumption of low-fat or fat-free dairy products.



youth were reached through direct education.

Community Impacts

Community organizations and outlets, such as county DHS offices, commodity food sites, schools, farmers markets, food pantries, early care and education sites, and senior centers serve individuals and families across Arkansas. Through partnerships, the University of Arkansas Division of Agriculture Cooperative Extension Service and University of Arkansas at Pine Bluff SNAP-Ed Programs build from community efforts to provide evidence-based nutrition education and physical activity programs. Policy, system, and environmental change strategies are shaped as collaborative approaches to improve access to healthy foods and promote active lifestyles.

University of Arkansas Division of Agriculture Cooperative Extension Service



Nutrition Supports

12,409

people reached

53

PSE sites

3

policy changes

56

systems changes

67

environmental changes



Physical Activity and Reduced Sedentary Behavior Supports

4,942

people reached

7

PSE sites

1

policy change

5

systems changes

5

environmental changes

Success Stories

University of Arkansas at Pine Bluff

SNAP-Ed Provides Lasting Results for Participants at the Adult Center

The University of Arkansas at Pine Bluff Family and Consumer Sciences SNAP-Ed is a part of the university's 1890 Cooperative Extension Program. The program partners with local community organizations and agencies to give families the knowledge and skills to make healthy behavior changes toward a healthy diet/lifestyle, save money, and feed their families with a limited budget.

A SNAP-Ed program aide worked with participants at the Adult Center in Brinkley, Arkansas, to provide hands-on nutrition education. The program offered hands-on cooking experiences for adults to learn how to prepare healthy meals by incorporating more nutritious eating habits from the MyPlate food groups and physical activity.

A program participant praised the SNAP-Ed program aide for her personal, one-on-one approach to teaching her about eating certain foods from MyPlate to help energize and nurture her body. She has incorporated more varieties of fruits and vegetables because of the class.

"When I first started the class, I weighed 293 pounds, and now I weigh 233 pounds," a program participant said. "I truly thank the SNAP-Ed Educator for providing me with the education and tools to live healthily. I have applied those to my life, and my health has improved a lot."



University of Arkansas Division of Agriculture Cooperative Extension Service

Partnering for Health: Middle School Health Classes Connect with SNAP-Ed

The Crawford County SNAP-Ed Cooperative Extension Agent used the evidence-based curriculum, Teen Cuisine, to connect with over 170 seventh and eighth grade students at a Van Buren, Arkansas, middle school. Students (n = 124) completed pre- and post-surveys. Based on student responses:



48% increased fruit intake.



43% increased vegetable intake.



33% increased physical activity.

Students commented on their experiences:

"It is amazing, honestly, learning to eat healthy and it is fun and learning how I can improve the health of my body."

"I can plan meals, and I'm making smarter food choices now."



Creating Better Health Together

At a Union County Senior Housing site, 29 older adults participated in the Create Better Health curriculum series. The lessons focused on supporting older adults with limited resources to plan and prepare healthy, economical meals at home.



100% washed their hands before and after preparing food more often.



74% ate more vegetables.



95% refrigerated or froze leftovers within 2 hours more often.



68% ate more fruits.



79% stated they improved their cooking skills.



68% ate more whole grains.

Working with community partners toward common goals and meeting folks where they are creates opportunities to build health together. Participants commented:

"I learned about the benefits of fruit and have started eating more fruit for the nutritional value that it adds."

"I didn't eat a lot of vegetables before, but now I eat vegetables, especially broccoli."

Colorado's Approach

In FY 2023, the Colorado Department of Human Services worked in partnership with three Implementing Agencies, the University of Colorado School Wellness Program, Cooking Matters™ Colorado, and Nourish Colorado, and a statewide social marketing campaign to deliver programming statewide with a particular focus on strategies to increase reach with an equity, diversity, and inclusion lens. Colorado's conceptual model encourages the use of diverse programming options, including the use of technology, to reach more individuals. SNAP-Ed Colorado continued to innovate in how it provides nutrition education to children and adults while maintaining strong relationships with the communities in Colorado.

Key Individual Impacts

School Wellness Program

Due to the Text2LiveHealthy SNAP-Ed program



79% of responding adults reported eating more fruits and vegetables (MT1I & m).



70% of responding adults reported being more physically active (MT3a).



85% of responding adults reported drinking more water (MT1g).



87% of responding adults reported that their children are more physically active (MT3a).



88% of responding adults reported that their children eat more fruits and vegetables (MT1I & m).

Cooking Matters™ Colorado



51% of participants increased how often they choose fruit each week (MT1).



65% of participants increased how often they use the Nutrition Facts label (MT2).



47% of participants increased how often they choose non-fried vegetables each week (MT1).



77% reported feeling somewhat or very confident that they can feed their families with healthy foods with the money they have available (ST2).

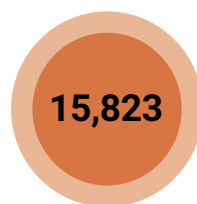


21% of participants decreased how often they worried that food might run out before they had money to buy more (MT2).

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.

School Wellness Program



61% of adults and children reported eating more cups of fruit per day due to parent wellness workshops (MT1l).



16% of students reported an increase in the frequency of fruit consumption (MT1l).



51% of adults and children increased their servings of vegetables per day due to parent wellness workshops (MT1m).



18% reported an increase in vegetable consumption (MT1m).



51% of adults and children increased their physical activity due to the parent wellness workshops (MT3a).



11% of students reported increased physical activity (MT3a).

Cooking Matters™ Colorado



83% of participants report increased key food skills and strategies for making healthy food choices (MT2).



88% of participants report an increase in how often they eat fruit, vegetables, whole grains, and low-fat dairy (MT1).



73% of participants report an increase in cooking confidence (MT2).

Community Impacts

Colorado SNAP-Ed programming continued to become innovative in FY 2023, exceeding its reach compared to previous years when the COVID pandemic prevented in-person programming from happening. Cooking Matters™ maintained partnerships with 154 organizations and four coalitions, and the School Wellness Program maintained 187 active partnerships for statewide delivery and implementation of direct education and PSE change activities.



Cooking Matters™ PSE Changes Where People Shop

Retail and Farmers Markets PSE changes potentially impacted

39,148

families

2

large retail partners

263,740

families in pantry settings

5

food banks and pantries

4

small retail partners

12

farmers markets

Developed and distributed a Health Food Pantry Toolkit



Cooking Matters™ Supported Produce Rx Programs

- 3** partners programs
- 24** sites
- 25** PSE changes adopted
- 531** families enrolled in a Produce Rx program.



Food Skills Education Message Integration with Technology Platforms

Food skills education messages were integrated into text messaging, shopper apps, blog posts, and social content.

1,574,551

impressions

55,860

subscribers

Other Highlights

SNAC Highlight

In FY 2023, the Colorado Department of Human Services brought in the Public Health Institute Center for Wellness and Nutrition to support coordination, facilitation, evaluation, and training services for the SNAC. Colorado Department of Human Services continued to lead the SNAC, bringing together other nutrition education efforts in the state to cross-align programming. It has 26 members, and in FFY23, the Colorado Department of Human Services worked diligently to recruit members from underrepresented sectors, such as non-profits. The SNAC met four times in the fiscal year, including one full-day in-person meeting featuring a recorded educational component. Over the next year, the SNAC's collective vision of building a Resource Hub will be made a reality, and a plan for evaluating the initiative will be explored.

Tribal Highlight

Cooking Matters™ partnered closely with the Southern Ute Indian Tribe through a train-the-trainer model to offer food skills education lessons in a culturally relevant way. Six programs were offered, reaching 35 families. Additional families were engaged with education through food demonstrations provided to families at FDPIR food distribution events.

Equity Highlights

School Wellness Program

To provide quality programming with an equitable approach, the School Wellness Program has developed **4** campaigns for its Text2LiveHealthy mobile messaging program reaching **3,552** individuals. Each campaign was tailored and adapted to meet the needs of specialized SNAP-Ed-eligible populations.

- The Integrated Nutrition Education Program/Culture of Wellness Program School-based campaign is designed for families and caregivers of children.
- The community-based campaign is adapted to be for adults, not necessarily with children.
- The State Unit on Aging campaign is for older adults.
- The iNOW campaign is for English (and soon Dari) speaking refugees.

Text2LiveHealthy®

Success Stories

Empowering Denver College Students to Thrive

Cooking Matters™ worked with the Metro State University student food pantry to transition to a client-choice model and provide a wider variety of inventory, including fresh produce and refrigerated items. Cooking Matters™ offered cooking demonstrations to support students in utilizing the available foods. Students learned to assemble healthy meals with the Cooking Matters™ Recipe Frameworks, which walked through the steps to make common meals. Frameworks allowed students to create meals with ingredients available and fit personal preferences.

Using frameworks reinforced learning food skills beyond just following a recipe, and students received the recipe to practice at home. Cooking Matters™ used its connections to farmers and grocery stores to support the pantry with donations of local produce and healthful ingredients.



Local Corner Store Increases Fruit and Vegetable Access

In Colorado, SNAP-Ed partnered with Cooking Matters™ and the School Wellness Program to assist corner stores in promoting fruit and vegetable purchases among its SNAP-Ed-eligible community by using promotional tools known as Nutrition Nuggets and take-home recipe cards.

A local corner store owner wanted to increase the sales of fruits and vegetables by educating his customers about their nutritional value. Colorado SNAP-Ed provided Nutrition Nuggets (signs with nutritional facts) displayed with fresh produce and take-home recipe cards at the register. A new sink was installed to prepare peeled and cut seasonal fruit for sale (prickly pear, papaya, and cactus). The store owner reported that these efforts, along with his assistance in helping customers shop for ingredients found in the take-home recipes, increased sales of fruits and vegetables. SNAP-Ed-funded organizations continue to work with corner stores to expand partnerships (ST7), increase healthy eating (MT1), and support food and resource management (MT2).

"People buy more fruits and vegetables thanks to Cooking Matters™ and School Wellness Program Nutrition Nuggets."
– Store owner







Florida's Approach

As Florida's SNAP-Ed State Agency, the Florida Department of Children and Families partners with local communities to protect the vulnerable, promote strong and economically self-sufficient families and advance personal and family recovery and resiliency. Florida SNAP-Ed works to accomplish and enhance this mission through two Implementing Agencies: The University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension Family Nutrition Program and Feeding Florida, Inc. Both Implementing Agencies leverage resources available to Floridians through their network of community partners, including schools, coalitions, and other program agencies that serve youth populations, as well as a statewide network of food banks. Florida SNAP-Ed leads statewide initiatives with partner agencies to provide solutions to individuals and families with food insecurity.




Key Individual Impacts



Feeding Florida

-  **45%** of participants increased the number of days per week eating more than one kind of vegetable.
-  **41%** of participants increased the number of days per week eating more than one kind of fruit.
-  **39%** of participants decreased their consumption of sugar-sweetened beverages.
-  **48%** of participants increased the number of days per week being physically active.

UF/IFAS Extension Family Nutrition Program

-  **46%** of 6th-12th grade participants increased the number of days per week eating more than one kind of fruit or vegetable.
-  **50%** of 3rd-12th grade participants increased the number of days per week being physically active.
-  **57%** of 3rd-12th grade participants increased the number of days per week consuming healthful beverages.

Community Impacts

Florida's SNAP-Ed program used a life cycle approach, reaching SNAP-Ed eligible children, adults, and older adults and emphasizing prevention and early intervention at every stage of life. Florida SNAP-Ed implemented programming under three project areas: Creating Healthy Schools, Creating Healthy Childcare Centers, and Creating Healthy Communities. Each project area addressed the environmental influences and offers evidence-based nutrition education and physical activity opportunities. These projects targeted communities with a consistent message that collectively worked to optimize behavioral outcomes for families. The program accomplished this goal by prioritizing partner engagement in delivering direct education and implementing PSE changes in food pantries, schools, farmers markets, childcare centers, community organizations, and school/community gardens. Collaboratively, Florida's SNAP-Ed program reached **2,903,389** people through **580** PSE initiatives.



Story Stroll Encourages Movement

UF/IFAS Extension Family Nutrition Program Story Strolls are storybooks printed on outdoor signs in playgrounds and parks. SNAP-Ed sets the pages a fair distance apart to encourage kids to move. The stories from UF's Youth Understanding MyPlate curriculum for grades Pre-K to 5 reinforce nutrition messaging.

7

participating community partners in Broward, Santa Rosa, and Taylor Counties

1,391

students reached



Rebuilding School Gardens After Hurricane Ian

The UF/IFAS Extension Family Nutrition Program had initially planned to work with The School District of Lee County Healthy Living Collaboration on Smarter Lunchrooms Movement strategies. However, in September 2022, Hurricane Ian struck the southwest and caused the focus to shift to aiding in rebuilding school gardens post-storm.

SNAP-Ed provided strategic planning support, technical assistance on farm-to-school implementation, and gardening supplies to **15 area schools** over the following year.

The schools began cultivating vegetables such as lettuce, tomatoes, and peppers in the fall, contributing to the supply of fresh produce for cafeteria lunches. Since the gardens' refurbishment, the schools have collectively harvested close to **8,000 pounds** of fresh produce, demonstrating the success of the rebuilding efforts.





SNAP-Ed on the Move



Feeding Florida facilitated healthy food access and nutrition education in marginalized or underserved communities using mobile markets/pantries reaching **73,245 Floridians** in FY 2023. Participants sampled healthy recipes highlighting market/pantry produce and received an educational recipe with information on how to store the produce, nutritional benefits, and a recipe for how to prepare the item at home. The sites encouraged healthy choices through product placement, signage, and shelf tags to highlight the flavor, characteristics, health benefits, and product name.



Creating Healthy Communities

Feeding Florida launched and sustained an on-site food pantry at the Florida Department of Health in Orange County to provide healthy food options for approximately **200 clinic patients** per month experiencing food insecurity. The agency increased access to a wide range of nutritious food options and implemented outreach strategies to inform patients about the resource, encouraging participation and return visits.

Feeding Florida configured the layout of the pantry and designed operations to promote healthier food choice behaviors. The agency set up attractive fruit stand shelving to promote and encourage the selection of fresh produce, provided shopping carts to improve the ease of selection and transport of food, and mounted MyPlate and other educational posters in highly visible areas throughout the pantry to provide critical nutrition information for pantry users.



SNAC Highlights

Florida's SNAC promotes fruit and vegetable consumption and improves food security amongst all age groups. In FY 2023, SNAC members collaborated with the Florida Chapter of the American Academy of Pediatrics and shared resources regarding food assistance programs to better equip pediatricians with referral resources when screening families for food insecurity.

Success Stories

Trying and Liking New Foods

Feeding Florida taught Cooking Matters The Family Kitchen curriculum to mothers, focusing on involving their children in food preparation processes. During the first class, a child participant ate a new vegetable. The mother was excited because her daughter is normally picky and does not try new foods. The mother continued attending classes, and her daughter expanded her food choices. The mother said the nutrition classes taught her how to plan and prepare healthy, budget-friendly foods for her family. She no longer makes special meals as her daughter is trying and liking new foods.



A Culture of Health at Tice Elementary

The UF/IFAS Extension Family Nutrition Program began its partnership with Tice Elementary School in Ft. Myers with a few nutrition education classes in 2018. By 2022, the number of classes increased, and a new school garden was installed, providing ongoing opportunities for outdoor learning. In FY 2023, the program expanded to include classes for all Pre-K to fifth-grade students at Tice, embracing a culture of health and wellness campuswide and including a new Soccer for Success after-school program for fourth graders. Additional community partners have contributed to a collaborative approach that increased sustainability. For example, the J.N. "Ding" Darling National Wildlife Refuge has funded soccer equipment and school garden materials to maintain the programs throughout the school year. *"I've witnessed a shift among the Soccer for Success participants toward a more encouraging and cooperative approach when it comes to play. This growth is even noticeable within the regular school day,"* said a 4th grade teacher at Tice Elementary School.



Garden Entrepreneurship and Personal Development

John Hopkins Middle School in St. Petersburg established a brand-new elective called Garden Entrepreneurship and Personal Development for the 2023-24 school year. The President of the Sustainable Urban Agriculture Coalition St. Pete, and a school volunteer, developed the curriculum and taught the course alongside the health teacher. *"Our purpose is to grow future entrepreneurs using the model of gardening and worm farming (vermiculture),"* the curriculum developer said. *"We wanted to create an inclusive space for the kids and help them take an active role in their education and improving the school environment."* She credits a University of Florida Extension Family Nutrition Program PSE specialist, for providing essential materials, planning support, and technical assistance for the class and garden. The students are hands-on with projects centered on sustainability, such as revitalizing Mr. Mac's Garden in memory of McKinley Hayward. He was an active and beloved volunteer in the school garden for many years, along with his daughter, who teaches gym at John Hopkins Middle School. Students also learned about running a food pantry on campus, with the garden supplying fresh fruits and vegetables. The Extension Specialist trained them on pantry nudge techniques that encourage healthy choices at the food pantry. *"There have been a lot of wonderful things that have come out of the JHop garden. Students from different social groups and backgrounds are connecting over the garden and working together,"* said the health teacher.



Georgia's Approach

The Georgia SNAP-Ed program is a collaboration between the Georgia Department of Human Services, Division of Family and Children Services and HealthMPowers, the University of Georgia, Open Hand Atlanta, and the Georgia Department of Public Health. In FY 2023, Georgia SNAP-Ed programs expanded partnerships and focused on long-term PSE changes. They implemented community-based efforts to reach individuals with direct education, PSEs, and social marketing campaigns where individuals and families live, work, eat, learn, shop, and play. Community-based programming included the engagement and guidance from a Community Advisory Board, a Youth Advisory Board formative evaluation, and a series of community listening sessions across Georgia to understand facilitators and barriers to improving dietary quality and active living.

Key Individual Impacts



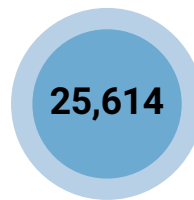
31.2% of participants reported an increase in eating more than one kind of fruit (MT1c).



29.8% of participants reported an increase in eating more than one kind of vegetable (MT1d).



26.9% of participants reported a decreased frequency of drinking fruit drinks, sweet tea, or punch (MT1h).



people were reached through direct education.



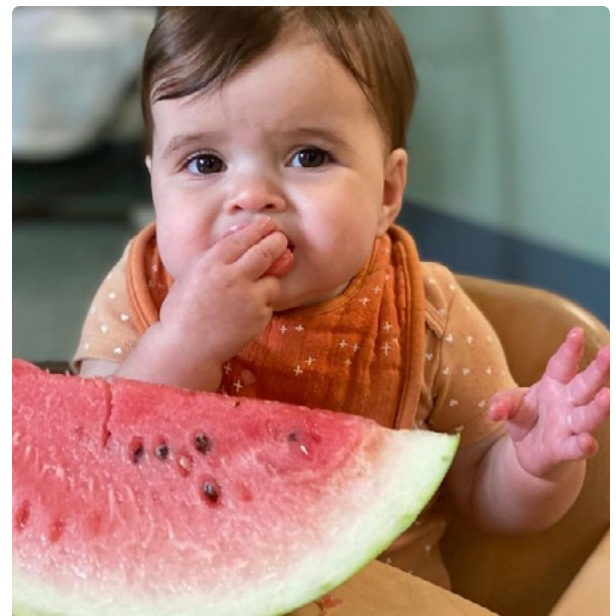
40.5% of participants reported more frequently using nutrition facts labels or nutrition ingredients (MT2b).



28.3% of participants reported more frequently shopping with a list (MT2j).

Community Impacts

Implementing Agencies expanded partnerships in FY 2023. The Department of Public Health partnered with eight community organizations, growing, and distributing over 18,950 pounds of fresh fruits and vegetables to SNAP-eligible residents. HealthMPowers engaged youth advocates and implemented more than 30 PSE changes in Georgia schools, several of which harnessed the power of gardening to strengthen nutrition. Early childhood efforts were expanded by Open Hand Atlanta, promoting Harvest of the Month produce to children ages three months to 5 years. The University of Georgia's Drink Water, Georgia! campaign reached more than 2.5 million people to encourage healthy beverage choices among SNAP-Ed eligible Georgians.





Policy, Systems, and Environment Change Interventions

69,750

people reached

279 total PSE changes

(**4** policy, **214** systems, and **61** environmental changes)

Top PSE Settings

85

schools

63

early care and education

20

before and after school programs

Equity Highlight

An Expand Community Voice project was conducted in three Southeast states to capture the SNAP-Ed-eligible community's lived experiences. To improve community access to healthy food, survey respondents recommended more farmers markets or farm stands (47.6%, n = 70), better variety of produce at local stores (31.3%, n = 46), and higher quality produce at local stores (31.3%, n = 46). To improve access to SNAP-Ed, recommendations included more information about SNAP-Ed (38.6%, n = 56), classes offered at convenient times (23.4%, n = 34), and classes closer to home (22.1%, n = 32). Other recommendations from community members included marketing SNAP-Ed classes to reach a broader audience, hiring SNAP-Ed instructors with similar race/ethnicity as participants, and cooking culturally relevant meals during classes.

Success Stories

Expanding Partnerships to Improve Food Access & Nutrition Education

In FY 2023, the Department of Public Health launched a campaign to increase the number of partnerships for community gardens through referrals from current partners and through virtual mini-grant information sessions. A total of 10 community information sessions were held to promote community gardening. The initiative led to 8 community partner organizations and the development of 5 new community garden partnerships with the potential of 8 additional gardens being developed in FY 2024. The program resulted in the growing, harvesting, and distributing over 18,950 pounds of fresh fruits and vegetables to SNAP-eligible residents.

Additionally, SNAP-Ed coordinators developed and maintained 25 partnerships to support and implement direct nutrition education.

"The benefits of this garden have gone beyond just a space for food access. Participants have reported being healthier, stronger, more active, and well- connected with others. This would not be possible without the garden space." -Community Garden Partner



Student Health Advocates Promote Healthy Behaviors

In FY 2023, HealthMPowers engaged students as solution-minded experts who implemented more than 30 PSEs in Georgia schools, several of which harnessed the power of gardening to strengthen nutrition through the Student Health Advocate Program.



Garden Hills Elementary 4th and 5th-grade students surveyed their peers and determined there was a need to encourage people at their school to increase vegetable consumption. With staff support, they revitalized an existing school garden by hosting a Garden Day, where community volunteers assisted with garden restoration. The group planted foods such as celery, potatoes, carrots, cucumbers, and tomatoes. Through family and community support, work was done over the summer to ensure the garden's success and sustainability in the next school year.

Similarly, the Student Health Advocate Program at Radloff Middle School leveraged local partnerships and Farm-to-School activities to enhance gardening opportunities. They spearheaded the creation of a garden club that took charge of harvesting produce. Food sourced from the garden was provided to cafeteria staff to incorporate into school meals, increasing vegetable consumption opportunities. The garden also provided direct nutrition education to students through STEM and health education.



SNAP-Ed trained 46 Student Health Advocate leaders from Garden Hills Elementary and Radloff Middle School to advocate for healthy behaviors for themselves and their peers. Pre- and post-evaluation activities indicated increased fruit and vegetable variety and consumption. With gardening activities expected to continue at both schools, over 1,700 students will benefit from these and other Farm-to-School efforts.

Expanding Partnerships to Improve Food Access & Nutrition Education

Open Hand's Farm to Early Childcare and Education project connects preschools and early childcare and education sites in low-income communities to fresh, local, seasonal produce, Harvest of the Month activities, and recipes. In FY 2023, Open Hand expanded their program with 10 additional sites for a total of 17 sites. Sites incorporated Harvest of the Month produce into school menus. The project also encouraged teachers to use the foods to engage children ages three months - five years with healthy eating lessons, including age-appropriate games and taste tests. Teachers, school administration, and parents have provided tremendous feedback on their observed benefits: *"It makes it helpful for schools to have resources that are useful and hands on. The activities are simple and also great to build a stronger community."*

"The teachers and the staff are learning so much from the produce and newsletter to demonstrate and taste test with the children."

"I think produce of the month is awesome. It saves money on my grocery bill while eating healthy."

Quenching Thirst Together: A Georgia Summer Filled with Collaboration

During the scorching summer of 2023, the Drink Water, Georgia! campaign emerged as a powerful tool in helping Georgians stay hydrated. The Drink Water, Georgia! campaign promotes healthy beverage choices and consumption among SNAP-Ed eligible Georgians. The campaign expended in reach and impact across the state with the help of the dedicated members of University of Georgia Extension, partnerships with community groups, and harnessing local resources and expertise.

The campaign's outreach extended across Georgia, from urban centers to rural regions, which included shopping cart ads in 30 grocery stores. In addition, 1,200 Georgians were successfully enrolled in the Drink Water, Georgia! texting campaign, which provided water-drinking tips and encouragement through 17 scheduled texts. The campaign educated Georgians about the importance of choosing and consuming healthier beverages to promote health. One participant shared: *"I'm telling a friend that I'm not drinking sugary drinks and I'm drinking more water! I'm loving these texts!"*

Outreach events were also hosted by the University of Georgia SNAP-Ed team members at different facilities during the campaign, where community members pledged to increase their water intake, tried infused water recipes, and grabbed a water bottle to remind themselves to drink more water. Agency representatives, partners, University of Georgia SNAP-Ed team members, and the community came together with one thing in mind: Drink more water!

Thank you for looking after this old man. I appreciate it. Yeah, I drink a lot of water!"
- Texting Participant



Kansas' Approach

Kansas State Research and Extension coordinates and delivers Kansas SNAP-Ed programming to support the health of low-resource youth and adults and their communities through direct education and changes to policies, systems, and environments that affect health. Kansas SNAP-Ed served over 50 counties and four federally recognized tribes.

Key Individual Impacts



56% of adults ate fruit more times a day.



32% of adults cut the size or skipped meals less often due to financial constraints.



75% of adults ate vegetables more times a day.



20% of adults exercised more days for at least 30 minutes per day.

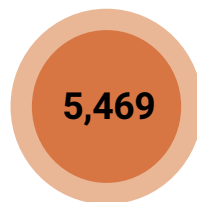


37% of adults planned their meals more often before going shopping.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



More youth in 3rd-5th grades read Nutrition Facts labels.



Walk with Ease seniors walked more days per week for at least 10 minutes at a time.



Youth in 3rd-5th grades drank fruit-flavored or sports drinks less often per week.

Community Impacts

Kansas SNAP-Ed used community and public health approaches to reach over 13,300 Kansans through state policy, system, and environment projects. Through 31 sites, Kansas adopted 151 changes that expanded access to affordable healthy food or improved the appeal of healthy eating.



Farmers Markets

1,598

people
reached

25

PSE changes
adopted

6

sites



K-12 Schools

249

people
reached

29

PSE changes
adopted

6

sites



Food Pantries

8,684

people reached

47

PSE changes
adopted

8

sites



Food Retail

2,142

people reached

18

PSE changes
adopted

4

sites

Other Highlights

SNAC Highlight

The bimonthly food security meetings were repurposed to move these meetings beyond information sharing. With representation from state agencies and community organizations, the group worked collaboratively to reach underserved individuals to provide food benefits, nutrition education, healthy community activities, as well as efforts to reduce food insecurity and improve the quality of life for Kansans. The group worked to design the permanent Summer EBT program so that we are best positioned to support Kansans.

State Tribal Highlight

Kansas SNAP-Ed, in collaboration with the Kansas Alliance for Tribal Community Health, planned the 10th Annual Tribal Health Summit. Instead of one big event, funds were distributed between three community events and the Iowa Health Fair. SNAP-Ed planned a variety of activities that emphasized community gardens and food preservation. Nutrition and physical activity classes were also provided to the families, youth, and elders of the Tribal communities.

State Equity Highlight

Staff completed training on health equity, diversity, equity, and inclusion. Discussions focused on achieving parity in programming, recruitment and retention strategies, particularly how to engage adult participants. Kansas implemented a language access policy and utilized Language Line Solutions to provide on-demand language access services. Recipes used on the SNAP-Ed website and shared in direct education were updated to be inclusive of various cultures.

Success Stories

Unit Pricing to the Rescue!

Kansas State Extension, SNAP-Ed partnered with Mirror, Inc. This workforce training community service strives to reintegrate individuals who have been incarcerated or in treatment facilities back into their community. The SNAP-Ed educator shared, *"When I asked a class recently if they knew what Unit Pricing stickers were, a participant spoke up and said she used them to find the price of items at stores, but they are really for store inventory."*

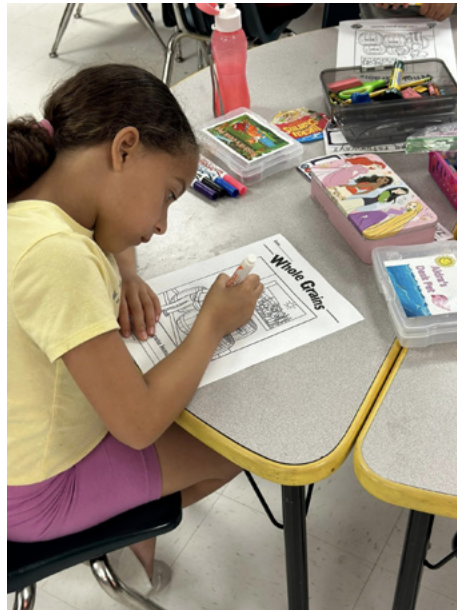
When the educator explained that Unit Pricing was how you could find the cost per ounce, cost per pound, or cost per each item - to be able to compare prices without using a calculator, the same class participant jumped out of her chair and said, *"How could I never know that?!?"* The educator reported that the class participant was so thrilled to learn about this "new" tool that she could hardly wait to get to the grocery store to put it to use.

"I'm heading to the grocery store as soon as class is over to try those "puppies" out! This is not only going to save me so much money, it's going to save me oodles of time not having to calculate those things myself." - Mirror, Inc. participant in Kansas SNAP-Ed class series

Together, We Will Achieve: Nutrition Education for a Winning Edge with Special Athletes in Kansas

The SNAP-Ed team has built a robust relationship with the Kansas Special Olympics organization in Southeast Kansas. Together, they provided nutrition education opportunities to nearly 40 athletes and their coaches.

The initial online nutrition class was a great success, and the first in-person series was offered the following month. SNAP-Ed worked with Special Olympics Kansas to learn what would make SNAP-Ed programs beneficial for their athletes and the intellectual and developmental disability audience. Nutrition educators adopted using more hand-held visuals to give participants a visual aid on what foods in each section of MyPlate would look like, adding more photos to the PowerPoint, and making the physical activities fun and adaptable. Additionally, SNAP-Ed educators have broken down cooking demonstrations into smaller, more manageable tasks to meet the needs of all participants. Many of the participants in this class thought they did not have the resources to make a healthy meal, but this class provided them with the basic skills and confidence to conquer the kitchen and take charge of their health!



Kentucky's Approach

Kentucky SNAP-Ed strives to influence nutrition behavior for a healthier Kentucky. In 2022, 16.3% of all Kentuckians and 20.6% of children under 18 lived in poverty. The program adapts its evidence-based direct education interventions to meet the needs of its audience. Multiple direct education curricula are used to meet the needs of various SNAP-Ed population segments. Kentucky SNAP-Ed focuses on establishing organizational partnerships, improving healthy food choices, increasing physical activity, and developing multi-sector partnerships to benefit Kentuckians with limited resources.

Key Individual Impacts



63% of adult graduates showed pre-post improvements in eating more than one kind of vegetable in a day, and **70%** ate fruit more often each day (MT1d).



69% of adult graduates showed pre-post improvements in using Nutrition Facts to make food choices (MT2b).



43% of adult graduates increased the cups of fruits consumed per day (by average of 0.80 cups), while **34%** increased the cups of vegetables consumed per day (by average of 0.83 cups) (MT1i&m).



65% of adult graduates used shopping lists more often, and **65%** improved in using coupons to save money (MT2).

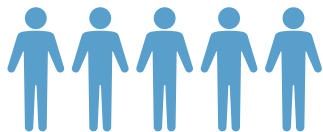
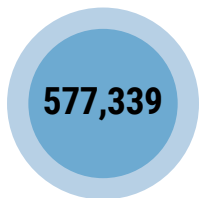


49% of adult graduates drank soda less often, and **57%** consumed low-fat milk and dairy products more often (MT1h & i).



56% of adult graduates showed pre-post improvements in exercising at least 30 minutes more days a week (MT3).

Additional Individual Impacts



adults were reached with direct education.



youth were reached with direct education.



88% of youth improved their abilities to choose foods according to Federal Dietary Recommendations or gained knowledge.



64% of youth improved their ability to prepare simple, nutritious, affordable food or gained knowledge.



68% of youth used safe food handling practices more often or gained knowledge.

Community Impacts



Kentucky SNAP-Ed engages in PSE change and social marketing interventions to support communities throughout the state. The program works to improve food access through local agriculture and gardening. Of Kentuckians, **14% are food insecure**. Programs like Kentucky Farm to School Hub and Cook Wild Kentucky help address food insecurity. Farmers markets in Kentucky accept food program benefits such as SNAP, Senior Farmers Market Nutrition, and WIC Farmers Market vouchers. Providing direct education while working with community partners ensures participants can access healthy options to make healthy food choices by connecting them to their local food system.

3,752 people reached

1582 pounds of venison donated

84 recipe tasting events hosted

21,152 recipe cards distributed



Recovery Gardens

250+ substance use recovery centers

431.9 pounds of vegetables grown

7 counties

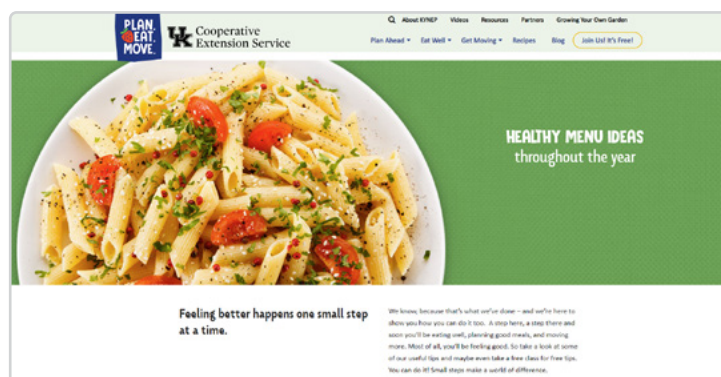
\$806.22 in food savings for recovery centers



PlanEatMove.com

The PlanEatMove.com website provides convenient, anytime access to nutrition education and resources including tips on getting and staying active, information on growing a garden, a farmers market and food bank locator, and recipes and food demonstration videos.

23,270 SNAP-Ed-eligible people reached.





Growing Your Own

Kentucky SNAP-Ed expanded the Growing Your Own Garden Series to

13

publications explaining how to grow and harvest local vegetables.



Farmers Market Nutrition Benefits Manager Training

Kentucky SNAP-Ed provided two online trainings for farmers market managers, vendors, and community partners. The training aimed to increase awareness and participation in the state's WIC and Senior Farmers Market Nutrition program.

110

participants

Other Highlights

SNAC Highlight

The Hunger in Kentucky Summit occurred at the Fayette County Cooperative Extension Office on May 4, 2023. The Summit was convened by partners of the State Nutrition Action Council (SNAC), representing a variety of sectors. Over **85 participants attended**, representing more than **20 organizations** directly or indirectly involved with food security work. These organizations included the Kentucky Department of Agriculture, the Kentucky Cabinet for Health and Family Services, Feeding Kentucky, Community Farm Alliance, Appalachian Regional Healthcare, the Archdiocese of Louisville, Save the Children, AppHarvest, Community Action, the Kentucky Department of Education and the University of Kentucky.

Summit participants spent the day responding to prompts developed using an Appreciative Inquiry framework. Appreciative Inquiry is an approach that focuses on current strengths and values to develop goals around a particular issue (in this case, increasing food security in Kentucky) and plans for achieving those goals. Participants were assigned to twelve tables for discussions facilitated by volunteers from the University of Kentucky Cooperative Extension's Nutrition Education Program and Feeding Kentucky.

State Equity Highlight

Multicultural Recipes were created with partners: Common Earth Gardens (Catholic Charities of Louisville Incorporated, Immigrant and Refugee Services), Common Earth Garden Participants, and the University of Louisville School of Public Health. Refugees and new US immigrants were the priority audience. Intervention strategies included recipe cards and market taste tests.

Success Stories

Recipes for Life Program Teaches Cooking Skills to Youth

In FY 2023, University of Kentucky Cooperative Extension's Nutrition Education Program funded eleven counties to implement the Recipes for Life program. Across eleven counties, **1,715 fifth-grade** students participated in the program. Extension Agents implemented the program, outside of the SNAP-Ed funded counties, amounting to a total of **2,312 participants**. Following the program, **85% of participants** reported an intention to eat more vegetables and **87% reported** an intention to eat more fruits. Positive outcomes were seen in various cooking skills and nutrition knowledge, such as how to correctly hold a knife and identify the MyPlate food groups. Youth were supplied with an assortment of cooking-related items and a recipe booklet to reinforce favorable behavior change outside of the classroom.



University of Kentucky Cooperative Extension's Nutrition Education Program state team published a journal article sharing evaluation outcomes in the Journal of Human Sciences and Extension (citation below).

Adedokun, O. A., Najor, J. M., Plonski, P., Jenkins-Howard, S. B., Durr, A. C., & Walters, J. (2023). Evaluation of Recipes for Life Nutrition Education Program for Fifth-Grade Students. Journal of Human Sciences and Extension, 11(2), 5.

Updated Healthy Choices for Every Body Curriculum: Available to Educators Nationally

Healthy Choices for Every Body is a direct education intervention designed to improve diet quality, food preparation skills, physical activity, food safety practices, and enhance food security and resource management skills. This intervention was created by the University of Kentucky Nutrition Education Program and was recognized as an evidence-based curriculum for SNAP-Ed. The curriculum incorporates lessons and activities that recognize participants' experiences, skills, and knowledge; explains why, what, and how the nutrition education concepts relate to real-life situations; and includes active learning activities, hands-on practice, and demonstrations to help participants understand and apply content. As part of the recognition for being an evidence-based curriculum, it has also been used by universities, health departments, and non-profit organizations across the United States over the years. The curriculum was updated in 2021 and the updated version was piloted in 2022 and 2023 by Kentucky SNAP-Ed and EFNEP. After participating in the Kentucky Nutrition Education Program in 2023, 97% of adult participants positively changed food group choices, and 90% showed improvement in one or more food safety practices. In addition, 95% showed improvement in one or more food resource management practices, and 80% made changes to be more physically active. The effective revised curriculum was also recognized for its evidence base.

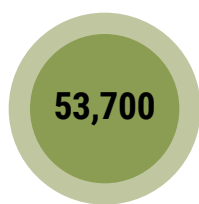


Louisiana's Approach

In FY 2023, SNAP education was implemented through Feeding Louisiana, Louisiana State University AgCenter, Market Umbrella, Southern University Ag Center, and the SNAP-Ed Health Channel. SNAP-Ed in Louisiana featured evidence-based nutrition education, aligned with the USDA Dietary Guidelines and the MyPlate Food Guidance System, that taught SNAP recipients and other limited-resource audiences how to make healthy choices within a limited budget. People also learned how to prepare nutritious, affordable meals and maintain a healthy lifestyle. Additionally, SNAP-Ed implemented community change efforts at the parish level by establishing Healthy Communities Coalitions to enact PSE changes that resulted in long-term, sustainable solutions to the communities' health challenges.

Key Individual Impacts

Feeding Louisiana



Individuals participated in Feeding Louisiana direct education.



Adults participating in "10 Tips for Adults" reported better knowledge of shopping healthfully on a budget to create a more balanced meal.



80% of the children participating in nutrition education classes report trying a new fruit or vegetable each week.

Louisiana State University AgCenter



Individuals participated in Louisiana State University AgCenter direct education.



74.6% of adult participants reported making one or more positive changes to healthy eating behaviors.



65.8% of adult participants improved their frequency or length of engaging in physical activity.



72.3% of youth participants reported making one or more positive changes to healthy eating behaviors.

Southern University Ag Center



Individuals participated in Southern University Ag Center direct education.



8 Youth Cooking Healthy Enjoyable Foods (CHEF) Camp were held by Southern University Ag Center.



44 live virtual nutrition education, physical activity, and gardening lessons were provided by Southern University Ag Center online via social media.



Community Impacts

The Louisiana SNAP-Ed program employs strategies to enact PSE changes aimed at enhancing the nutrition and physical activity environments in low-income communities. The Louisiana State University AgCenter introduced the Louisiana State University AgCenter Healthy Communities Initiative, utilizing comprehensive, multi-level interventions and community and public health approaches, in accordance with SNAP-Ed federal guidance. Louisiana launched social marketing campaigns and initiatives to enhance food access through emergency food sites. Furthermore, efforts have been made to link SNAP-Ed-eligible Louisianians with nutrition and local agricultural resources at farmers markets.



Louisiana State University AgCenter SNAP-Ed

As part of the Louisiana State University AgCenter Healthy Communities Initiative, SNAP-Ed established or maintained 994 partnerships (ST7), 170 community coalitions (ST8), 57 nutrition-focused PSEs (MT5), and 74 physical activity-focused PSEs (MT6). These were supported by \$24,382 in leveraged funds and 911 volunteer hours (LT9). There were 115 PSE changes implemented in FY 2023.

StoryWalk signs were one of the main projects implemented through the initiative. Adding story stations along walking paths made them engaging and more appealing for physical activity. Participants (n = 593), representing 28 parishes aged 1 to 96, reported enjoying the StoryWalks and being more active because of them.



Southern University Ag Center SNAP-Ed



Southern University Ag Center SNAP-Ed focused on establishing and improving nutrition and physical activity policies and standards in schools, community centers, and other locations such as incorporating physical activity into the school day or during classroom-based instructions and supporting community food gardens.

38

PSE changes adopted

39,576

people reached by PSE changes

80

active garden sites

4,070

participants reached by Growing Healthy Gardens



Market Umbrella

831

cooking demonstrations participants

782

tasting activity participants

23

market tour participants

67%

of surveyed SNAP shoppers at Crescent City Farmers Markets reported learning the nutritional value of locally grown fruits and vegetables and how to use, cook, and store them.



Social Marketing

- Feeding Louisiana placed SNAP-Ed billboards in seven parishes to raise awareness in nutrition education, reaching 100,071,552 billboard impressions made in 3.5 months.
- LSU AgCenter's Let's Eat for the Health of It social marketing campaign reached an estimated 500,000 participants statewide through television ads and billboards encouraging SNAP-eligible viewers to sign up for SNAP-Ed nutrition education lessons to learn how to manage their food dollars.
- Southern University Ag Center published two nutrition education magazine publications and had 4,891 interactions via social media.

Other Highlights

SNAC Highlights

Louisiana has officially established the State Nutrition Action Council. This council, facilitated through collaborative efforts by the Louisiana Department of Children and Family Services and Greaux the Good, Louisiana's statewide nutrition incentive program operated by Market Umbrella, held its inaugural meeting on Friday, September 15th, 2023. Moving forward, it will convene monthly. The Louisiana SNAC aims to serve as a unifying force for state and local programs focused on nutrition education, obesity prevention, and community health and wellness. One priority initiative of the Louisiana SNAC, led by the Department of Children and Family Services, Southern University and Louisiana State University, is to bridge the gap amongst the state and federally recognized tribes in Louisiana. By fostering partnerships and collaboration, SNAC endeavors to aid Louisiana in achieving its goal of statewide health improvement. Louisiana State University AgCenter, Southern University Ag Center, Market Umbrella and Feeding Louisiana all have representatives on the council.

Tribal Highlights

There are Tribal communities in three of the Louisiana State University AgCenter's SNAP-Ed parishes: St. Mary (Chitimacha Tribe of Louisiana), LaSalle (Jena Band of Choctaw Indians), and Allen (Coushatta Tribe of Louisiana). Contact with Tribal leaders was made in all three parishes. As a result, Chitimacha Tribe members attended SNAP-Ed nutrition education lessons, and the Coushatta Tribe's youth completed a SNAP-Ed nutrition education series. Ongoing activities with the Coushatta Tribe included working to establish a Master Gardener Program, planting a community garden on the Tribe's land, and presenting adult nutrition classes, as well as adult and youth cooking classes.

Equity Highlights

Louisiana SNAP-Ed programming successfully engaged its diverse audience by utilizing various strategies. Culturally competent educators catered to different racial and ethnic groups, while collaboration with Tribal members tailored efforts for Tribal communities. Integrating SNAP-Ed into schools, and connecting with various age groups, emphasized healthy habits early on. Translation services enhanced accessibility for those with limited English proficiency. Online resources catered to people with disabilities, offering virtual workshops and webinars. For rural communities, local partnerships established accessible nutrition education venues and local media. SNAP-Ed effectively reached a diverse range of individuals and communities by tailoring strategies to address specific challenges.

Success Stories

Feeding Louisiana: Kids Want More Vegetables

Demetrius Allen, Nutrition Ed coordinator from Northwest Louisiana, reported parents of the children he teaches “Pick it, Try it, Like it” have shared their children want them to buy asparagus at the store because they cooked it and liked it in class. Now they want to eat more vegetables.

Southern University Ag Center: Griffin Middle Academy 6th Grade Garden Club

Griffin Middle Academy 6th Grade Garden Club was started after students showed interest in learning about basic gardening. They planted containers with decorative mums, pansies, and kale in the fall. Different types of pumpkins, gourds, and fall squash surrounded the containers. They were very proud of the beautiful fall display they had helped prepare for their school's front entrance. SNAP-Ed had classroom programming on using pumpkins, squash, and kale in different recipes and how they could be prepared. The students were allowed to take home the pumpkins and were provided with different recipes. Working with these students and seeing the information being processed for use later was a delight.



"I didn't know that's where pumpkin seeds came from!"
- Student/Youth Participant

Louisiana State University AgCenter: Family Teaching Garden Served as Doorway to Wellness

The Family Teaching Garden in Ouachita Parish grew healthful foods, presented diverse learning opportunities, and served as a hub for volunteers during 2023. The Garden Advisory Board worked to create a “doorway to wellness” by making it a center for community involvement and engagement. The playground promoted physical activity for youth while their parents volunteered in the garden. Louisiana State University AgCenter agents offered cooking demonstrations and tastings, nutrition education information, and hands-on activities for families. Physical activities such as Zumba and yoga were also conducted in the garden.



Market Umbrella Celebrating Diverse Cultural Recipes

During the Thursday Market on the Lafitte Greenway, the Programs Krewe hosted a demonstration and tasting to highlight an abundance of available seasonal vegetables. With eggplants overflowing at many vendors' booths, the MU Programs Krewe introduced a cultural recipe that uses eggplants as the base, Baba Ghanoush. The dish included ingredients from multiple vendors: eggplants, cilantro, and cucumbers. Many market shoppers expressed their interest and excitement about the recipe. Many shoppers tried Baba Ganoush for the first time and loved the creativity and freshness of the dish. Diverse cultural demonstrations made shoppers curious and willing to try eggplant, which many confessed was a vegetable they didn't know how to cook.

Mississippi's Approach

Mississippi's SNAP-Ed, implemented through Mississippi State University Extension, uses a comprehensive approach to address chronic diseases and improve the quality of life for Mississippians. Evidence-based strategies are delivered through nutrition education with youth and adults and partnering with local and state organizations to implement PSE strategies to improve food and nutrition security and support *HappyHealthy* living. Interventions are designed to help SNAP-Ed participants improve food choices and adopt active lifestyles. The *HappyHealthy* social marketing campaign reaches Mississippians statewide. SNAP-Ed Community Wellness Planners serve over 21 counties and the Mississippi Band of Choctaw Indians.

Key Individual Impacts



35% of youth reported an increase in vegetable intake (MT1m).



88% of adults reported an increase in healthy food preparations (MT2).



39% of youth reported an increase in fruit intake (MT1l).

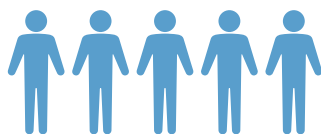


81% of adults reported an increase in how often they ate fruit or vegetables (MT1).

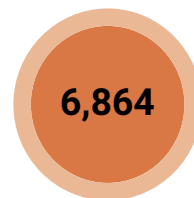


42% of youth reported an increase in physical activity (MT3).

Additional Individual Impacts



adults were reached in **336** (2-hour) sessions.



youth were reached in **2,359** sessions.



71% of adult graduates of a six-week course reported an increase in key food skills and strategies for making healthy food choices and/or healthy food behaviors (MT2h; MT2l; MT2m).



34% of youth reported an increase in water consumption (MT1g).



39% of adult graduates of a six-week course reported increased confidence in buying and preparing healthy foods for their family (MT2a).

Community Impacts

Mississippi's SNAP-Ed works to improve healthy food access through policy, systems, and environmental efforts focused on schools, gardens, farmers markets, and food banks/pantries/soup kitchens. SNAP-Ed partners adopted 138 PSE changes. The statewide social marketing campaign *HappyHealthy* had over two and a half million unique impressions and over 100,000 engagements.



HappyHealthy Schools



10,359 youth and adults reached

117 displays

28 schools



Edible Gardens



2,572 youth and adults reached

20 school and community gardens



Food Tastings and Demonstrations

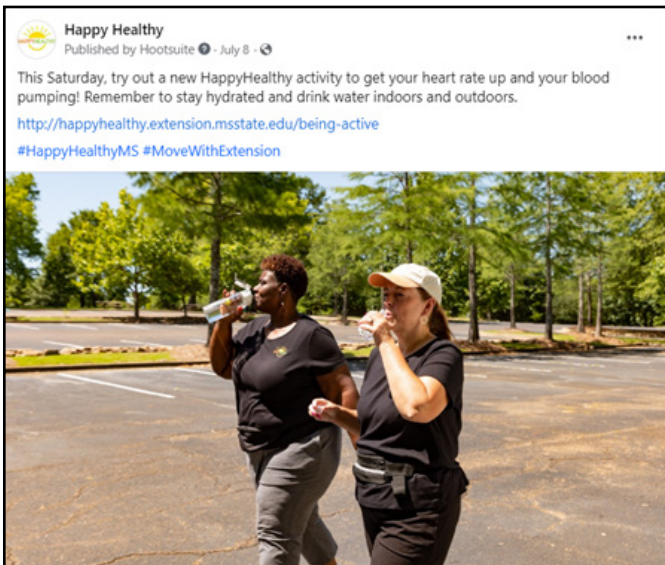


14,310 youth and adults reached

150 food tastings and demonstrations



HappyHealthy Social Marketing



Other Highlights

SNAC Highlights

Mississippi's SNAC continues to focus on food and nutrition security to increase access to healthy foods. Members represent the following departments: Agriculture and Commerce, Education, Extension, Food Distribution Program Indian Reservations, Human Services, Health, WIC, and food banks. The University of Mississippi conducted a needs assessment to inform the expansion of The Emergency Food Assistance Program (TEFAP) services in remote, rural, Tribal, and low-income areas of the state.

Tribal Highlights

During FY 2023, two Community Wellness Planners were hired to work with the Mississippi Band of Choctaw Indians. Approximately 560 youth and 21 adult graduates were reached with series-based courses for over five hours of instruction per course. One hundred twenty-nine adults and youth participated in one-time nutrition education sessions. Community Wellness Planners programmed in six Tribal schools with over 19 Tribal partners to implement policies, systems, and environmental strategies. During the first year of implementation, they served on one health council, had three *HappyHealthy* schools, and eight PSE changes were adopted.



Website (www.happyhealthy.ms)

336,264 page views

237,051 sessions

160,060 new visitors

Web Display Banner Ads

30,404,445 impressions

6,363,629 unique impressions

Facebook/Instagram Social Media Ads

15,013,461 impressions

91,498 engagements

Organic Social Media Posts

193,671 individuals reached

12,241 engagements

Program Online Video/YouTube Video Ads

8,646,474 impressions

2,648,672 unique impressions

Success Story

School Lunchroom Practices Encourage Children to Eat More Vegetables

A dietitian and Community Wellness Planner for Mississippi State University Extension changed students' willingness to taste vegetables at Stokes Beard Elementary School in Columbus, Mississippi. She taught nutrition classes and conducted fruit and vegetable tastings in the school lunchroom to promote fruit and vegetable consumption. The students engaged with the vibrant fruit and vegetable-themed monthly bulletin boards. SNAP-Ed encouraged students to taste the fruit and vegetable recipes presented in a familiar location and offered fun ways to try something new. To accomplish this, she collaborated with the child nutrition director and school cafeteria manager.



Along with the broccoli bulletin board and graphics presentation at Stokes Beard Elementary, the food service staff assisted in providing students with a tasting of roasted broccoli. The broccoli was roasted to allow students to try broccoli prepared in a way most had never tried. Despite some initial reluctance from the students, of the 274 who tasted roasted broccoli during the food tasting, 233, or 85%, reported they liked the roasted broccoli. Teachers and staff also tried the roasted broccoli, modeling healthy eating habits.

"Our Stokes Beard students love their veggies! Thank you to the HappyHealthy crew for visiting our schools this week! Our students tasted a potential new cafeteria dish: baked broccoli. They may have been hesitant at first, but overwhelmingly, they loved the new dish! Thank you to HappyHealthy from the Mississippi State University extension office for helping us promote healthy and happy living throughout our schools. #HealthyHabits #FalconStrong," shared the Child Nutrition Director from the Columbus Municipal School District.



Missouri's Approach

University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's SNAP recipients and people eligible for SNAP. Using the socio-ecological model to prompt behavior change, University of Missouri Extension faculty and staff educate youth and adults throughout Missouri.

Whether reaching out to youth and adults through classroom education or working with communities to promote healthy policies, systems, and environments, the program aims to help participants make behavior changes to achieve lifelong health and fitness. Along with statewide education, University of Missouri Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition and collaborates with Operation Food Search to expand nutrition education throughout the state.

Key Individual Impacts



70% of adults ate fruits or vegetables most days or every day.

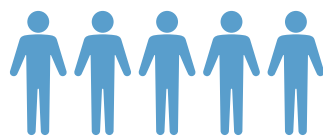


65% of adults planned meals or shopped with a grocery list.

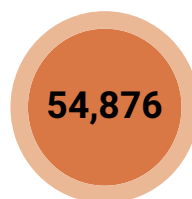


53% of adults reported 30 minutes of daily exercise most or all days of the week.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



81% of youth ate fruits or vegetables most days or every day.



68% of youth reported almost always washing their hands before eating.



44% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days.

Community Impacts

Missouri's SNAP-Ed program is active at places where SNAP recipients and people eligible for SNAP Eat, Learn, Live, Play, Shop, and Work. In each of these settings, SNAP-Ed helps participants to establish healthy eating habits and a more physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and increases food security. University of Missouri Extension SNAP-Ed works to prevent or reduce the incidence of nutrition-related conditions.

758 locations hosted SNAP-Ed activities.

4.5 million impressions occurred through social marketing.

100% of SNAP offices in Missouri had information about SNAP-Ed that was available to clients.

SNAC Highlight

State Nutrition Action Council Team Impact

The Missouri Council for Activity and Nutrition (MOCAN) is a partnership organization that supports physical activity and nutrition statewide and at the regional level in Missouri. MOCAN serves as the SNAP-Ed Nutrition Network through the implementation of the MOCAN Strategic Plan. Over 350 professionals representing more than 100 organizations are members of MOCAN.



In addition to quarterly meetings, MOCAN members can participate in the following workgroups:

- Food systems
- Healthcare
- Physical activity
- Schools
- Childcare
- Worksites
- Ad Hoc: Healthy Weight Advisory Committee

Members of each MOCAN workgroup collaborate to support healthy eating and active living in Missouri communities through consistent messaging and supporting policy, systems, and environmental changes. Many of Missouri's SNAP-Ed projects, such as workplace- and childcare wellness efforts, are conducted in conjunction with MOCAN workgroup activities.

For more information, please visit <https://extension.missouri.edu/programs/mocan>.

Success Story

Food Labels Provide Information We Need

"Recently, I taught the dairy lesson from our SNAP-Ed curriculum to a group of older adults. A woman taking the class shared that she did not like milk and had a difficult time getting enough calcium into her diet. We made yogurt parfaits with fresh fruit and granola. She loved the recipe and commented that she would be making one for breakfast each day. When we looked at the labels, she commented that she was 76 years young and had no idea that orange juice had more calcium than milk. She was happy to know that a cup of orange juice and the yogurt recipe would give her the calcium she needs."

"So fun. We learned so much!"

Midtown Library in Springfield received a grant to purchase a *Kitchen a la Cart*. It is a fully equipped, moveable teaching kitchen with an oven, burner, sink, and small wares such as safety knives, cutting boards, and measuring cups. They did a series of lessons in which a young chef worked together with their adult caregiver to learn about food preparation and family meals. One lesson had the pairs making black bean and corn salsa. While cleaning up, one parent said that her child did not like to eat onions and did not like peppers at home. But, after preparing all the ingredients for the salsa, the student was very brave and tried some. She loved it and wanted to stop by the store on the way home so she could make it for the rest of the family that weekend.



Montana's Approach

Montana State University Extension's Nutrition Education Program Buy Eat Live Better focuses on making the healthy choice the easy choice for adults and youth with limited resources through a two-pronged approach of direct nutrition education and multi-level PSE interventions, across 14 counties and five reservations. Virtual and hybrid nutrition education programming is available for individuals who live outside of physical service areas. Indirect education is provided through fact sheets, recipes, and social media presence. At the same time, statewide collaboration and partnership building serves to identify gaps and streamline resources with other public and private programs across Montana.

Key Individual Impacts



40% of adult participants increased how often they eat fruit.



32% of adult participants reported planning meals more often before grocery shopping.



44% of adult participants increased how often they eat vegetables.

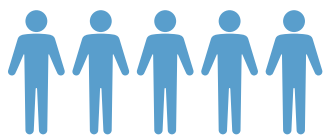
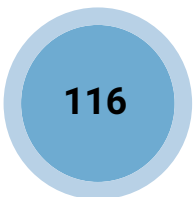


41% of high school-aged participants increased the number of days they are physically active for at least one hour.

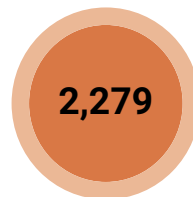


30% of adult participants increased the number of times they cook dinner at home each week.

Additional Individual Impacts



adult graduated from SNAP-Ed programs.



youth graduated from SNAP-Ed programs.



34% of third through fifth-grade participants reported drinking fewer sugar-sweetened beverages.



39% of sixth through eighth-grade participants reported more frequently washing their hands before eating.



43% of sixth through eighth-grade participants increased the number of fruits they consume per day.

Turtle Island Tales, an at-home, indigenous-specific curriculum for youth aged 3-8, was piloted in FY 2023.



38% of Turtle Island Tales participants showed an increase in providing family opportunities for physical activity.



30% of Turtle Island Tales participants showed an increase in the frequency of children having less than two hours of screen time per day.



Community Impacts

Montana State University Extension's SNAP-Ed Program focuses on multi-level PSE interventions in four priority areas: community and school gardens, school wellness policies and initiatives, healthy food pantry projects, and increasing access to local produce through our Double SNAP Dollars Coupon partnership. In fiscal year 2023, 46 PSE changes were adopted at the local level to increase access to healthy food choices and active living in SNAP-Ed communities. All projects prioritize layering policy, system, and environment interventions with direct and indirect nutrition education to support change in knowledge and behavior.

Helena School District Wellness Policy and Smart Snacks Campaign

The Helena Public Schools Wellness Committee revamped its district wellness policy. The local SNAP-Ed educator served on this committee and provided a voice for low-income families. The new policy includes standards around the cultural relevancy of food, access to nutritious food, time allotted for lunch, and adherence to USDA Smart Snack regulations. The new policy also requires launching a three-year Smart Snacks campaign, designed to educate administrators and teachers about Smart Snack Standards, hold schools accountable to meet these standards in vending machines and classrooms, and establish school champions who will ensure ongoing compliance. The Board of Trustees adopted the new district wellness policy, and ongoing monitoring and evaluation will take place to measure the impact of the policy.



Statewide Double SNAP Dollars Coupon Collaboration

Montana State University Extension partnered with the Community Food and Agriculture Coalition to distribute Double SNAP Dollars Coupons, an additional nutrition support to the standard Double SNAP Dollars, to incentivize attendance at nutrition education classes.

315 coupons were distributed to participants.

6 farmers markets participated statewide.

84 coupons were redeemed, contributing \$840 to local food economies.



Coupons were most readily redeemed at winter markets.



WINter Wellness

A SNAP educator partnered with her local Extension Office on WINter Wellness, a program to incentivize community members to stay physically active throughout the winter months. The SNAP educator's role was to engage and recruit SNAP-eligible community members to participate.

68 Sanders County community members engaged in the initiative.

41% of participants completed a post survey.

7% of participants were SNAP-eligible individuals.

1,333 hours spent exercising by community members as part of the WINter Wellness challenge.

Other Highlights

SNAC Highlight

Montana's SNAC disbanded several years ago and was revived in 2023. The key stakeholders convened for their first meeting in the fall of 2023. They discussed statewide needs, priorities, and strategies to affect change moving into the future. The group will begin regular meetings in 2024.

Tribal Highlight

In 2023, Montana State University Extension's SNAP-Ed Program had educators located on three Reservations, providing in-person nutrition education and multi-level PSE interventions to the Blackfeet Nation, the Confederated Salish and Kootenai Tribes, and the Assiniboine, or Nakoda, and Gros Ventre Tribes. Educators also served indigenous people living in urban areas across the state. A local SNAP-Ed educator also assisted with piloting Turtle Island Tales, a curriculum designed in partnership with Blackfeet elders to serve youth ages 3-8 and teach several wellness topics, including nutrition, physical activity, emotional well-being, sleep, and screen time. Finally, educators partnered with Salish Kootenai College and Aaniiih Nakoda College to recruit eligible students and community members for several nutrition education series.

Equity Highlight

Montana State University Extension's SNAP-Ed Program aimed to provide equitable services to the SNAP-Ed eligible population across the state by prioritizing counties and service areas with high rates of poverty and food insecurity and many SNAP-participating households. Remote rural populations were prioritized by either offering in-person services or virtual programming. Select remote areas without the physical presence of an educator were served with a hybrid approach, where a SNAP educator collaborated from afar with local partner organizations to recruit participants and teach virtually while participants cooked and learned together in person. Finally, service to Tribal communities was emphasized through piloting a new, indigenous-specific curriculum, Turtle Island Tales, as well as in-person nutrition education programming and implementing multi-level PSE interventions on three of Montana's American Indian Reservations.



Success Stories

Third Grade Student Inspires Family to Drink More Water

A third grade student who attended SNAP-Ed nutrition classes in a rural school in Montana was amazed at the amount of sugar in a bottle of soda. He shared his family easily consumed a six-pack of soda daily. After learning how to read a nutrition label, he shared how to read a soda label with his mother. He said, *"I actually showed her how to figure out how many teaspoons of sugar are in a bottle of pop. We sat down together and counted it out in a bowl. My mom was in shock."* The young student shared that his mother now serves water and quit buying pop at the store. He also shared that sometimes she puts fruit in the water to give it flavor. Because this young man shared what he learned in nutrition class with his family, the entire family enjoys drinking water instead of soda.

Family Enjoys Turtle Island Tales Together

One Native American grandmother who raises her grandchildren participated in Turtle Island Tales and shared her experience with SNAP-Ed. She said, *"Myself and my grandkids really enjoyed the games. It was a good way to get them away from the screen time and interact as a family. My grandkids also always looked forward to checking the mail with me because they knew the green packages were for them. I hope the program continues."* She also shared that the recipe cards were very useful and allowed her to apply what she was learning by trying new healthy meals with her family.

Nebraska's Approach

Nebraska SNAP-Ed is a partnership between the Nebraska Department of Health and Human Services and the University of Nebraska-Lincoln Extension to provide comprehensive obesity prevention educational interventions to persons eligible for SNAP. In FY 2023, Nebraska SNAP-Ed reached 77,473 individuals through direct education, environmental strategies, and indirect education. Adults participated in Eating Smart Moving More classes, resulting in improvements in nutrition and physical activity-related behaviors. Youth participated in programs and showed positive intentions, knowledge, and behavior changes in nutrition and physical activity. Implementing The Dish: Real Talk About Food social media strategy increased indirect education reach. Nebraska SNAP-Ed offered PSE strategies through the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC), Growing Together Nebraska, and Double Up Food Bucks.

Key Individual Impacts



37% of adult participants increased fruit intake.



38% of adult participants improved using the Nutrition Facts label to make food choices.



28% of adult participants increased vegetable intake.

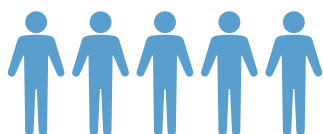


43% of adult participants compared food prices when grocery shopping.



19% of adult participants increased physical activity.

Additional Individual Impacts



adult participants were reached through educational programs.



youth participants were reached through educational programs.



52% of youth participants reported they plan to eat the recommended amounts of fruits and vegetables.



71% of youth participants reported they plan to stay physically active.



42% of youth participants reported they plan to drink less sugary drinks.

Community Impacts

Nebraska SNAP-Ed coordinated three community-based PSE projects to reach 31,310 individuals across Nebraska. The Go NAPSACC project was centered on improving nutrition, physical activity, and infant feeding best practices in early care and education. The Growing Together Nebraska (GTN) donation garden project increased nutrition security, expanded nutrition and garden education, and improved access to fresh fruits and vegetables for families and individuals who were food insecure. The Double Up Food Bucks program focused on improving food access in Nebraska and helped SNAP participants extend their food resources by purchasing additional SNAP-qualifying fresh fruits and vegetables.



Go NAPSACC

- 1,634** children in childcare facilities reached
- 172** nutrition, physical activity, or infant feeding PSE changes adopted by childcare centers and homes
- 84** childcare facilities



Growing Together Nebraska

- 19,245** individuals with low income received fresh produce.
- 90%** of respondents said education information from Nebraska Extension SNAP-Ed was helpful in using donated produce.
- 24** garden sites
- 51** food pantry and emergency food distribution sites



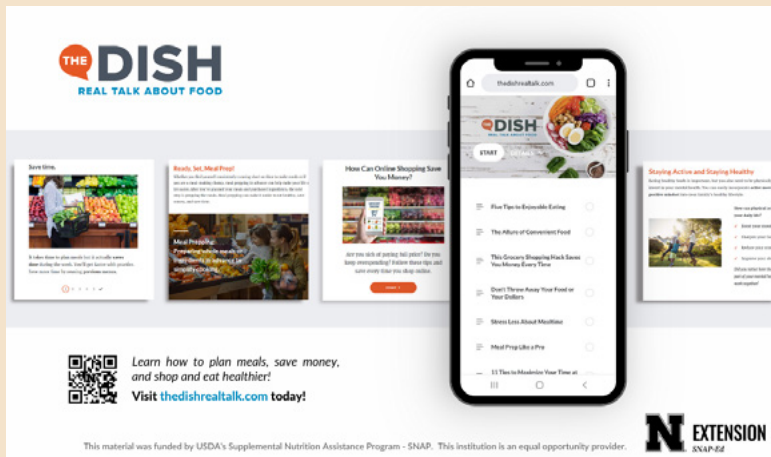
Double Up Food Bucks

- 3,368** individuals with low income received fresh produce.
- \$251,857** in Double Up Food Bucks were redeemed.
- 23** retail sites participated (9 farmers markets, 13 grocery stores, and one CSA program).
- 80** specialty crop farmers received and deposited Double Up Food Bucks for payment.



Success Stories

The Dish: Real Talk About Food Connects with Learners Online



Nebraska SNAP-Ed delivered The Dish: Real Talk About Food, a website and digital materials focused on providing families with practical, money-saving tips and information. Interactive virtual lessons offer life tips to users to plan meals, save money, and shop and eat healthier. The Dish supported education at food pantries and assistance sites equipped with screens that displayed nutrition messages featuring seasonal produce and recipes for using pantry

items for participants while they waited. Messaging also included meal planning, MyPlate recommendations, the importance of eating breakfast, healthy snacking, and guidance on feeding children.

In 2023, website users of The Dish collectively participated in 2,379 lessons and were engaged in more than 150 hours of content, with a 10-minute average engagement per user. Lessons with the highest number of users included topics that provide tips for enjoyable eating, grocery shopping, MyPlate recommendations, meal planning, and meal preparation tips. On a scale from 1-5, all The Dish lessons are rated four stars or higher.

Soccer for Success Creates Opportunities for Yazidi Youth

Nebraska Extension and SNAP-Ed, with programming support from the Expanded Food and Nutrition Education Program, delivered a Soccer for Success club by and for Yazidi youth in Lincoln, Nebraska, where thousands of Yazidi refugees have resettled. By leveraging funds from a Walmart Foundation 4-H Council Healthy Habits grant, SNAP-Ed staff trained and supported three Yazidi teen coach-mentors in creating their own Soccer for Success club. Over eight weeks, 38 Yazidi youth practiced and scrimmaged twice per week. Youth were taught soccer fundamentals, nutrition information, and life skills outlined in the Soccer for Success curriculum—all while building a sense of community. This Soccer for Success club was delivered with cultural awareness that stretched beyond what SNAP-Ed staff working without partners could have provided. The coach-mentors were the cultural liaisons who recruited participants—creating an opportunity for youth from households with lower income to access youth sports at no cost.



Growing Together Nebraska Supports an Unceded Native Garden Initiative

One of Nebraska SNAP-Ed's Growing Together Nebraska gardens was the Unceded Native Garden at Joslyn Castle and Gardens in Omaha. SNAP-Ed, Joslyn Castle and Gardens, Prairie Smoke Initiative, and members of the Unceded Artist Collective representing several Tribal nations developed and maintained this Indigenous food sovereignty garden. The immediate intention was for the garden to serve as a green space to nourish Omaha's Indigenous families. The long-term aim is to improve participant health outcomes through a holistic educational approach centered on intergenerational transmission of cultural knowledge, including art, land relationships, and traditional foods and food practices.

In its first year in 2023, Indigenous youth and community volunteers plotted, planted, and grew annual crops and native perennial plants, harvesting edible produce. This produce was donated to Indigenous community members and to refugee families through a partnership with Refugee Women Rising, an Omaha nonprofit. Over 20 volunteers, including Indigenous youth and artists, cared for the garden, contributing 62 hours of service.

Throughout 2023, the garden served as a space for Indigenous youth and other community members to gather for connection, healing, education, and celebration. Sacred Eagles, a group of Indigenous youth, met weekly over the summer for a gardening and cultural night. Youth helped plant and water raised beds and used the garden space to connect with their Indigenous cultures. The garden also hosted individuals completing court-ordered service hours. These volunteers expressed that the garden work was an engaging and healing service opportunity.

On October 9, Joslyn Castle and Gardens held its second annual Indigenous People's Day Celebration, hosting Umoⁿhoⁿ Nation Public School dancers, Indigenous art and craft vendors, and SNAP-Ed health and wellness educational resources, including samples of foods grown in the garden. The event was a fitting wrap-up to the Unceded Native Garden's first successful growing season.



New Mexico's Approach

New Mexico SNAP-Ed's priority is to promote healthy eating and an active lifestyle, specifically among low-income populations statewide. New Mexico had six Implementing Agencies collaborating and delivering direct education, PSE, and social marketing programming around the state to audiences ranging from pre-K children to seniors. The collaboration efforts resulted in programming throughout schools, senior centers, WIC clinics, the Commodity Supplemental Food Program, and the Emergency Food Assistance Program distribution sites, and direct education efforts were resumed within SNAP offices throughout the state. New Mexico SNAP-Ed continued to evaluate and adjust its strategy to reach the SNAP-eligible population throughout New Mexico as new circumstances presented themselves.

Key Individual Impacts

New Mexico State University Ideas for Cooking and Nutrition

Healthy Habits adult participant survey showed:



28% of adult participants increased the number of days they cooked dinner at home.



10% increase in adult participants eating vegetables three or more times a day.



10% increase in participants who exercised or engaged in physical activity 5+ times a week for at least 30 minutes per day.

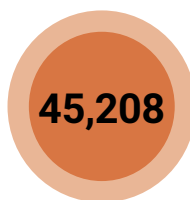


4% increase of light to moderate exercise 4 times a week for at least 30 minutes per day.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



5,700 students received services from Cooking with Kids.



16 Albuquerque community centers offered Kids Cook! Classes reaching over 250 youth grades 3-5.



5 more Head Start Centers worked with CHILE Plus compared to FY 2022, reaching an estimated **5,279** preschool children.

Community Impacts

New Mexico SNAP-Ed Implementing Agencies reconnected and re-established relationships with community partners and State Agencies statewide. New Mexico continued working to expand efforts to consult, collaborate, and create partnerships with Indian Tribal Organizations. A collaboration with the Commodity Supplemental Food Program, the Emergency Food Assistance Program, and the National School Lunch Program distribution team resulted in USDA Food Distribution truck wraps with SNAP-Ed messaging with statewide reach.



Healthy Kids, Healthy Communities



The New Mexico Department of Health Obesity, Nutrition, and Physical Activity Program worked with key partners including the Public Education Department, Early Childhood Education and Care Department, Aging and Long-Term Services Department, statewide New Mexico Grown Coalition, and local Healthy Kids Healthy Communities coalitions to align efforts, build capacity, increase awareness, and maximize the impact of healthy eating interventions. Healthy Kids Healthy Communities focused its efforts on increasing opportunities for healthy eating and physical activity using PSE change approaches. At school sites, partners engaged in healthy and non-food fundraisers and hosted Healthy 5.2.1.0 Challenges, Color Runs, and bike events. Preschool centers also sponsored Family 5.2.1.0 Challenges. These interventions highlight the importance of shaping healthy behaviors at an early age.

26 elementary schools held healthy fundraisers, reaching **6,692** students.

49 preschool centers participated, reaching **2,500** students.



Cooking With Kids



A hands-on approach to healthy cooking and eating encourages family members to volunteer to support families' efforts to build healthy eating habits at home.

Over 5,400 kids, alongside classroom teachers and family volunteers, participated in the El Salvador unit, preparing pupusas—the national dish of El Salvador.



New Mexico State University Ideas for Cooking and Nutrition

Collaboration with Commodity Supplemental Food Program (CSFP) providing **8,000** monthly recipes to food distribution sites across New Mexico.





University of New Mexico CHILE Plus



Promoting physical activity and healthy diet behaviors in the schools by implementing CHILE Plus curriculum (staff professional development,

food service, family engagement, and partnerships with local health providers and WIC program providers) as well as developing take home materials encouraging healthy behaviors at home.

Partnered with more than **100** Head Start centers across New Mexico involving over **5,000** preschoolers and their families every year.

Other Highlights

SNAC Highlights

SNAC Partnerships included nine New Mexico state departments and the Office of the Governor. Current initiatives of the SNAC focus on improving food security, nutrition, and overall public health. New Mexico implemented a permanent Universal Healthy School Meals Program providing access to free meals to all New Mexico children. The New Mexico Department of Health had a successful pilot year for its Fruit and Vegetable Prescription Program (FVRx). Partnership with state-funded grant program New Mexico Grown Coalition provided senior feeding sites, early childhood care sites, schools, and afterschool programs with a funding stream to purchase produce from local growers/vendors for use in meal preparation.

Tribal Highlights

Cooking with Kids was invited by Tribal leaders to provide programming at Ohkay Owingeh Community School, and this partnership is thriving. Parents reported, *"Cooking with Kids is working great; my child is spending more time cooking dinner, lunch, or other food for events going on in the Pueblo."*

"I believe it has helped my children to try new foods, and they also seem to want to help more in the kitchen. I'm very thankful that my children get to be a part of this valuable program, and hope that it continues. I've also enjoyed trying new recipes."

Cooking with Kids also collaborated with a local chef and member of the Santa Clara Pueblo and Odawa tribe, to adapt a Native American-inspired recipe for use in Cooking with Kids classes. His blue corn griddle cake recipe utilizes historical Pueblo ingredients such as blue corn, agave syrup, popped amaranth, and quinoa grains.



Kids Cook! at the Farmers Market

Kids Cook! provided hands on healthy recipe-making with locally grown produce at Saturday markets throughout the summer.



1,500 people participated in recipe making.



University of New Mexico Eat Smart to Play Hard

The University of New Mexico implemented the Eat Smart to Play Hard campaign in FY 2023.

301,258

SNAP-Ed-eligible
people reached

3,329,247

impressions through
multiple channels



University of New Mexico Prevention Research Center

The University of New Mexico Prevention Research Center collaborated with the Zuni Youth Enrichment Project (ZYEP), a Tribal community partner, to adapt and implement a culturally relevant Eat Smart to Play Hard campaign at Zuni Pueblo.

456

Shiwi Ts'ana Elementary School students reached

Success Story

New Mexico State University Ideas for Cooking and Nutrition: MyPlate for My Family series

New Mexico State University Ideas for Cooking and Nutrition offered an education series for adult participants who want to make broad, long-term changes to their diet quality and food budgeting practices. A MyPlate for My Family series participant was so ecstatic about her results she returned to speak with her SNAP-Ed educator about how SNAP-Ed nutrition education had affected her life. She said she had begun planning her meals for the week ahead of time and used resources she learned about during her class to identify recipes that were easy to make with affordable ingredients. With the tools from her education, she enjoyed a wider variety of foods than before at a lower cost. She felt better after eating her newly planned meals containing more fruits and vegetables. She said planning meals took a lot of stress out of each day, as she no longer had to fret about what she would be eating for dinner. She said she ended up trying many new dishes as well.



North Dakota’s Approach

North Dakota’s SNAP-Ed program is administered as the Family Nutrition Program by North Dakota State University Extension in partnership with the North Dakota Department of Health and Human Services. State SNAP-Ed activities include working with SNAP recipients and people eligible for SNAP across the age span in various settings, including eligible schools, food assistance sites like food pantries, and other partners that work with the priority audience. In fiscal year 2023, SNAP-Ed helped participants

- Get the most nutrition for their food dollar.
- Balance healthful food with physical activity.
- Provide food for their families in meaningful and healthful ways.

Additionally, SNAP-Ed outreach supports policy, system, and environmental changes that enhance the likelihood that participants will make healthy choices and choose physically active lifestyles.

Key Individual Impacts



58% of adults reported eating vegetables two or more times per day, compared to 40% before programming.



54% of youth reported they do physical activity an hour or more a day, compared to 44% before programming.



31% of adults reported exercising for at least 30 minutes five or more days a week compared to 22% before programming.



71% of adults improved at least one food resource management practice.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



As programming rebounded post-pandemic and new initiatives like a statewide virtual program were piloted, direct education reach almost doubled from the previous year.

Community Impacts

As food costs in North Dakota continued to increase, up 5.8% from the previous year, SNAP-Ed reached 78% more people with direct education and outreach in 2023. New initiatives like a virtual program for adults, marketed to SNAP recipients statewide, helped increase SNAP-Ed's reach to all areas of the state.



Healthy Schools Initiative



4,280

students reached

31

changes adopted

8

partnering schools
or districts



Double Up Dakota



3,177

people reached

5

participating farmers
markets

SNAP redemption increased by **85%**
and SNAP incentives redemption increased by **53%**
in participating markets during the
2023 market season.

Success Stories

Successful Integration of Trauma-Informed Approaches

Around the Table - Nourishing Families is a program that upholds trauma-informed engagement and nourishment principles where participants enjoy conversation, reflection, cooking, sharing a meal, and learning holistic skills to care for their families' nutritional well-being. In 2023, *Around the Table - Nourishing Families* was successfully piloted with two cohorts for a statewide virtual training series designed to meet a broader SNAP audience. *Around the Table - Nourishing Families* was also used for two in-person cohorts of pregnant young adults and one cohort of Head Start parents.

From a partner coordinator, *"The feedback from the class has been so positive. I would say it's the most positive of all classes we've taught...it is making a positive impact on those who are participating."*

Leveraging Outside Resources

Since 2019 the community gardens at Cankdeska Cikana Community College have continued to flourish with dedicated support from NDSU Extension SNAP-Ed and local partners like the Cankdeska Cikana Community College Land Grant Department Greenhouse. In FY 2023, the gardens provided a rich learning environment for youth and adults alike and participating families brought home produce from the gardens. Educational programs including the USDA's Grow It, Try It, Like It! were offered in the summer in conjunction with the gardening activities.

The gardens are improved each year in part by Junior Master Gardener Program grant funding. Sustaining community gardens can be a challenge, but the strong partnership between SNAP-Ed and Cankdeska Cikana Community College has helped build a lasting community asset for Spirit Lake Nation.



Feeding Families and Empowering Youth Through Summer Programming

The Stutsman County Extension Office in partnership with SNAP-Ed, the Great Plains Food Bank, and Stutsman County Library hosts a successful summer feeding program to reduce food insecurity during summer months when school meals are unavailable. SNAP-Ed helps connect state and local partners, recruit volunteers, and cross-promote opportunities in support of the meal site. In summer 2023, SNAP-Ed offered *Let's Make a Snack Monday* using North Dakota State University Extension's On the Move Food Adventures curriculum during the summer meal



service as an outreach event for all youth. Participating youth explored MyPlate and had an opportunity to make a simple healthy snack with Teen Chefs. Teen Chefs are volunteers who have completed the series of SNAP-Ed cooking classes from On The Move Cooking School through Teen Cuisine.

"This summer I had four grandkids staying with me for three weeks. I'm on a limited budget and after the first week I realize my food dollars was going to be tough to provide them what they needed. Thank you for providing the meals for the youth. They really enjoyed picking up their meals and this program helped save my budget."

"This was great exposure for my children to make and taste a simple healthy snack. We have made these snacks at home."

Oklahoma's Approach

Oklahoma Human Services is proud to offer diverse SNAP-Ed programming across the state through four Implementing Agencies: Oklahoma State University Extension's Community Nutrition Education Programs, Oklahoma Tribal Engagement Partners (OKTEP), Chickasaw Nation: Impa' Kilimpi', and University of Oklahoma Health Sciences - Oklahoma Nutrition Information & Education (ONIE) Project. Interventions take place in a variety of settings such as community gardens, clinics, FDPIR sites, schools, farmers markets, senior centers, youth camps, and through social marketing campaigns. Chickasaw Nation and Oklahoma Tribal Engagement Partners fulfill gaps in SNAP-Ed programming for Native American families by implementing, adapting, and evaluating culturally relevant programs in coordination with sovereign Tribal nations. A few interventions offered by these Implementing Agencies include Eagle Adventure, Champion Nutrition, and Diabetes Is Not Our Destiny. Embedded within Tribal communities, these Implementing Agencies and their partners work to meet unique needs of Tribal members in culturally appropriate ways and messaging that resonates with Native American families. Whether implemented by an individual Implementing Agency or through a collaboration of multiple Implementing Agencies, SNAP-Ed programs are making a positive impact on SNAP eligible households in Oklahoma.

Key Individual Impacts

Chickasaw Nation: Impa' Kilimpi'



78% of Champion Nutrition participants reported increased motivation to eat more carbohydrates from healthy sources (MT1).



76% of Champion Nutrition participants reported eating more whole grains (MT1).



68% of Get Fresh! participants reported they tried at least 1 new fruit, vegetable, whole grain, or low-fat/fat-free dairy product (MT1).



69% of Get Fresh! participants correctly identified the desired response to the safe food handling questions (MT4).



53% of Eagle Adventure parents reported their children less often asking them to purchase candy, soda, and sweets at the store after the program (MT1).

OKTEP Eagle Adventure



66% of caregivers and **53%** of parents reported their child more often eats fruit as a snack (MT1).



56% of caregivers report they made EA recipes (MT1).



54% of caregivers reported their child more often eats vegetables at dinner (MT1).



66% of caregivers report doing moving activities more often on the weekend (MT3).



51% of caregivers report their child less often asked to buy candy, soda, and sweets at the grocery store (MT1).



55% of parents reported their child was active more often after school (MT3).



Community Nutrition Education Programs

Adult graduates:



95% improved diet quality behaviors (MT1).



92% improved food resource management behaviors (MT2).



74% improved physical activity behaviors (MT3).



76% improved food safety behaviors (MT4).



46% eat fruit more often (MT1).



42% eat dark green vegetables more often (MT1)

Youth graduates:



81% improved diet quality behaviors (MT1).



48% improved physical activity behaviors (MT1).

Community Impacts



Oklahoma Nutrition Information and Education

20.8% increase of SNAP-accepting Farmers Markets, Direct-To-Market farms, and farm hubs, totaling 58 SNAP-accepting farms statewide.

Choose Homemade spring social marketing campaign saw a

5% increase in confidence to serve vegetables when money is tight. The summer campaign saw a **9%** increase.



Community Nutrition Education Programs: Gardening at Creek Elementary School

175 people reached

~25 pounds of produce harvested, valued at \$50



Partnering with the Cherokee Nation, Food on the Move Provides Disaster Relief

A severe storm hit Tulsa, leaving nearly 200,000 homes and businesses without power for a week, causing a food crisis. Food on the Move, a Tulsa nonprofit, organized a community food resource festival on June 27 with the help of various groups. Through a partnership with the Cherokee Nation, 500 families received 10 pounds of meat, milk, and produce. The Community Nutrition Education Programs team assisted in packing 500 bags of food, including onions and crooked neck squash. Working together and with partners, Oklahoma SNAP-Ed was proactive and helped feed the community during a devastating time.



Harvest Highlight

Harvest Highlight is a collaborative project between ONIE, Oklahoma State University Extension, and SNAP-accepting farmers markets implemented throughout peak market season (June-August). The Harvest Highlight project encourages utilization of SNAP at farmers markets. This project leveraged skills and resources of each IA to deliver a successful project. The intervention used a strategic mix of social marketing and PSE changes to promote seasonal vegetables and SNAP utilization at farmers markets. ONIE led project coordination with markets, digital promotion, and technical components, while Oklahoma State University led live-streamed market tours followed by cooking demonstrations featuring seasonal vegetables. Recipes were developed with the input of program participants and farmers. Print materials feature selecting, storing, and preparing vegetables and including easy, healthy recipes.

58

SNAP-accepting retail sites

20%

increase in SNAP sales compared to FY 2022

20.8%

increase in SNAP-accepting farmers markets, direct-to-market farms, and farm hubs

OKTEP has seen Tribal partners develop successful community and school gardens. In a multi-sector collaboration, the Legislative Diabetes Caucus and Oklahoma Tribal Engagement Partners staff participated as part of the Type 2 Diabetes Youth Prevention Workgroup. In FY 2024, the committee will continue working to select type 2 diabetes prevention curriculum.

SNAC Highlight

Oklahoma's SNAC is hosted in collaboration with the Oklahoma State Department of Health's Obesity Workgroup, Implementing Agencies, and State Agencies, including five SMART goals, which were added to the state plan submitted to the Governor.

- **SNAC OBJECTIVE 1:** By 2023, 5% increase in the number of schools that participate in an interactive education program to promote healthy eating with a parental indirect education component such as (Body Adventures, Eagle Adventure, Farm to You, etc.).
- **SNAC OBJECTIVE 2:** By 2023, the number of SNAP or FDPIR recipients/eligibles participating in SNAP-Ed direct education will increase by 2% from 2021.
- **SNAC OBJECTIVE 3:** By 2023, There will be a 5% increase in the provided food resource management strategies in classes offered to individuals/families living in low-income households.
- **SNAC OBJECTIVE 4:** By 2023, the number of EBT-accepting farmers markets, food hubs, and farm stands will increase by 5%.
- **SNAC OBJECTIVE 5:** By 2023, the number of community initiatives focusing on policy, system, or environment changes to improve access to healthy food for individuals/families living in low-income households will increase by 5%.

Success Stories

OKTEP Eagle Adventure Youth Inspire Changes at Home

"We had fun with the recipes sent home with her and enjoy making the healthy silly snacks together. Also, plan on looking up more kid-friendly healthy summer snacks over the break!"

"Eagle Adventure has helped our family make more conscious decisions with meals and outdoor activities."

"We like to do the activities and have been walking more than we usually do."



Award Winning Garden And Composting Campaign

The Community Sharing Gardens' communal nature encourages Chickasaw citizens and community members to visit, learn traditional growing practices, and enjoy fresh, local produce. In FY 2023, gardening interest spread with Head Start, Senior Center, and Men's Recovery facilities building onsite raised bed gardens. Over 500 pounds of produce were harvested, shared with participants, and used in Get Fresh! cooking demonstrations.

Additionally, staff implemented a campus-wide "Compost with Us" campaign that encouraged Chickasaw citizens and staff to contribute scraps to reduce food waste while providing nutrient-rich soil for the gardens. The Sharing Gardens were recognized nationally two times for showcasing food sovereignty and Three Sisters companion planting systems, with the highlight being the "Embracing Diversity" award.



Diabetes Is Not Our Destiny

OKTEP's program Diabetes Is Not Our Destiny prioritizes Native knowledge and working with Tribal partners to encourage Native American youth and families to try culturally relevant recipes. In FY 2023, 46% of direct education cooking demonstration participants reported they would very likely make the recipe at home (ST1).

"I love the Diabetes Is Not Our Destiny series! It not only gives great nutritious meal options, it also teaches us about eating better in a delicious way. This series helps make healthy choices easy!"

South Carolina's Approach

South Carolina SNAP-Ed delivers direct education to people across the lifespan; works with partners to facilitate the adoption of policy, systems, and environmental changes; and implements social marketing campaigns for people living on a low income. In FY 2023, SNAP-Ed activities took place in 42 out of 46 counties. The program comprises five Implementing Agencies housed within the state: South Carolina Department of Public Health, Clemson University Learning Institute, Lowcountry Food Bank, University of South Carolina Arnold School of Public Health, and the newly added South Carolina State 1890 Research and Extension. The administrative agency - the Department of Social Services - also implements some programming. SNAP-Ed agencies work together through the South Carolina Nutrition Action Coalition and the South Carolina Food Policy Council.

Key Individual Impacts



On average, participants increased the types of fruit they ate (MT1c).



On average, participants were more confident they could cook healthy foods on a budget (MT2m).



On average, participants chose low-fat or fat-free milk more often (MT1i).



On average, participants increased their engagement in moderate physical activity (MT3a).



On average, participants chose to shop with a list more often (MT2j).

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.

Community Impacts

Eighty-two local organizations and coalitions worked with SNAP-Ed to identify and implement 212 nutrition or physical activity-focused strategies that supported over 42,627 individuals in pursuing healthy lifestyles. Over 20 edible gardens were planted or maintained at schools, libraries, healthcare sites, and community organizations. They included options for parents and community members to work in the gardens and access resources. Seven sites, including libraries and community organizations, set up programs to improve community access to free exercise or recreation equipment. Four locations, including libraries and a temporary housing facility, adopted policies to establish food distribution to the community and their clients. Healthy eating and active living messages were broadcast across South Carolina via billboards, digital ads on social media, and television. Social marketing campaigns were estimated to reach more than 816,500 people living with a low income.



Clemson University SNAP-Ed Physical Activity and Seed Libraries

The Physical Activity and Seed Libraries provided access to physical activity equipment or provided seeds to residents within seven county library systems. Other educational program courses were paired with establishing the physical activity and seed libraries, including nutrition courses, gardening classes, low-intensity exercise courses, and “play day” events to show residents how to utilize the activity equipment. Funding was provided in collaboration with Healthy Blue South Carolina and the American Heart Association South Carolina.

938

South Carolina residents checked out physical activity equipment or a packet of seeds.

51

PSE change strategies adopted or maintained



South Carolina Department of Public Health SNAP-Ed Community Gardens

SNAP-Ed provided technical assistance, supplies, small equipment, seeds, and support. Strategies were implemented within community/state organizations, gardens, public housing sites, schools, and childcare centers.

3

community garden projects

9

PSE change strategies adopted or maintained

480

people eligible for SNAP-Ed reached



University of South Carolina SNAP-Ed Local Food Policy Councils

Provided funding and ongoing training and technical assistance to seven local food policy councils through monthly group learning collaborative sessions and monthly one-on-one sessions. Strategies were implemented within community organizations, roadside produce stands, food assistance sites, health clinics and hospitals, faith-based centers/places of worship, residential treatment facilities, gardens, and small food store settings.

20

PSE strategies adopted or maintained

11,008

people eligible for SNAP-Ed reached



Lowcountry Food Bank SNAP-Ed Improving Food Pantry Environments

Upon completion of training and coaching, pantries adopted strategies to organize the pantry by food group, use signage to nudge and guide patrons to build healthy meals and improve access and awareness of fruits and vegetables. Strategies were implemented with food assistance sites, health clinics, and schools (K-12).

25

PSE strategies adopted or maintained

4,001

people reached

Other Highlights

SNAC Highlights

South Carolina SNAC focused on two top priorities during FY 2023. Priority areas included continuing the development of a nutrition education referral system and informing the creation of a social marketing campaign, 5210SC. The campaign encourages eating five or more fruits and vegetables, limiting recreational screen time to two hours, engaging in one hour of physical activity, and consuming zero sugar-sweetened beverages daily. 5210SC launched on September 25, 2023, via two social media platforms and in partnership with WACH TV. From September 25th through 30th, combined social media account impressions were 192, and WACH TV partnership impressions were 671,779.

Tribal Highlights

As a result of the FY 2023 SNAP-Ed activities with the Catawba Indian Nation, direct nutrition education programs such as CATCH and Tiny Taste were implemented to increase knowledge of healthy eating and the importance of physical activity in early childhood and school-aged children.

Equity Highlights

The South Carolina Department of Social Services initiated a partnership with South Carolina State University through the South Carolina State University 1890 Research & Extension Department as an Implementing Agency for the SNAP-Ed Program. South Carolina State University is the largest historically black college and university (HBCU) in South Carolina. The South Carolina State University 1890 Research and Extension Department sought how to provide education, research, and outreach services while supporting healthy lifestyles in ethnically and racially diverse communities. The counties identified for the new Implementing Agency in FY 2024 will be Calhoun, Chesterfield, and Marlboro counties, as these counties have a large diverse population that SNAP-Ed has previously underserved.

Success Stories

Sowing Seeds of Equity through a Library's Open Doors

Clemson SNAP-Ed, through a partnership with Laurens County Public Library and the Soil and Water Conservation, created an outlet for individuals and families to receive seed pouches throughout the growing season, reaching 368 patrons in FY 2023 and at least 87 viewers via Facebook. Library patrons decided between the seed packets (often limited to 3 to 5 packs) to take home. Patrons were noted to have grown produce such as zucchini and squash, as well as strawberries and cooking herbs like sage and basil. In addition to providing the seed catalog, staffing, and resource hub, the library also offered various books on gardening, cookbooks for those experiencing chronic disease symptoms, and botany. Community members also donated their seeds—taken from grown produce or stores—supporting the library with continuous cycles of seed deposits. Overall, the goal to provide easy access to healthy lifestyle changes can often be achieved with the tools found in our communities—home-grown and community-supported, much like the library system!



Local Food Policy Councils Building Upon Existing Community Assets

The 2022-23 Local Food Policy Council Development Grant Program supported seven councils in South Carolina, fostering collaboration among diverse stakeholders to address food inequities. The University of South Carolina SNAP-Ed team provided funding, training, and technical assistance, including on Community Food Assessments, which focused on community strengths and assets rather than deficits. The West Columbia-Cayce Food Policy Coalition aimed to enhance food access by expanding roadside produce stands. With support from partners like the Brookland-Lakeview Empowerment Center and USDA, they established ten stands and three farmers markets resulting in over 3,000 people utilizing the roadside produce stands in FY 2023.

The Executive Director at Brookland-Lakeview Empowerment Center highlighted benefits of the program: *"Access to fresh, locally-grown produce impacts our community in many ways. It allows our community to interact with local producers. The community residents interact with each other. They learn about how to grow and prepare healthy food. Local farmers are connected to a new market, and we contribute by increasing access to healthy foods."*

Add Spice to Your Life

The "Add Spice to Your Life" initiative, funded by a \$3,000 donation from Healthy Blue South Carolina, supplied spices to FoodShare SC produce boxes. Recipe cards from SNAP-Ed programming were included to promote fresh fruit and vegetable consumption. Thanks to a collaboration between the South Carolina Department of Public Health, Clemson's SNAP-Ed programs, and FoodShare Bamberg County, produce boxes included cinnamon, garlic powder, and Italian seasoning. The Bamwell County HEALing Partners Project Coordinator praised the partnership for addressing food insecurity and enhancing nutrition in Bamberg County.

"Supporting FoodShare Bamberg ensures our community can feed their families with dignity. We are volunteer-driven and have amazing volunteers who believe in our mission to help families enjoy fresh fruits and vegetables." - a Community Engagement Program Manager

Food Pharmacy Brought to Life

St. James Health and Wellness partnered with Lowcountry Food Bank, offering space for a food pantry and pharmacy at their McCellanville clinic in FY 2023. With funding from Trident United Way's Healthy People Healthy Carolina procured by SNAP-Ed, the space was equipped with new doors and proper food storage. Following SNAP-Ed's workflow, patients were screened for eligibility and received vouchers for healthy food they could redeem at the food pharmacy. Lowcountry Food Bank assisted with labeling, signage, and recipes to support patients in making healthy choices.

In the first 8 months of the open food pharmacy, St. James Health and Wellness screened 1,277 patients (out of 1393), and 754 selected 8,808 pounds of food. This model has empowered patients to choose the food they need, try new food without the risk of using their limited funds, and share ideas and recipes with other patients on how to use the food.



South Dakota's Approach

In FY 2023, the South Dakota SNAP-Ed Team remained dedicated to serving the American Indian SNAP-eligible population with a model focused on family and community health and direct education. Their comprehensive, outcome-driven strategy empowered SNAP-Ed to facilitate meaningful behavior shifts and foster community-led initiatives for lasting impact. Working closely with wellness coalitions in both community and school settings, South Dakota SNAP-Ed prioritized engagement with partners across various sectors to enhance access to environments that facilitate affordable, nutritious food options and opportunities for physical activity. Through evidence-based policy, system, and environmental interventions, they strived to create sustainable changes that support healthier lifestyles. Central to their approach was the cultivation of collaborations and relationships, ensuring that both current and future generations can thrive by effectively preventing and managing chronic diseases among SNAP-eligible individuals and their communities.

Key Individual Impacts



57% of participants (grades 6th-8th) increased how often they drank non-fat/1% milk.



55% of participants (grades 3rd-5th) increased frequency of physical activity.



50% of participants (grades 3rd-5th) increased how many days they consumed vegetables in the past week.

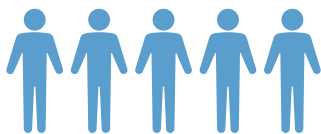


46% increase in participants (grades 6th-8th) reporting confidence in using measuring cups and spoons.

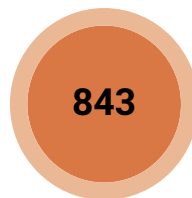


33% increase of participants (adults 18+) meeting guidelines for comparing prices before purchasing food.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



55% of participants (grades 3rd-5th) increased the length of their physical activity time.



50% of participants (grades 6th-8th) decreased frequency drinking sweetened drinks/soda.



42% of participants (Adults 18+) increased frequency of physical activity.



45% of participants (grades 9th-12th) increased frequency of checking the expiration date before eating foods/drinking beverages.



67% of participants (Adults 18+) increased frequency of washing hands prior to food consumption.

Community Impacts

In FY 2023, South Dakota's Wellness Coalitions were empowered to tailor PSE initiatives to their communities. These included equipment checkouts and school food environment improvements. South Dakota State University Extension's SNAP-Ed efforts prioritized community gardens, facilitating nutrition education, and food access. The Summer Program Leader and Growing Together - South Dakota programs fostered gardening's popularity, especially among Tribal communities, promoting holistic wellness. Additionally, South Dakota State University Extension focused on promoting physical activity, ensuring safe spaces, and equipment access. These efforts aimed to enhance nutrition education, food access, and physical activity, fostering holistic wellness in target communities.



Heritage Center Food Box Pantry

The Standing Rock Wellness Coalition, KLND Radio, The Boys and Girls Club Grand River, and the McLaughlin Heritage Center collaborated to create and maintain a food box pantry. Dedicated members of the community have consistently contributed to keeping the food box stocked. The food box initiative has made a significant impact in assisting people experiencing homelessness in the area, providing them with essential nourishment and support. Teenagers in the community have found valuable support in the food box, utilizing it to supplement their nutrition needs and fostering a sense of resilience. Through interactions with the food box, children at the Boys and Girls Club are learning valuable lessons in generosity, compassion, and the importance of helping others in need. The Wakanyeya Garden contributed fresh produce to stock the food box, ensuring that those accessing it have access to nutritious options for their meals.



Carnegie Library Physical Activity Equipment Checkout

A range of physical activity equipment is soon to be readily available for checkout by community members, ensuring accessibility to essential fitness resources. Ongoing efforts are underway to refine and streamline the equipment checkout process, ensuring a seamless and efficient experience for all users. Though implemented late in the year and a reporting process was not fully in place, the library did observe 22 community members had enjoyed enhanced access to exercise equipment, supporting their pursuit of active and healthy lifestyles. The equipment was purchased through a collaboration with Well Connected Communities.

Other Highlights

SNAC Highlight

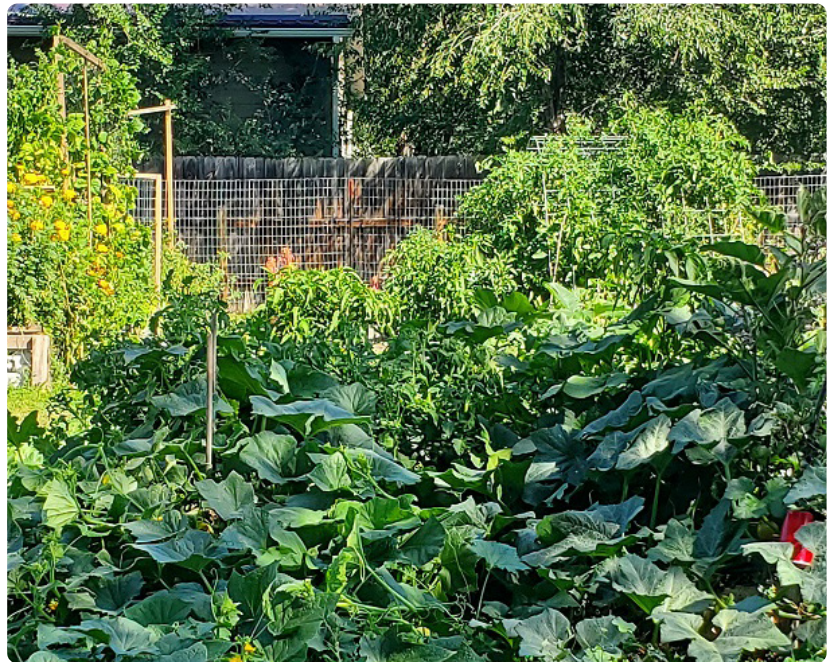
A statewide nutrition focused multi-sector coalition was determined as a need by several organizations in South Dakota in FY 2023. Funding to support the coalition in year one has been secured by Feeding South Dakota. Part of the funds will be used to obtain a facilitator and provide stipends for community members with lived experience. The first meeting will be held in FY 2024. The South Dakota SNAP-Ed Implementing Agency Principal Investigator (PI) has been asked to serve on the core team as this coalition begins to develop.

Tribal Highlight

South Dakota State University Extension attained Memorandums of Understanding (MOU's) with Tribal partners in South Dakota. Currently, South Dakota SNAP-Ed partners with multiple coalitions associated with Tribal schools and communities to enact positive change regarding physical activity and nutrition among those with the greatest need. Community gardens have been especially important in this work, creating centers for both nutrition education and healthy food access. The thirteen tracked gardens produced 3,764 pounds of fresh fruits and vegetables that were donated to families and organizations in the community, including food assistance sites, emergency shelters, and early care and education facilities.

Equity Highlight

In FY 2023, SDSU Extension significantly broadened its impact by recruiting a fluent Spanish-speaking educator, facilitating expanded outreach, and establishing fresh partnerships. Moreover, in a commitment to enhance accessibility and extend its reach, SDSU Extension embarked on the development of an innovative online platform dedicated to nutrition education.



Success Story

Partner and Participant Satisfaction

In FY 2023, SNAP-Ed in South Dakota celebrated notable achievements driven by participant and partner engagement. A solid 76% of participants expressed high satisfaction with the programming, with an overwhelming 95% willing to recommend it to others. Additionally, 83% showed interest in future SNAP-Ed sessions. Similarly, educators garnered praise, with 80% earning high satisfaction ratings. Partnerships thrived, with 83% expressing a desire to continue collaborating, recognizing the program's positive impact on community health. Their feedback highlights SNAP-Ed's effectiveness in providing valuable knowledge and skills for healthier living. One partner stated, *"For a population that struggles with affordable nutrition, I've heard from many of our guests that they take away aspects of the class to implement in their daily lives."*



Texas' Approach

The Texas SNAP-Ed program promotes healthy eating habits and increases nutrition security to prevent disease and improve overall health by offering guidance on making nutritious food choices within a limited budget. In FY 2023, Texas had sixteen Implementing Agencies delivering direct education programming and social marketing and executing PSE efforts statewide for audiences ranging from youth to seniors.

Key Individual Impacts



53% of participants reduced their frequency of consumption of sugar-sweetened beverages.



40% of participants increased the frequency of using food labels to read nutrition facts.



45% of participants increased the number of days on which they walked for exercise.



57% of participants increased the number of days of achieving at least 30 minutes of physical activity.

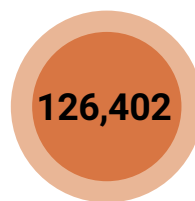


19% of participants increased the amount of fruit eaten daily.

Additional Individual Impacts



adults were reached through direct education.



youth were reached through direct education.



10,867 sites provided direct education.



62% of direct education participants were female.



62% of direct education participants were Hispanic/Latino.

Community Impacts

Over 230,945 individuals were impacted by Texas SNAP-Ed through direct education, PSE, and social marketing. PSE and direct education initiatives reached nearly every county in the State of Texas and covered every major metropolitan region and other population centers in the state. Many SNAP-Ed partnerships collaborated with 134 schools and food partners, including 45 farmers markets.

585 PSE interventions reached **5,139,385** people.

29 social marketing campaigns reached **1,965,063** people.

Success Stories



Brighter Bites: Brighter Bites in Acres Homes!

Brighter Bites' mission is to create communities of health through fresh food. They've achieved their mission in Acres Homes, a neighborhood in Houston that is majority African American (60%) and Hispanic (30%). During the 2022-2023 school year, Brighter Bites distributed over 123,500 pounds of fresh fruits and vegetables directly into families' hands, SNAP-Ed was able to incorporate nutrition education into food packages through providing recipes and information about the foods included. By building community relationships and focusing on

increasing enrollment and engagement, they have reached 1,128 families in the Acres Homes community over the last fiscal year and taught them healthy habits - all while building more communities of health through fresh food!

"One of the things I love about Brighter Bites is they are introducing me to great, new foods, and I can't thank them enough for all of the great boxes that we've received all year long!"

- 3rd grade teacher at Highland Heights



Texas Department of State Health Services Health Promotion and Chronic Disease Prevention: How to Be Well Virtual Sessions Impacted El Pasoans

Be Well staff is trained on the mantra of "Connection before content". This approach has led to families more willing to listen, engage, and apply the concepts discussed in the healthy lifestyle sessions. The families had an initial connection with program staff who share the content to be provided and schedule for the next few weeks. Weekly, the team utilized caring communication to review content discussed or schedule make-up sessions on an individual basis. As the weeks progressed, the Be Well team was encouraged by participants sharing they find value in the content and delivery of the Be Well El Paso program.



"I am a recent grandpa for the first time. This opened my eyes to do something about my weight control and lab work too. I want to live longer and play with my grandkids and take them to Disneyland without any problems. I cannot go because I am tired or I cannot walk."

DSHS Office of Border Public Health: Teen Battle Chef

For the eight-week Teen Battle Chef program, Office of Border Health staff collaborated with school districts in South Texas to teach youth about nutrition through a culinary experience. Each lesson culminates in a “cooking battle” where participants can showcase their presentation skills while conducting cooking demonstrations and recreating recipes from the curriculum. At the end of the course, a winning team is selected by a panel of judges. A pre- and post-test survey evaluates students’ nutrition knowledge and health behavior. SNAP-Ed Evaluation Framework indicators include MT1, MT2, and MT4.

“I had to try the vegetables we learned about, and I kind of like it now.” - High School Student

“My kid really did enjoy the food they cooked; he is a picky eater, and he is now trying new foods he hadn’t before.” - Parent



HHSC Aging Services Coordination (Texercise): Making Health a Lifestyle - One Change At a Time

The Texercise Select program delivers! The Alamo Area Council of Governments (AACOG) partnered with the Westside Community Center in New Braunfels to provide the evidence-based Texercise Select program twice weekly for ten weeks. Senior participants built confidence and sustained their ability to perform physical activities by learning fun and easy ways to be active. They also learned skills to integrate vegetables in each meal and replace salty snacks with fruit and nuts. The skills learned improved their mobility, making sitting, standing, and walking easier. This program is changing senior lives for the better.

“I’m more aware of my eating habits, and I watch less television.”

“I’m eating better, exercising more, socializing more and happier.”

“I’m eating more vegetables and getting more creative in cooking as well as eating.”



MHP Salud: Perseverance and Strength

One MHP Salud participant was on a mission: to pursue a journey toward health and wellness. At 315 pounds, he realized his weight could lead toward health complications in the future, and he was determined to make positive changes that could lead toward lasting health. With the support of MHP Salud, he received health education, resources, and tips and tricks to make sustainable lifestyle changes, such as adopting a healthier diet. Each small change has added up to a significant accomplishment: he already has lost 76 pounds – and his commitment to his health has only increased with each passing day.



HHSC Early Childhood Intervention (ECI): Pre-K New Food Challenge

Region 3 Education Service Center Early Childhood Intervention (ESC-3 ECI) provided nutrition education to 19 Pre-K students in Sweet Home, Texas, through a partnership with the local school district. A parent shared how excited her four-year-old child was about what she had learned from the lesson. The parent shared her daughter told her they were missing vegetables on their dinner plates during mealtime at home. Her daughter picked out different vegetables at the grocery store and expressed interest in trying Brussels sprouts.

When the parent's feedback was shared with the ESC-3 ECI staff member and nutrition educator who presented the lesson, she stated, *"Thank you for sharing that with me! It makes me happy that the lesson made it into the home."*



It's Time Texas: Community Challenge activates individuals to make a change

The overarching goal of the Community Challenge is to create a pipeline of health advocates and champions throughout the region who are implementing PSE. It's Time Texas collaborated with UTHealth-Brownsville to partner on the Rio Grande Valley - Challenge weight loss program, working together to serve over 1,000 participants with dual programming. During the Challenge, 5,651 participants pledged to be Health Champions for their community, committed to inspiring others to lead healthy lifestyles. Healthy actions logged during the Community Challenge included 5,984,608 ounces of water consumed, 4,745,827 minutes of physical activity, 239,113 healthy meals with fruits and vegetables, 214,556 physical activities reported, and 33,732 healthy destinations visited (i.e. parks). By activating collaboration with multiple SNAP-Ed Implementing Agencies and other community institutions (i.e., schools and local government), Community Challenge was able to have a significant impact on individual behaviors and supported communities for long-term PSE change.

"I started the Challenge last year and kept up my healthy habits for the rest of the year. Fast forward to this year, I am down fifty-two pounds. I am the McAllen ISD 'Teacher of the Year' and recognize how great Community Challenge is for teachers. We are so active at our school campus. I am thankful for the Challenge."

- McAllen ISD educator

"We have seen a difference. We feel happier and healthier. We take an active approach to continue the trend of promoting a healthy lifestyle by leveraging Community Challenge as a resource to promote the overall welfare of our campus. Step by step, we have taken strides to change our bad habits into a healthy regimen."

- Elementary School Counselor



Feeding Texas: Look What We Have!

The Tarrant County Food Bank leads Grow It, Try It, Like It, a gardening curriculum, as part of the Head Start to Healthy Lifestyles collaboration. Gardening helps students increase physical activity, consume fruits and vegetables, and learn to grow food. Bess Race Elementary pre-K students had the opportunity to participate in the Strawberry Patch curriculum and receive a container garden in the spring. The students assembled and planted the container garden during the first session and cared for the plants during the other two sessions. This learning style allowed for continued engagement with the garden and nutrition lessons and encouraged long-term utilization of garden skills to maintain the produce.

"Look what we have! The kids were so excited to see two strawberries in our garden today." - Bess Race Pre-K teacher



Texas A&M AgriLife Extension Service: A Fresh Start to a Healthier You!...Graduating Class!



The Better Living for Texans program partnered with Billy T. Cattin Recovery Outreach, a local drug and alcohol outpatient program helping participants during their journey to a full recovery. Participants learned how to prevent foodborne illnesses, meal plan and prepare nutritious meals, be more physically active, reduce the amount of money spent on groceries, and encourage eating more fruits and vegetables. Participants graduated and received certificates of completion when the series finished. For some, this was the first "graduation" they had experienced. Congratulations graduates!

"I have never completed anything in my life, so this certificate is going to be hung on my wall so I can remember. I graduated! Because I have never graduated ever."

"What others might see is a pretty piece of paper; here, this is the hope and 'boost' needed to keep trying and working to build healthy habits. Small wins matter. I tell participants small choices add up to big wins over time. Take the small wins and keep working on your goals. You can do it." - Recovery Outreach employee

"For those I have met here, completing a 4-week nutrition course is something to be celebrated, championed if you will!"

"This certificate is going to remind me to take care of myself and make choices that help me be better, even when it is hard."



BETTER LIVING FOR TEXANS

UTHealth Brownsville: Tu Salud ¡Sí Cuenta!

The *Tu Salud ¡Sí Cuenta!* program is a culturally Latino initiative providing SNAP-Ed programming in 11 communities throughout the Rio Grande Valley. One individual began participating in *Tu Salud ¡Sí Cuenta!* exercise classes about a year ago. She was motivated to join because of the fun energy and her struggle with depression. It was also important to her



as a mother because her daughter started gaining extra weight. Since joining, her health has improved. She thanked the *Tu Salud ¡Sí Cuenta!* exercise instructors for helping her come out of her depression. At classes, Diana says she's surrounded by positive energy. All the participants are so welcoming and cheerful. She considers herself happy and didn't feel that way for a long time. She's feeling more like herself.



Prairie View A&M: Jim and Joann Senior Center

A Taste of Latin American Heritage curriculum was taught to adult seniors in a senior center during Latin American Heritage Month in an intimate mid-sized room, encouraging discussion and taste testing. The audience included seniors from the Caribbean, Germany, Jamaica, and Guatemala. Class size increased each of the 6-lesson series, and participants enjoyed the vegetarian recipes shared during each lesson. When the discussion topic was "Greens," the diverse group of seniors indulged and seasoned in many ways. Several participants reported trying a new whole grain, vegetable, or recipe when they returned to class.

"I'm going to try this recipe at home, I never thought to prepare it this way."

"Can I keep this book for all of the recipes?"



University of Texas Rio Grande Valley: Excited Parents

A teacher implemented the Bienestar curriculum using the new EdTech animation teaching format at one of the Pharr-San Jan-Alamo elementary schools. The main character's name is Ramiro, who invites students to join him on a journey to overcome unhealthy challenges and share what they've learned with their family. The children want to be like Ramiro, "I want to help Ramiro to fight against the diabetes monster." The teacher asked students to draw a picture of how they can help Ramiro against the diabetes monster, so they all drew large images of fruits, vegetables, exercise, and small monsters. The teachers highlighted this lesson and presented it to parents at a meet-the-teacher meeting.



"I saw my teacher drinking [regular soda], and I told her, 'Miss! You can't drink that!'" – Student.

WIC: Northeast Texas Health (NET Health) WIC Program Brings Nutrition Education Beyond WIC in Northeast Texas Communities

When WIC clinics reopened in August 2023 following COVID-19 pandemic closures, NET Health WIC also began delivering their SNAP-Ed “Nutrition on the Go” programming onsite at community locations. All classes were provided in conjunction with existing programming or services. The WIC program establishes and grows partnerships with local community organizations; this collaboration ultimately benefits participants of all programs: WIC, SNAP-Ed, and the community organization. SNAP-Ed participants received high-quality, relevant, and creatively delivered nutrition education from WIC nutrition experts. This education may not otherwise be available to community members without this collaboration between WIC and SNAP-Ed.



“Staff are enjoying getting out in the community.”

“We LOVE being open for families and our community.”

“This month we had [a] burst of success with our project as the [WIC staff] in our agency began going out in the community conducting nutrition education classes. It was wonderful to see them use their skill set and engaging with families in the community. It was a great opportunity to conduct outreach in the community.”

“The [WIC staff] have done a great job providing nutrition education out in the community, establishing new partnerships with community organizations and businesses.”

Texas International Institute of Health Profession (TIHP): Adjusting Family Recipes! Signs of Growth and Change!

A husband and wife decided to take a SNAP-Ed class to improve their health. On their first day, they were blown away by simple things they could do to improve their health and reduce fats, sodium, and sugar. The wife was shocked by this, as she had no nutritional education in her life at all. In her second session, she decided to bring in recipe cards handed out to her family and wanted to know how to update the recipes to be healthier. This moved the teacher so much she decided this would be an excellent activity to implement into her lesson plan with her students to make generational change a reality. For a lot of people, they are so locked in their ways they are too afraid to try new things. We want to break those fears in our patients so they can push for new heights in their weight loss goals.

The wife shared, “I have been eating the same food, like my mother before me, and her mother. I want to hand these to my children, but healthier and to make a difference through the generations.” (originally said in Spanish)



University of North Texas: Active and Healthy Preschoolers in the Summer

Head Start to Healthy Lifestyles - SNAP-Ed teamed up with 18 families and staff from Ann Windle Head Start Center and the Denton Parks and Recreation Department Martin Luther King, Jr. Center to promote physical activity engagement and nutrition education during the summer to preschoolers. Maintaining the program during the summer promoted moderate to vigorous daily physical activity, improved gross motor skills, and increased their understanding and behaviors in preparing and eating healthy snacks and meals rich in fruits and vegetables.

A teacher from Ann Windle Head Start Center shared, *"It is fantastic to have the [Head Start to Healthy Lifestyles] program continue over the summer with our preschoolers as many will not be active and have too much screen time during the summer."*

A parent said, *"I took my preschooler to the store and asked him to pick a snack. He wanted green and yellow apples. We had not had these as a family and like them a lot."*

A Martin Luther King, Jr. Center staff member asked, *"Will the Head Start to Healthy Lifestyles program team be back next summer? We learned so much and felt we had helped keep the preschoolers healthier this summer. We enjoyed exposing our facility and services to the Head Start families."*



Texas Center for Local Food: Grow Local Farmers Market Accepts SNAP for the First Time

The Texas Center for Local Food partnered with the Grow Local Farmers Market on A Fresh Look at Your Farmers Market to provide technical assistance for the market to start accepting SNAP benefits. Now Grow Local Farmers Market has grown to welcome an entirely new customer base of SNAP shoppers, increasing sales for their vendors, supporting local growers, and increasing access to fresh, local fruits and vegetables. Grow Local Farmers Market remains an active and engaged Fresh Look partner, mentor to other farmers markets, and dedicated to welcoming SNAP shoppers to the market.

A market farmer explained, *"You'd think everyone would also want to do this- otherwise it's literally money left on the table."*

A customer using SNAP benefits to shop the market shared that *"at the farmers market, they educate you on nutrition, and they give you recipes and samples. I think that draws me in and I want to learn more about what I'm eating at the table...I'm not sure how long H-E-B [a local grocery store] shelf life is but at the farmers market you can tell it's fresh."*



Utah's Approach

The Utah State University Extension SNAP-Ed Program, Create Better Health, empowers individuals eligible for SNAP-Ed to make healthier food choices within their limited budgets and to adopt physically active lifestyles. Through key partnerships and comprehensive programming, Create Better Health aims to equip participants with the knowledge, skills, and resources needed to make informed decisions about their health and well-being, ultimately leading to improved dietary habits, increased physical activity levels, and better overall health outcomes. In FY 2023, all Utah counties had access to Create Better Health SNAP-Ed programming.

Key Individual Impacts



48% reported eating fruit more often after participating in SNAP-Ed classes (MT1).



50% of participants reported shopping with a grocery list more often (MT2).



54% reported eating vegetables more often after participating in SNAP-Ed classes (MT1).



50% of participants reported an increase in days when they exercised for at least 30 minutes (MT3).

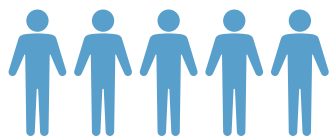


68% of the participants reported an increase in fruit and/or vegetable intake compared to before they attended Create Better Health classes (LT1).

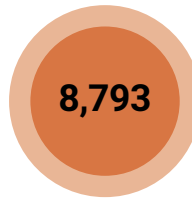


62% of respondents reported increased use of MyPlate to make food choices (LT1).

Additional Individual Impacts



adults were reached.



youth were reached.



26% of 3rd-5th grade participants reported increased fruit intake after participating in a youth series (MT1).



23% of 3rd-5th grade participants reported increased vegetable intake after participating in a youth series (MT1).

Community Impacts

The Create Better Health program aims to enhance the availability and accessibility of healthy food by implementing PSE changes across the state. In FY 2023, the four areas of focus of PSE interventions were community gardens, food pantries, grocery stores, and schools. In these four settings, PSE changes made it easier for people to make healthier food choices and improve their nutrition security. Create Better Health also promoted strategic social marketing messaging through statewide digital channels encouraging participants to make healthier choices and cultivate better health outcomes.



Create Healthy Gardens

- 16** gardens
- 9** direct education garden sites
- 77** nutrition or physical activity supports adopted or maintained
- 1,262** people reached

"[We] harvested a lot of vegetables and shared them with our families and friends...We have fresh, healthy, and organic produce. This helped us save some money. We feel healthy. We started eating more varieties of fruits and vegetables." - Create Healthy Gardens participant



Create Healthy Pantries

- 39** pantries
- 106** nutrition supports adopted or maintained
- > 6,293** pounds of fresh produce donated
- ~98,804** people reached



Create Healthy Schools

10 schools

39 nutrition or physical activity supports adopted or maintained

3,564 youth reached



Create Healthy Stores

4 stores

8 nutrition supports adopted or maintained

~ 11,930 people reached



Healthy Choices Create Better Health Social Marketing

1,311,283 media impressions

3,960 likes and **863** shares on Facebook

54,773 SNAP-Ed eligible households reached through e-newsletters

Other Highlights

SNAC Highlights

In January 2023, the newly appointed Utah Food Security Council (Utah's SNAC) held its first meeting. The council includes 15 legislated positions representing multiple sectors, including federal food programs, public health, state government, agriculture, education, and social services. The council established five subcommittees that oversee food security work in the following areas: policy, communication, food recovery, homeless outreach, and mapping.

Tribal Highlights

In FY 2023, Create Better Health appointed an Extension Assistant Professor and member of the Navajo Nation as the SNAP-Ed Tribal Program Director. Create Better Health SNAP-Ed taught 87 classes serving primarily American Indian participants and worked with four PSE sites within Tribal communities, reaching over 8,000 people with nutrition supports, including gardens and point-of-decision healthy choice shopping prompts.



Equity Highlights

Create Better Health SNAP-Ed programming for Latinx audiences continued to grow. There were 108 culturally adapted classes taught in Spanish in FY 2023. Create Better Health SNAP-Ed appointed a co-director for Latinx programming who has been instrumental in connecting SNAP-Ed with community health workers throughout the state. The Spanish curriculum team developed a culturally appropriate virtual Create Better Health course that will be released in FY 2024.

Success Stories

Cultivating Community with Gardening



In the summer of 2023, a community garden project created space for a group of Latinx immigrants to develop gardening skills, improve their access to fresh produce, and connect with others in their community who could help reinforce their resolve to make healthy choices. One participant shared in their garden WhatsApp group: *"I believe the best things about this garden are the friendships and sharing what beautiful fruits [and vegetables] God has given us."*

Resilient Refugees Thrive

Create Better Health SNAP-Ed refugee programming participants demonstrate incredible resiliency and have diverse cultural practices regarding food and nutrition. In FY 2023, Utah SNAP-Ed interventions provided evidence-based nutrition information in culturally acceptable ways to make nutrition messaging more meaningful. In addition, the Create Healthy Gardens curriculum and community garden intervention provided refugees with the tools to improve food security for their families and communities. A participant shared: *"We...harvested a lot of vegetables and shared them with our families and friends. We grew our traditional vegetables and some other varieties of vegetables. We have fresh, healthy, and organic produce. This helped us save some of the money. We feel healthy. We started eating more varieties of fruits and vegetables. Another benefit is the physical exercise I received by coming into my garden every other morning before I went to work to weed and irrigate it. This way, I became very energetic and felt healthy. I plan to grow more plots next year and sell the excess produce in the farmers market."* The program provided opportunities for participants to improve their nutrition security, be active, and gain marketable skills. In addition, many participants reported sharing what they grew with others and improving nutrition security in their community.

"I benefited from [Create Healthy Gardens] both mentally and physically. I am eating healthy food. I harvested a lot of vegetables. My sleep and my blood sugar improved."



Wyoming's Approach

Wyoming SNAP-Ed, through the Department of Family Service State Agency and implemented by the University of Wyoming Extension's Cent\$ible Nutrition Program, aims to help people with limited resources eat healthier on a budget. Using direct education and multi-level interventions, Wyoming SNAP-Ed addresses food insecurity, chronic disease and obesity prevention, and health disparities for the SNAP-Ed audience. Wyoming SNAP-Ed's county-based educators provide direct education to adults and youth with limited resources and connect with community partners to create healthier communities. Wyoming SNAP-Ed covers every county in Wyoming and the Wind River Reservation.

Key Individual Impacts



98% of participants improved in one or more diet quality indicators.



95% of participants improved in one or more food resource management indicators.



54% of participants ate fruit more often each day.



76% of participants improved in one or more physical activity indicators.



52% of participants ate vegetables more often each day.

Additional Individual Impacts



713 adult participants were reached through direct education.



1,122 K-12th grade participants were reached through direct education.



38% of 3rd-5th grade youth increased eating vegetables.



52% of 6th-12th grade youth increased eating fruit.



33% of 3rd-5th grade youth increased eating fruit.



49% of 6th-12th grade youth increased being active for at least 1 hour a day.



56% of 6th-12th grade youth increase eating vegetables.

Community Impacts

Wyoming SNAP-Ed works with local partners to implement community interventions (Policy, System, and Environmental changes) that put healthier options within reach for SNAP-Ed audiences. In 2023, intervention focus areas included food pantries, local food efforts, K-12th grade youth settings, early childhood education centers, and cross-referrals with agencies serving a similar audience. Community interventions included a mini-grant program for childcare centers as part of a collaboration with the Wyoming Departments of Health and Education and an electric pressure cooker pilot program in partnership with food pantries. Additionally, Wyoming SNAP-Ed collaborates with University of Wyoming Extension and Agricultural Research Centers to facilitate partnerships with statewide organizations working to reduce hunger in Wyoming. Wyoming SNAP-Ed worked with 432 local partners and 20 state-wide partners on multi-level interventions in FY 2023.



Early Childhood Education

34 early childhood education partners

486 nutrition and physical activity supports adopted or maintained

1,430 youth reached

35 mini-grants awarded

1 new partner toolkit developed



K-12th Grade Youth Sites PSE

18 K-12th grade youth sites

415 nutrition supports adopted or maintained

1,518 people reached



Local Food PSE

41 local food partners

27,321 pounds of locally grown food donated

2,901 people reached through indirect education with food donations



Healthy Food Pantry

16 food pantry partners

293 nutrition supports adopted or maintained

12,699 people reached

1 new partner toolkit developed

Other Highlights

SNAC Highlights

In 2023, the Wyoming SNAC, also known as the Healthy People's Working Group for the Wyoming Food Coalition, engaged in a strategic planning process. Through this process, three priorities were identified: maintaining regular information sharing between members, collecting data, and improving access to healthy food through collaborations. The SNAC includes members representing community nutrition education, school food service, government agencies, food pantries, community development organizations, and non-profit entities. Current projects include statewide data aggregation and collection for identifying needs.

Equity Highlights

Wyoming SNAP-Ed provides programming in all 23 counties and the Wind River Reservation. Since COVID-19, Wyoming SNAP-Ed has offered online education for adults and youth in addition to in-person lessons, allowing a broader reach of programming, particularly in more remote areas of the state. Adult and youth curricula include cultural adaptations for programming on the Wind River Reservations. PSE initiatives target qualifying K-12th grade youth sites, early childhood education (ECE) sites, and food pantries. Through these PSE partnerships, Wyoming SNAP-Ed can reach the children in qualifying schools and ECEs, while also reaching the adults in these families, expanding reach and impact. Wyoming SNAP-Ed strives to be responsive to the changing situations and needs of its partners and participants. More materials are being offered in Spanish, and more culturally diverse recipes are being developed in this effort. This will be an ongoing effort over the next few years.

Tribal Highlights

The Wind River Reservation (WRR) is the only reservation in Wyoming. It is home to the Northern Arapaho and Eastern Shoshone tribes. Wyoming SNAP-Ed strives to increase the health of individuals living on the WRR. Two local SNAP-Ed educators representing both tribes provide programming through direct education and PSEs, ensuring cultural relevancy and maintaining cultural sensitivity at the core of their work. The data below showcases the individual impacts for adults graduating from direct education classes on the WRR.



100% of adults improved in one or more dietary quality practices.



69% of adults improved in one or more food safety practices.



92% of adults improved in one or more food resource management practices.



28% of adults improved in one or more food security practices.



69% of adults improved in one or more physical activity practices.

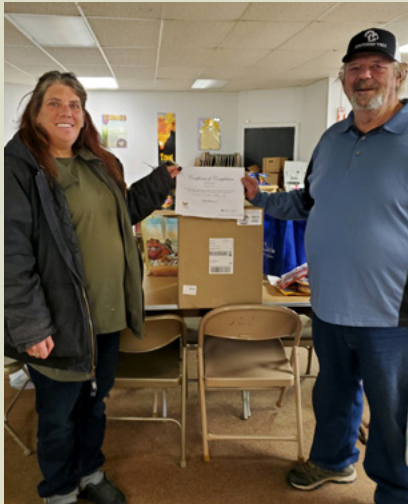


28 Tribal partnerships

Success Stories

Instant Meals: Pressure Cookers, Food Access, & Improved Food Security

Food pantry partners reached out to Wyoming SNAP-Ed in the summer of 2022 for assistance in encouraging patrons to choose dried beans, a staple at most pantries. Partners identified gaps in cooking knowledge, limited time, lack of cooking equipment, and perceptions of palatability as barriers to patrons choosing dried beans.



In response, Wyoming SNAP-Ed developed the Under Pressure project. Under Pressure was piloted in FY 2023 with funding from the Wyoming Hunger Initiative and Farm Credit Services of America to purchase electric pressure cookers for participants. Wyoming SNAP-Ed adapted its recipes to this cooking method and created a one-time lesson to be taught in addition to its 8-lesson series for adults. One hundred seventy-two participants took the Under Pressure lesson and received a free electric pressure cooker and recipe booklet.

In Platte County, a couple who participated in Under Pressure shared that the electric pressure cooker has been a lifesaver and uses it regularly.

Pilot data from pre-post surveys indicate that this project successfully overcame the barriers to using dried beans, with 53% of participants eating these foods 4+ times per week 3+ months after the program compared to 9% before. With the success of this pilot, Under Pressure will be continued and expanded in 2024

SNAP-Ed & Northern Arapaho 477 Collaboration

Wyoming SNAP-Ed and the Northern Arapaho 477 program collaborate to offer SNAP-Ed classes to clients utilizing 477's services. *"SNAP-Ed's classes incorporate well into family life,"* said Rachel Grant, education coordinator for 477. *"Clients like the hands-on aspect and learning while their kids are in school."* The lessons incorporate Native foods and activities into the classes. Through this collaborative partnership, Wyoming SNAP-Ed offers classes to 477 clients year-round.

This year, as part of the classes, Wyoming SNAP-Ed offered the Under Pressure electric pressure cooker lesson to 477 clients who also received a free electric pressure cooker (through non-SNAP-Ed funding) to help them cook meals more quickly. For one client, the main cook for his multi-generational family, the electric pressure cooker helped him manage time and get meals together more rapidly.

"His family couldn't believe how fast the beans cooked," said a SNAP-Ed educator.





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