



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

SNAP-ED

Nutrition Education Success,
Outcome, and Impact Report

2022

01	Welcome
02	Executive Summary
03	Glossary
04	The SNAP-Ed Approach
05	State Agencies
08	Summary
09	State Reports
12	Alabama
16	Arizona
20	Arkansas
24	Colorado
28	Georgia
32	Kansas
36	Kentucky
40	Louisiana
44	Mississippi
48	Missouri
52	Montana
56	Nebraska
60	New Mexico
64	North Carolina
68	North Dakota
72	Oklahoma
76	South Carolina
80	South Dakota
84	Texas
90	Utah
94	Wyoming

TABLE OF CONTENTS



WELCOME

Welcome to the 2022 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. 2022 marks the report's 6th edition and the first time three Food and Nutrition Service (FNS) regional offices collaborated on SNAP-Ed outcomes. The Mountain Plains Region, the Southwest Region, and the Southeast Region extend appreciation to all states for their hard work in creating this groundbreaking report. Please join us in welcoming the Southeast Region and 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 2022 SNAP-Ed Nutrition Education Success, Outcome, and Impact Report brings together 23 state agencies and 78 implementing agencies across three federal FNS regional offices to highlight program outcomes and demonstrate the success of SNAP-Ed.¹

During Federal Fiscal Year 2022, over 41 million people in nearly 22 million households received SNAP 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 community needs by refining and evolving its program design.

The Mountain Plains, Southwest, and Southeast regions served over 846,569 people through nutrition education, incorporating online and in-person programming. 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 49,595,311 times through multilevel interventions, which include nutrition education, policy, system, and environment (PSE) change approaches, social marketing, and other public health approaches. While this number represents an estimated count that may capture an individual more than once, it demonstrates the scope for population-level interventions. These outcomes emphasize the outstanding success and

flexibility of the program and illustrate how SNAP-Ed maximizes the use of PSE change 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, food security, and obesity prevention efforts. Within the tri-regional area, SNAP-Ed reported 12,749 partnerships in 2022. 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 Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and Food Distribution Programs 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 food insecurity and 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 Florida 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. (2023, April 17). *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 Programs 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

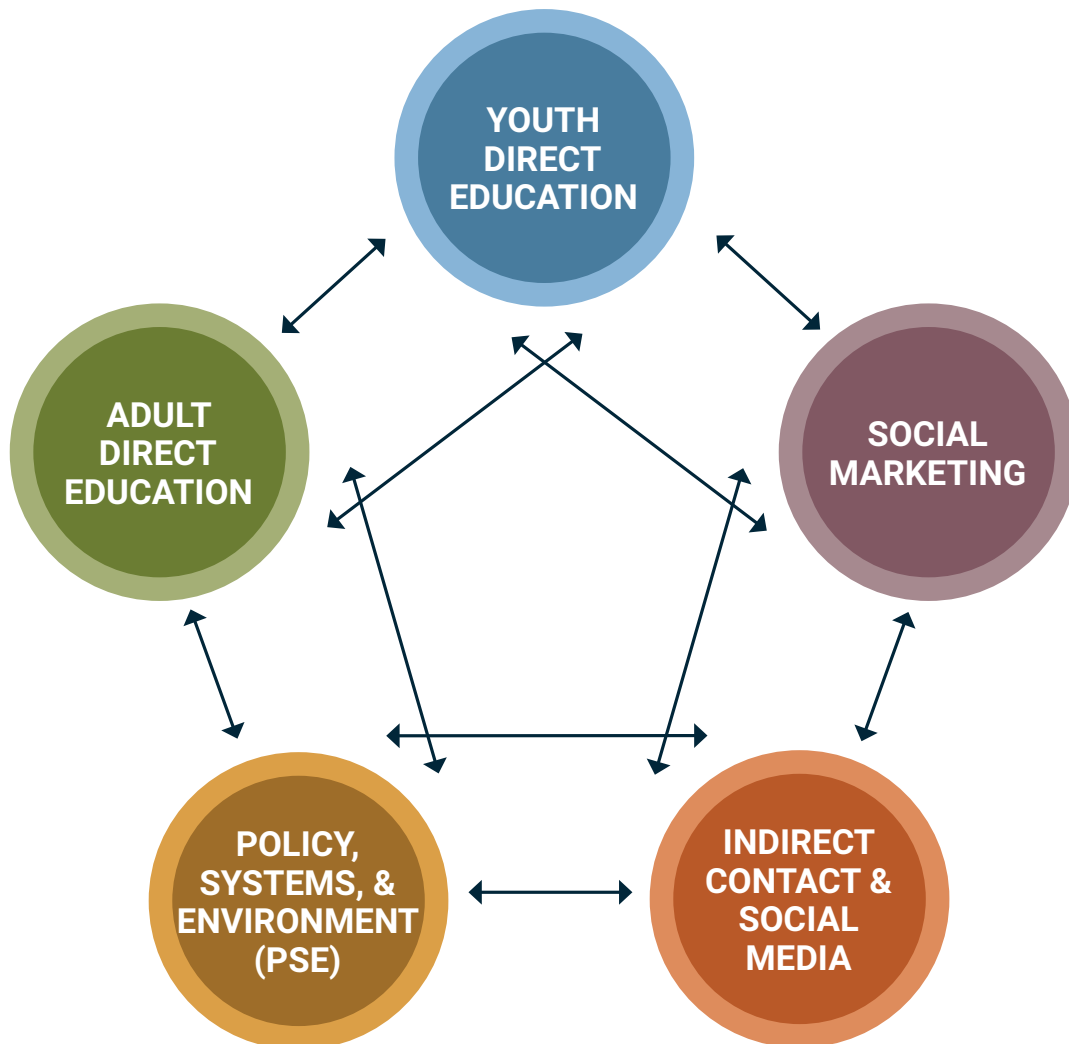
WIC – Special Supplemental Nutrition Assistance Program for Women, Infants, and Children

THE SNAP-ED APPROACH

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

- 1** Individual, group, and family nutrition education interventions along with physical activity promotion;
- 2** Comprehensive, multilevel interventions positively affecting participant environments; and
- 3** Community and public health approaches reaching a large segment of the population.

The chart below demonstrates the connection between interventions and the need for a comprehensive SNAP-Education 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 | University of Colorado Denver - School of Public Health Rocky Mountain Prevention Research Center School Wellness Programs

Social Marketing Agency

Rescue Agency, Public Benefit

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 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

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 Agencies

University of Kentucky Nutrition Education Program | Kentucky State University

MISSISSIPPI

State Agency

Mississippi Department of Human Services

Implementing Agency

Mississippi State University

NORTH CAROLINA

State Agency

North Carolina Division of Child and Family Well-Being

Implementing Agencies

Alice Aycock Poe Center for Health Education | Durham County Health Department | North Carolina State University | University of North Carolina at Chapel Hill | University of North Carolina at Greensboro | Down East Partnership for Children | East Carolina University | North Carolina Agricultural and Technical University | Second Harvest Food Bank of Northwest North Carolina

SOUTH CAROLINA

State Agency

South Carolina Department of Social Services

Implementing Agencies

Clemson University Youth Learning Institute | Lowcountry Food Bank | South Carolina Department of Health and Environmental Control | University of South Carolina Center for Research in Health Disparities

Note. Florida 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 Agencies

AZ Health Zone 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 Cooperative Extension

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! | Las Cruces Public Schools | New Mexico State University Cooperative Extension 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 | Oklahoma Tribal Engagement Partners | Oklahoma State University | University of Oklahoma College of Public Health

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 Public 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 A&M University Colonias Program | Texas Center for Local Food | Texas International Institute of Health Professions | Texas WIC | University of North Texas | University of Texas Health - Brownsville | University of Texas - Rio Grande Valley

UTAH

State Agency

Utah Department of Workforce Services

Implementing Agency

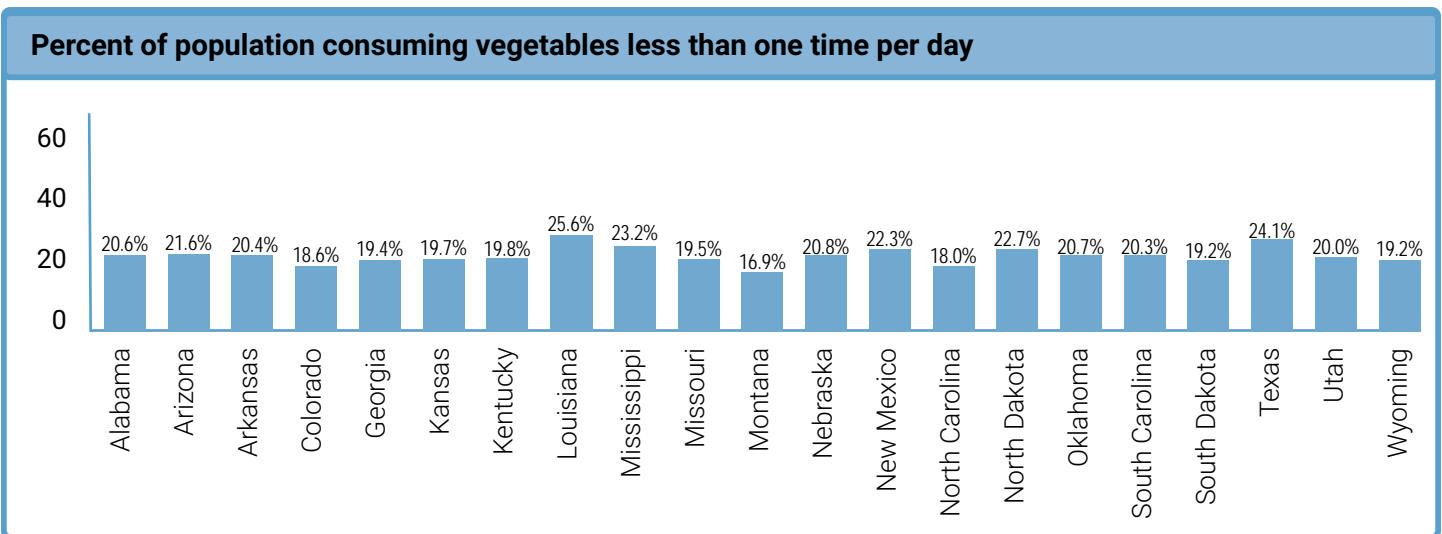
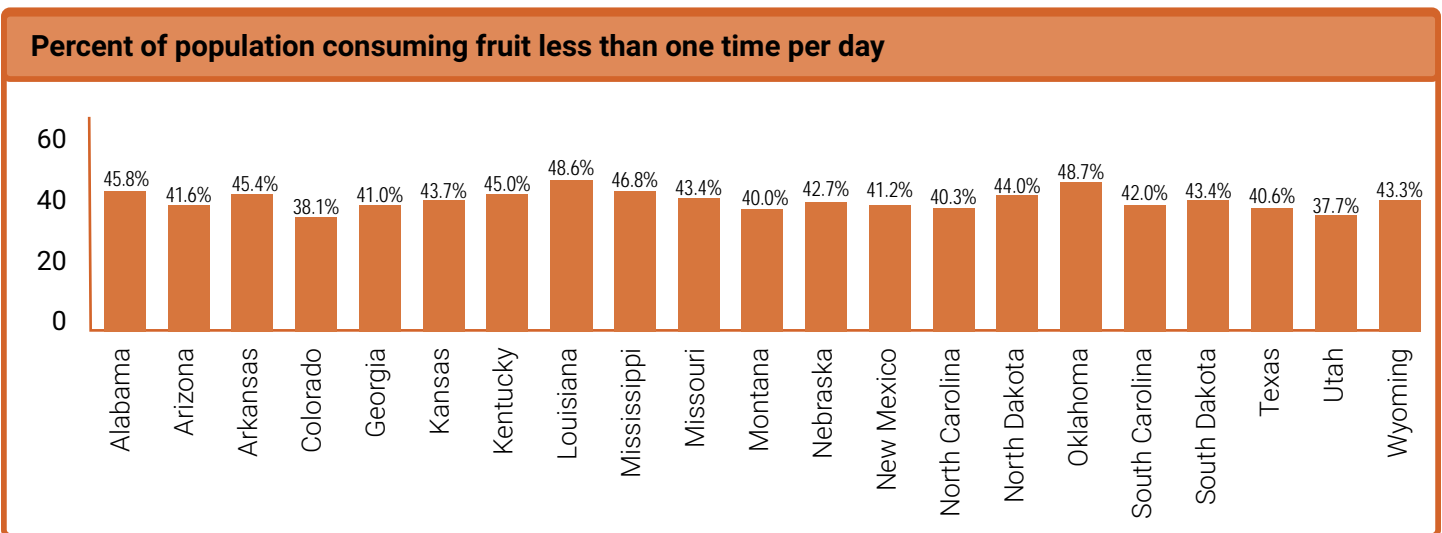
Utah State University Extension Create Better Health SNAP-Ed

SUMMARY

The SNAP-Ed Challenge

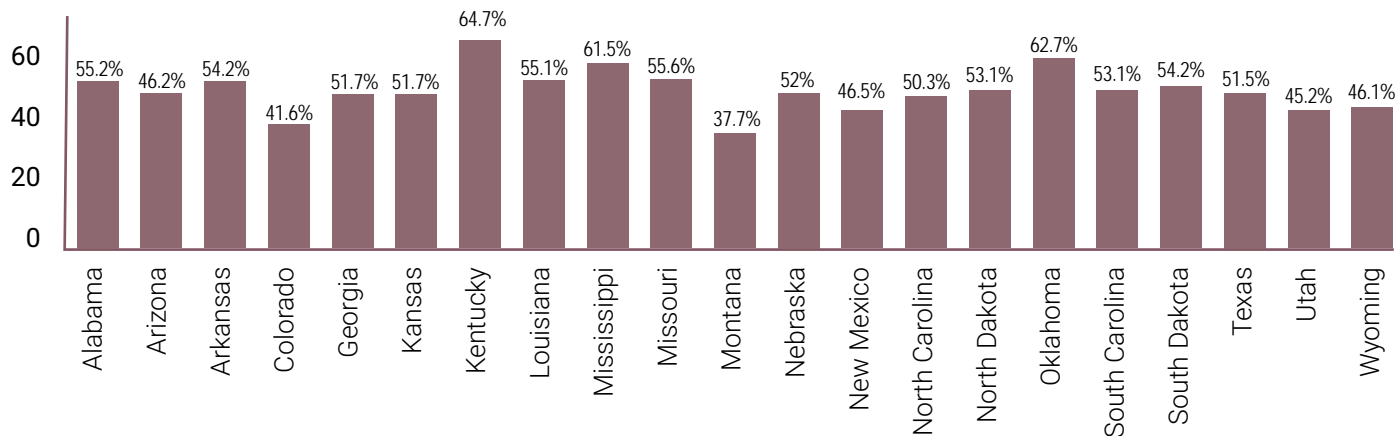
The Mountain Plains Region, Southeast Region, and Southwest Region offices work with our partners to provide food and nutrition education to people in need. We collaborate to inspire public confidence and support American agriculture. The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current United States Department of Agriculture (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

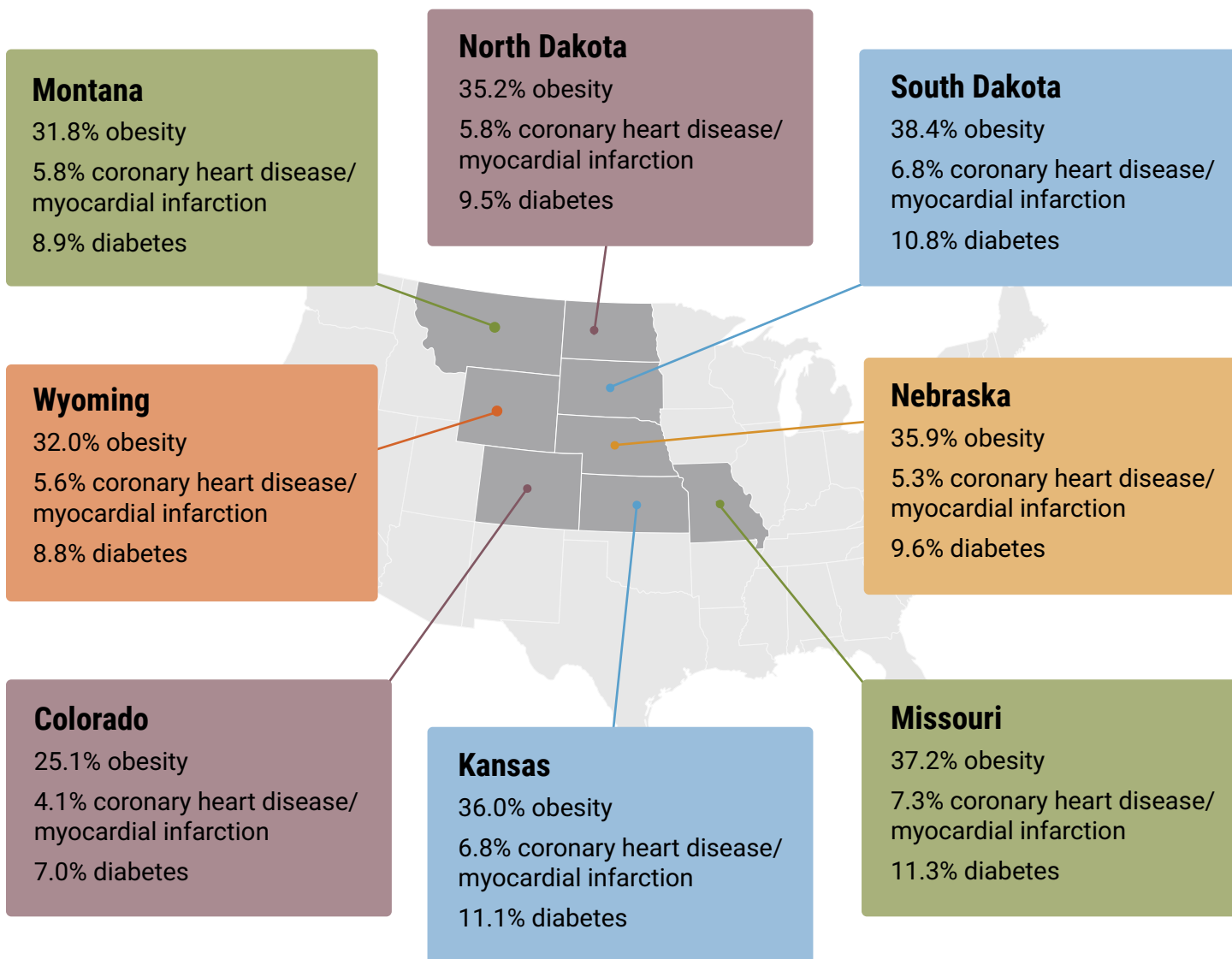


Data for pages 8-11 from: Centers for Disease Control and Prevention (2023, January 9). *BRFSS prevalence & trends data*. U.S. Department of Health and Human Services. <https://cdc.gov/brfss/brfssprevalence/>.

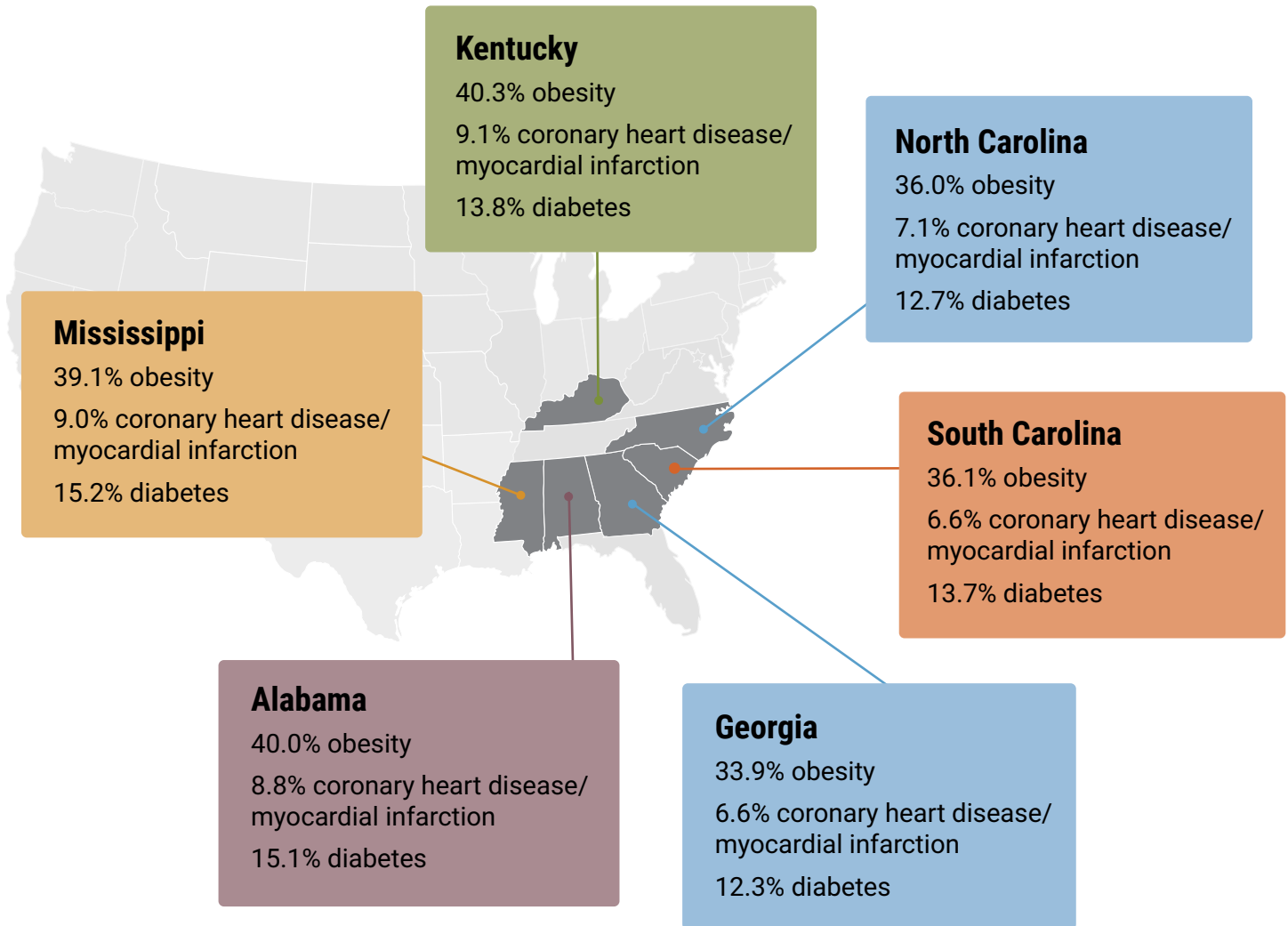
Percent of population not participating in 150 minutes of aerobic physical activity per week



Mountain Plains Region Obesity and Chronic Disease Rates

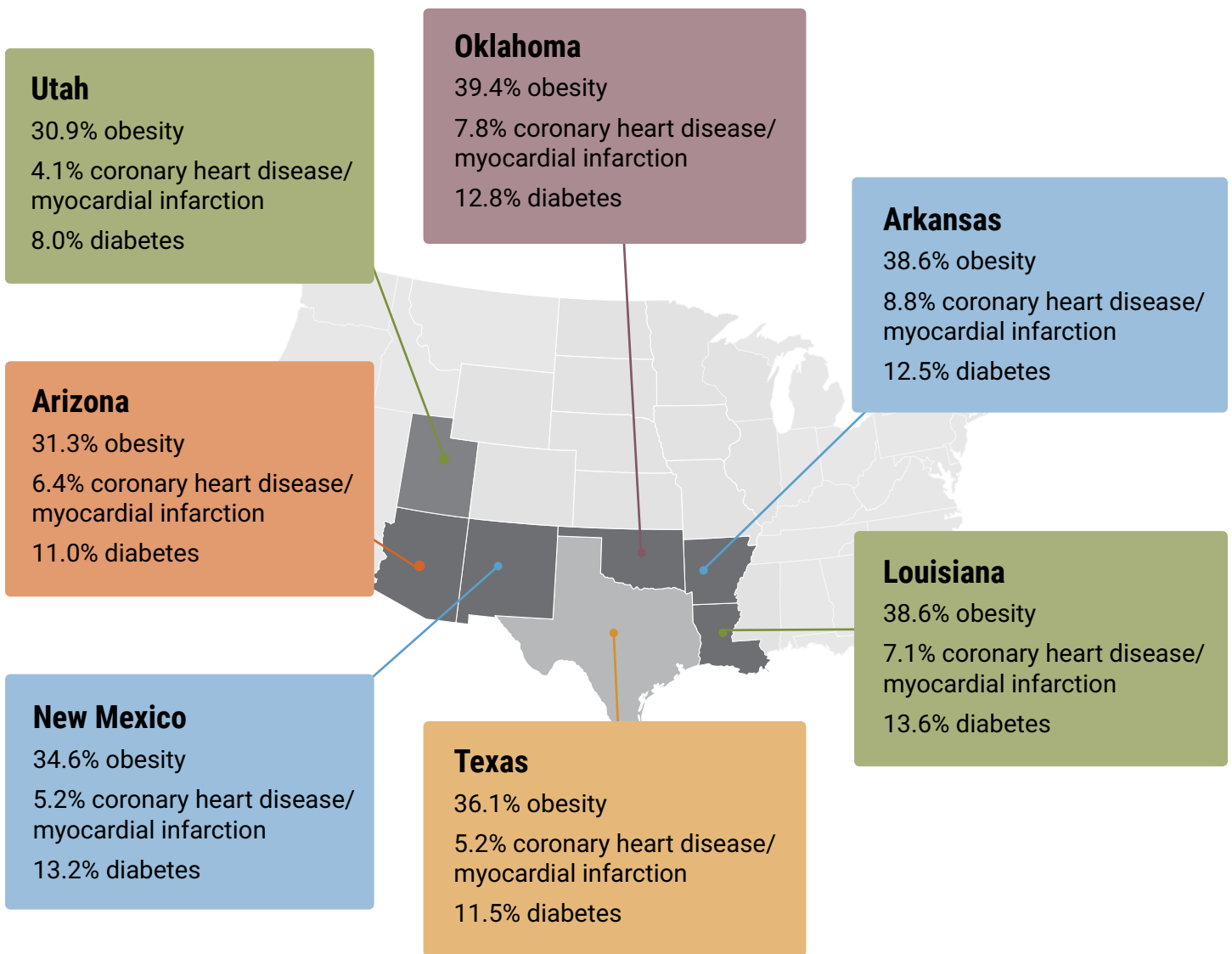


Southeast Region Obesity and Chronic Disease Rates



Note. Florida 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 Region 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.

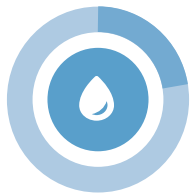
Alabama's Approach

Alabama's overall SNAP-Ed goal is to facilitate voluntary adoption of food and physical activity choices and other nutrition-related behaviors promoting SNAP participants' health and well-being. This is accomplished through a combination of direct education, PSE, and social marketing delivered through multiple venues and channels that involve activities at the individual, environmental, and community levels. All programming is provided by Auburn University, Alabama A&M University, and Alabama Department of Public Health.

Key Individual Impacts



21% decrease in ounces of sugar-sweetened beverages consumed by adult participants.



22% increase in ounces of water consumed by adult participants.



48% increase in cups of vegetables consumed daily by youth participants.

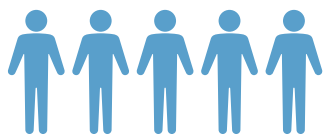
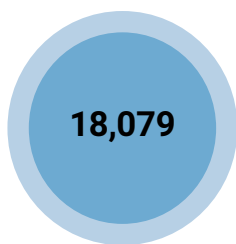


77% increase in cups of fruit consumed daily by youth participants.

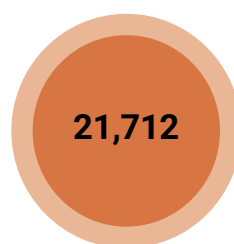


24% increase in physical activity by youth participants.

Additional Individual Impacts



18,079 adults were reached with nutrition education.



21,712 youth were reached with nutrition education.



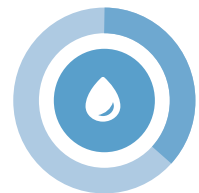
31% increase in adults reading Nutrition Facts labels and ingredient lists.



21% increase in adult participants who practice clean/separate/cook/chill food safety principles.



41% increase in whole grains consumed daily by youth participants.



37% increase in cups of water consumed by youth participants.

Community Impacts

SNAP-Ed educators partnered with local communities to facilitate 407 unique policy changes, systems changes, and environmental improvements to make it easier for 53,732 people with limited resources to choose healthy foods, healthy beverages, and physically active lifestyles.



Schools

26,069

students

156

positive PSE changes

66

schools

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



School Bike Rodeo

School Highlight: An Auburn University SNAP-Ed educator initiated a partnership with the local Ashley Furniture HomeStore to facilitate a bed giveaway for 75 third graders upon completion of a nutrition education series.



Live Well and Garden

1,800

pounds of produce valued at **\$3,345** and **7,925** servings of fruits and vegetables

10,806

participants

36

school and community gardens



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



Live Well Alabama Social Marketing

32

virtual focus group participants

142,000

SNAP-Ed-eligible adults reached by billboards

23,000

clicks on digital ads

6,000

participants in texting campaign

148,000

social media video views





Farmers Market Veggie Bucks

50

youth per week

\$1,300

in donations received
for Veggie Buck
vouchers

1

market



An Auburn University SNAP-Ed educator led an effort to provide Veggie Bucks vouchers to children for purchasing fruits and vegetables from local farmers at the St. Clair Farmers Market. Community donations financed the Veggie Bucks program. In the program's first year, \$1,300 in donations were received. Each week, 50 children received \$2 Veggie Bucks vouchers when visiting the Extension tent. At the tent, children and their families received nutrition education, along with samples of healthy recipes and in-season produce.



211 Text Message Campaign

2,100

participants

1,896

links accessed

A SNAP-Ed educator with Alabama Department of Public Health developed nutrition messages for a text message campaign through 2-1-1 Connects Alabama for low-income women in partnership with the Alabama Women's Commission. Messages included MyPlate resources and recipes. The campaign ran from May–September with over 2,100 subscribers and 1,896 links accessed.

Other Highlights



Alabama Double Up Food Bucks Initiative

7

farmers markets

2

independent grocers

\$97,442

redeemed for
purchasing fresh fruits
and vegetables

Auburn University, Alabama A&M University, and Alabama Department of Public Health partnered with the Hunger Solutions Institute at Auburn University to promote the Gus Shumacher Nutrition Incentive Program, also known as Double Up Food Bucks. SNAP-Ed educators educated eligible adults on the program's incentive to purchase locally grown and/or regionally produced fresh fruits and vegetables and provided nutrition education at participating grocery stores and farmers markets. Program specialists served on the advisory board and contributed to recommendations for strategic direction, communications, programming, technology, and advising and assisting in ensuring program sustainability, including identifying potential funders and advocacy for appropriations.

Success Stories



Live Well Alabama Healthy Food Pantry Program

Through the new Live Well Alabama Healthy Food Pantry Program, Auburn University SNAP-Ed educators partnered with 58 food pantries serving almost 30,000 clients. Educators assisted pantries with creating action plans to increase access and appeal of healthy foods for pantry clients. SNAP-Ed educators facilitated 34 positive changes in 18 food pantries, improving nutrition security for 8,730 pantry clients per month.

Changes included offering on-site nutrition education, enhancing the visual display of healthy options, connecting pantries to sources of fresh produce, and assisting with fundraisers and food drives to increase healthy food offerings.

Move Alabama

Auburn University SNAP-Ed and the Expanded Food and Nutrition Education Program partnered to provide Alabamians with opportunities to be physically active while exploring their community. Move Alabama consisted of 20 state and local physical activity challenges during March and April. Participants entered to win prizes from small businesses and local donors, including family activity game sets and physical activity trackers. Over 300 participants joined the Move Alabama Facebook page, where participants posted engaging photos of themselves and their families moving more in their community.

A SNAP-Ed educator in Barbour and Henry counties developed Move Alabama Challenges specifically for classrooms in partnering schools. Students completed 10 classroom-based challenges and were rewarded with a color run for their efforts. The color run consisted of physical activity education and time to run around a track while getting splashed with orange, pink, blue, green, and yellow paint!



Alabama A&M University Mobile Nutrition Education Lab

Alabama Cooperative Extension System at Alabama A&M University unveiled an innovative form of education through the mobile nutrition education lab, which allows for nutrition education to roll into communities all over the state to educate participants on handwashing, food resource management, physical activity, meal preparation, and food safety. The unit is designed for education to occur in various locations, equipped with Wi-Fi, television monitors, a full demonstration kitchen with cameras, and an interactive handwashing area. The unit visited eight sites and provided 2,200 participants with nutrition education.



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 (LIAs) to adopt community-level interventions to build resilient and healthy communities. The LIAs work in all 15 Arizona counties to support behavior change using multilevel interventions addressing Food Systems, Active Living, and Childhood focus areas. In FY 2022, AZ Health Zone continued to incorporate trauma-informed approaches into the program's implementation, outreach, and evaluation to meet people where they are at, avoid harm, and support resilient health and well-being journeys.

Key Individual Outcomes

Of adult participants at post survey:



47% reported increased fruit intake, from an average of 1.3 servings to 1.7 servings daily.
 $p \leq 0.001, d = 0.85$



49% reported drinking fewer sugary drinks.
 $p \leq 0.01, d = 0.75$



53% reported increased use of nutrition information on food labels.
 $p \leq 0.01, d = 0.80$



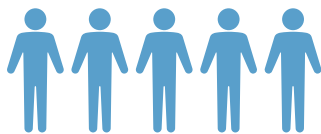
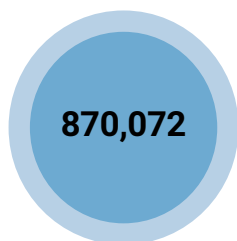
47% reported an increase in meal planning.
 $p \leq 0.01, d = 0.79$



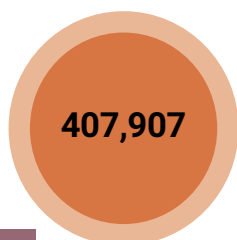
37% reported increased whole grain bread and tortilla intake and nearly **24%** ate more whole grain quinoa, oatmeal, rice and pasta.

Additional Individual Outcomes

Program Reach in Arizona



adults were reached.



youth were reached.



Community Outcomes

The AZ Health Zone’s primary program goal is to increase healthful nutrition and physical activity behaviors among SNAP participants and eligibles 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.



Supporting School Health Through Local Wellness Policy Review and Revision

Because schools are an important place in many communities to impact the health of children and their families, AZ Health Zone worked with schools to help them improve their local wellness policies and lunchrooms to make schools more supportive environments for healthy eating and physical activity.

LIAs evaluated **35** local wellness policies in **11** of Arizona’s **15** counties.

For local wellness policies assessed across FY 2020-2022 (n = 20 policies) using the WellSAT 3.0 assessment, mean local wellness policy strength scores increased significantly across four of the six scored sections, with medium to large effect sizes (p < 0.05, d = 0.66-0.79).

LIAs evaluated **23** school lunchrooms in **7** counties.

For school lunchrooms assessed across FY 2020-2022 (n = 7 schools) using the Smarter Lunchrooms Movement Scorecard, Student Involvement had the highest mean score change over time, from **31%** to **69%** of the total possible score (p ≤ 0.05, d = 1.32).



Exploratory PSE and Individual-Level Evaluation: Assessing Local Wellness Policy Strength and Student Behavior Outcomes

248

students attending **7 schools** statewide where LIAs also scored the school- or district-level local wellness policy.

The percent of very active students was greater in districts with more comprehensive versus less comprehensive policies. More students were also active in districts with stronger versus weaker policy language (n = 248).

On average, students reported **more recess sessions** in districts with higher recess policy scores (3.0 vs. 2.5, p ≤ 0.10, d = 0.21). They also reported **a higher average number of physical activity sessions** before and after school, including team sports, in districts with higher policy scores for before-and-after-school physical activity programs (5.3 vs. 4.2, p ≤ 0.05, d = 0.33).



Coalition-Supported PSE Work



“All of the Active Living PSE work in this community comes from AZ Health Zone involvement in the Be Healthy! Sierra Vista coalition. We reached out to the manager of the City Parks department, [who] attended several coalition meetings. We followed up these meetings with conversations about where she could see the coalition supporting existing efforts to promote and improve physical activity resources. The manager and staff then began to understand that there was opportunity to work together [with the coalition].”

- University of Arizona Cooperative Extension, Cochise County

Other Highlights

State Nutrition Action Council Highlight

Arizona SNAC aligned efforts around nutrition and physical activity. The SNAC Summer Food Service Program workgroup debuted a new promotional toolkit for summer food in Arizona called Free Meals for Kids and Teens 0-18, launching the new campaign and brand. The look, feel, and messaging of the new materials were based on focus group research with community members and stakeholders. The campaign included a parent advisory council, a promotional toolkit for site operators, and paid media. Excited parents became brand ambassadors. The program not only reached enrolled students, but also other children from rural areas.

“[It made] our cafeteria feel like home [with everyone] enjoying home cooked meals every day.”

- Operator, SNAC Summer Food Service Program

State Tribal Highlight

Early Childcare and Education Partnership and Community Engagement With the Pasqua Yaqui Tribal Community

“This partnership has been a priority for our team...[We] are fostering a deep relationship with Pasqua Yaqui Head Start staff members and families, as well as the Pasqua Yaqui community. [We] have a staff member visit weekly to build trust, discuss priorities, and [talk about] ways to make the garden more culturally relevant... The garden is not only being used for traditional ceremonial gardening, but also as therapeutic engagement for students having a difficult time in the classroom. [We] asked questions such as, ‘What are your favorite things to do in the garden?’ and incorporated their answers while gardening with students.”

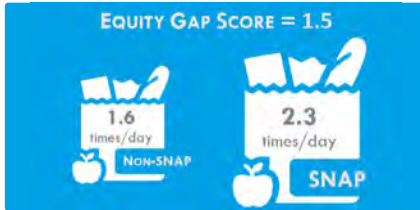
- University of Arizona Cooperative Extension, Pima County



State Equity Highlight

Equity Moves

An equity gap score represents how some groups may experience different conditions. The score is calculated by dividing the highest average outcome by the lowest across groups. A value greater than **1.0** may indicate an equity gap. The ideal score of 1.0 denotes no difference between groups.



At POST, SNAP recipients who participated in a SNAP-Ed lesson series reported higher daily fruit and vegetable intake than non-recipients. Non-SNAP recipients reported consuming fruits and vegetables **1.6** times/day, while SNAP recipients reported consuming these items **2.3** times per day, with an equity gap score of **1.5**.

In a separate evaluation, Arizona SNAP-Ed analyzed WellSAT data for potential equity gaps between local educational agencies with the highest and lowest rates of free-and-reduced-price lunch (FRPL) enrollment. Those with the highest FRPL enrollment were found to have slightly higher mean total, comprehensiveness, and strength scores than those with the lowest FRPL rates—a finding that suggests no equity gap in local wellness policy quality based on FRPL status. This may indicate that the National School Lunch Program requirements for local wellness policies played an important role in encouraging local education agencies to develop and maintain their policies.

Success Stories

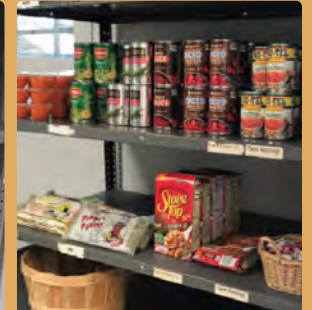
Spotlighting Trauma-Informed Approaches in Rural Food Pantries

“Our staff provides technical assistance to the Grand Canyon Food Pantry manager, such as how to display food items to look like a grocery store. As the food bank is in a historic building, even the smallest changes must be approved by the National Park Service. To be trauma informed, our staff continues to advocate for the removal of the cell bars and the latitudinal height marker [the building was once a jail] while educating volunteers on the importance of being trauma informed and removing potential triggers. For now, the height marker was covered by colorful posters.”

– Coconino County Human and Health Services



Grand Canyon Food Pantry Before



Grand Canyon Food Pantry After

A Synergistic Dance Between Policy and Education

In rural Greenlee County, the Duncan Unified School District’s Local Wellness Policy scored high for nutrition education and highlighted the role of SNAP-Ed by noting, *“Grades K-5 receive education in nutrition through the AZ Health Zone educator. The evidenced-based curricula are age appropriate and [include] a nutrition and/or gardening curriculum taught in conjunction with the school gardens.”*

“The third-grade students planted beets, one of the featured vegetables in The Great Garden Detective curriculum. Many students had never tasted beet tops and didn’t even know they were edible. After seeing the excitement and hearing positive comments from their classmates, the few reluctant tasters eventually tried everything!” – University of Arizona Cooperative Extension, Greenlee County

Arkansas' Approach

Arkansas' SNAP-Ed implementing agencies, University of Arkansas Division of Agriculture Cooperative Extension Service, University of Arkansas at Pine Bluff, and Arkansas Coalition for Obesity Prevention, use creative strategies to engage the SNAP-Ed-eligible population and support positive behavior change. Together, the three agencies provided comprehensive programming, including direct education, indirect education, and PSE projects. Arkansas SNAP-Ed partnered with local organizations and agencies to meet SNAP-Ed audiences in their communities in settings where people eat, learn, live, play, shop, and work to improve food access and nutrition security statewide.

Key Individual Impacts

University of Arkansas Division of Agriculture Cooperative Extension Service

Adults



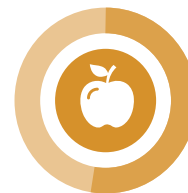
adults were reached.



of adults increased physical activity.



of adults increased vegetable intake.



of adults increased fruit intake.



of adults improved food preparation skills.

Youth



youth were reached.



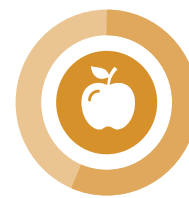
of youth increased knowledge of Arkansas foods.



of youth increased physical activity.



of youth increased vegetable intake.



of youth increased fruit intake.



of youth improved food preparation skills.

Teacher Survey



of teachers reported eating healthier and/or being more active themselves.



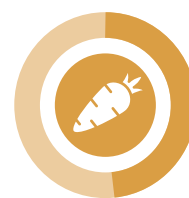
of teachers reported observing children eating more fruits and vegetables.



of parents reported their child talked to them about healthy foods.



of parents reported their child was more willing to try new foods.



of parents reported their family made positive dietary changes.

Community Impacts

Arkansas SNAP-Ed engaged with farmers markets, schools, commodity distribution sites, food banks, food pantries, early childhood care providers, and more. Implementing agencies engaged with local communities and used innovative ways to promote healthy choices. By engaging with the community, programs were able to increase their reach significantly in 2022.



Arkansas Coalition for Obesity Prevention Double Up Food Bucks Initiative

Double Up Food Bucks enables SNAP customers to receive a one-for-one dollar match when purchasing locally grown fruits and vegetables. Over 125 Arkansas farmers benefitted from the program in 2022.

54

locations

372

new SNAP shoppers

\$124,382

spent in combined
SNAP and Double Up
Food Bucks purchases

90%

of participants eating
more fruits and
vegetables as a family



80%

of farmers making
more money

"I used Double up for the first time! I got every kind of greens, three kinds of kale, spinach, mustard, turnips, lettuce. I blanched and froze all the greens and finished my last kale last night. Big help and big healthy bounds of fresh food."
— Farmers market shopper



Arkansas Coalition for Obesity Prevention's Go Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC) Program

The Go NAPSACC Program uses an online tool to help early childhood care providers promote healthy eating and physical activity in early care and education settings. Each provider chose the health outcomes for their centers. Successful facilities could apply for the "Growing Healthy Children" recognition and receive an incentive package.

109

programs in low-income communities

5,895

children served

295

early childcare educators
trained



18% increase in Go NAPSACC best practices met for physical activity



20% increase in Go NAPSACC best practices met for breastfeeding and infant feeding activity

"We used Go NAPSACC to set our goals and make a plan. We used the handouts to share with our families and trainings for our staff. Go NAPSACC is now a part of our monthly meetings and trainings."
— DeWitt Daycare

"We tried to implement as many new things as possible!! Tummy time is the best one I think we have tried - it has helped the babies so much!"
- Home Away From Home

Success Stories

University of Arkansas at Pine Bluff 1890 Cooperative Extension Program

Seniors Reduce Sodium Intake Through Healthy Food Preparation Classes

University of Arkansas at Pine Bluff SNAP-Ed conducted weekly food preparation nutrition education to the senior residents at St. John Alexander Tower's low-income housing apartment complex in Pine Bluff, Arkansas. The SNAP-Ed Extension program aide provided 25 participants with tips and healthy recipes they could prepare for themselves and their families. During the lessons, residents learned how to use salt alternatives, such as herbs and spices, to season their food. They also prepared recipes, allowing them to experiment with different seasonings without added salt.

"I had doubts about the hands-on recipes demonstrated during class because little or no salt was added to the recipes. However, after tasting the food, I was pleasantly surprised the recipe did not taste bad without salt; now, I prepare the recipes at home. The SNAP-Ed program aide taught me to embrace using different herbs and spices like parsley, basil, cilantro, garlic, and onion powder instead of salt. By not using salt, I went from taking two blood pressure pills a day to one and lost 30 pounds as well."

– SNAP-Ed participant

Summer Enrichment Cooking Sessions for Local Housing Development Youth

University of Arkansas at Pine Bluff SNAP-Ed conducted summer enrichment cooking sessions for youth ages 7-11 within a local housing community in Pine Bluff, Arkansas.

As a result of the two-week cooking sessions, 35 youth gained the following:

- Youth returned home with knowledge on healthy, kid-friendly snacks, food safety, the importance of measurements, reading a food label, and physical activity.
- Youth learned about vegetable production (tomatoes, sweet potatoes, and peppers) and planted their own flower, tomato, or sweet pepper plant, which they took home.



University of Arkansas Division of Agriculture Cooperative Extension Service

Empowering Food Citizens through a Coordinated SNAP-Ed Garden-Based Nutrition Education Program

University of Arkansas Division of Agriculture (UADA) Cooperative Extension Services SNAP-Ed Program partnered with 4-H Healthy Habits, Arkansas Discovery Farms, UADA Master Gardeners, and an elementary school in Northwest Arkansas to establish a school garden and implement garden-based nutrition education. SNAP-Ed personnel delivered nutrition education lessons during the school year using Pick-A-Better Snack and School Garden Lesson Plans curricula, reaching 893 students. “Garden Time” was incorporated into the school day, allowing students time to visit the garden. SNAP-Ed personnel participated in Parent Night events to share nutrition and gardening information with parents. Members of the School Garden Club worked in the garden and harvested produce during summer months. Local farmers and producers visited the school and shared their time and expertise with students.



- PSE change efforts included: initiated using the garden for nutrition education; provided opportunities for parents/students/community to work in the garden; initiated and maintained edible gardens; incorporated physical activity into the school day or during classroom-based instruction; incorporated physical activity/reduced sitting during usual, on-going site activities.

Gardening is a SNAP: A SNAP-Ed Garden-Based Nutrition Education Program for Arkansas Seniors

University of Arkansas Division of Agriculture Cooperative Extension Services SNAP-Ed partnered with a senior center in South Central Arkansas to implement a nutrition and gardening project. Monthly nutrition lessons using the Fresh Conversations curriculum were conducted by Cooperative Extension Services. Community volunteers built the raised-bed gardens, while seniors planted vegetables and herbs. The seniors learned to grow, harvest, and use vegetables grown in the gardens to prepare healthy recipes. They were also in charge of maintaining the garden, incorporating physical activity into their normal routines. Food demonstrations were provided using vegetables and herbs from the garden.



- 100% of senior respondents (n = 17) indicated they tried the recipes demonstrated in lessons at home, increased vegetable intake, and were more physically active because of garden-related activities.
- PSE change efforts included: initiated using on-site garden produce for meals/snacks; started using the garden for nutrition education; provided opportunities for community to access fruits and vegetables from the garden; initiated opportunities for community to work in the garden; initiated and maintained edible gardens.

Colorado's Approach

The goal of Colorado's SNAP-Ed program is to empower participants by providing skill-building and nutrition education opportunities along with other resources to make healthier food choices within a limited budget and choose physically active lifestyles that are consistent with the latest Dietary Guidelines for Americans. Colorado Department of Human Services worked in partnership with two implementing agencies, University of Colorado Rocky Mountain Prevention Research Center School Wellness Program and Cooking Matters™ Colorado. A statewide social marketing campaign delivered programming to the state with a special focus on strategies to increase reach with an equity, diversity, and inclusion lens. Colorado's conceptual model encourages using diverse programming options, including the use of technology, to reach more individuals. This year, Colorado SNAP-Ed continued to innovate in how it provided nutrition education to children and adults while maintaining strong relationships with the communities in Colorado.

Key Individual Impacts



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

MT1f



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

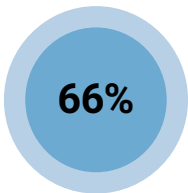
MT1m



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

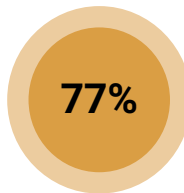
MT3a

Additional Individual Impacts



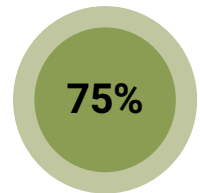
66% of participants who increased how often they eat fruits or vegetables.

MT1

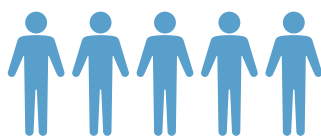


77% of participants who reported an increase in key food skills and strategies for making healthy food choices.

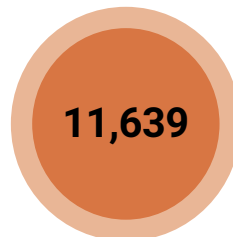
MT2



75% of participants who increased confidence for feeding themselves or their family with the money they have available.



10,224 adults were reached.



11,639 youth were reached.



Partnerships

8

coalitions that the Cooking Matters™ participated in.

165

organizational and multi-sector partnerships established or maintained by SWP (UCD).

Together, both implementing agencies, participated in more than

370

organizational and multi-sector partnerships.

197

unique partners engaged with Cooking Matters™



Healthy Retail Intervention

150,658

people reached

PSE changes were made or maintained at:

4

large retail sites

2

small retail sites



Social Marketing

361,000

SNAP-eligible Coloradans reached through the social marketing and outreach campaign

The social marketing and outreach campaign generated:

2.7M

impressions*

185,000

exploratory engagements*

*defined as clicks, video/GIF completions, web sessions, reactions, Facebook/Instagram saves, and interactions on the campaign's tips page) and 2K Active Engagements (defined as shares, comments, page likes, digital experience social shares, and recipe saves)

Other Highlights

Creating a Strong and Active State Nutrition Action Council in Colorado

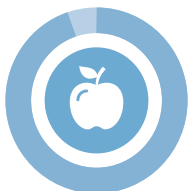
In FY 2022, Colorado worked to create a partnership with the Public Health Institute, Center for Wellness and Nutrition to support the Colorado SNAC to meet the USDA Food and Nutrition Services task to establish SNACs or similar councils focusing on improving food security.

For FY 2023, the SNAC has 13 members from different agencies and sectors. Colorado SNAC is working on providing a more in-depth training around nutrition security. The goal for this current year is to develop an initiative in nutrition security that can be implemented in FY 2024.

State Tribal Impact

Cooking Matters™ curriculum has become integrated as direct education opportunities into programs with both the Southern Ute Indian Tribe and Ute Mountain Ute Tribe in Colorado. Lessons are delivered through a train-the-trainer model to ensure that programs are delivered by trusted community members in a culturally responsive way.

Equity Impact



93% of participants reported they could relate to the Cooking Matters™ Colorado instructor.



Success Stories

SNAP-Ed in Corner Stores

Since 2015, Cooking Matters™ has partnered with the School Wellness Program to engage with Corner Stores in Metro Denver. Starting with the Denver Healthy Corner Store Initiative, Cooking Matters™ delivered Cooking Matters™ at the store tours tailored to this setting. Environmental changes were introduced in 2018 with the adoption of Double Up Food Bucks. In FY 2021 and FY 2022, flyers were placed in high-traffic areas of the stores, and store owners and community feedback drove the flyer messages. The program continues to expand these interventions, including creating small, ingredient-specific “nutrition nuggets” for placement around the stores.



Texting Program, Text2LiveHealthy, Helps Colorado Refugees Make Healthy Nutritional and Activity Choices

Text2LiveHealthy, a SNAP-Ed-funded text message program expanded to partner with a refugee-serving organization to adapt the intervention for refugees. Messages were adapted to address culturally sensitive topics such as dietary restrictions, traditions, and language barriers. Since launching, 425 refugees from seven communities have joined the program with a 10% opt-out rate. Evaluations revealed respondents ate more fruits/vegetables (82.8%), drank fewer sugary drinks (81.3%), and were more physically active (100%) because of the program.

Text2LiveHealthy®



Cooking Matters™ With Shining Mountain Health and Wellness

“Somer loved mixing ingredients together to create dishes for the class. Cutting up the food for each recipe also helped her with her math skills. Somer was amazed at what she could make. Cooking Matters™ was a good start for us. It was the right thing to do. I want all my kids to do it... My whole family benefited from it!”

- Lucinda, Shining Mountain Health and Wellness participant

Georgia's Approach

The Georgia SNAP-Ed program is made possible through a collaboration between the Georgia Division of Family and Children Services, HealthMPowers Inc., the University of Georgia, Open Hand Atlanta, and the Georgia Department of Public Health. Georgia's multi-layered approach connects nutrition education with PSE changes in early childhood education centers, elementary, middle, and high schools, out-of-school time settings, safety net clinics, community gardens, extension offices, farmers markets, faith-based organizations, food banks and pantries, food retailers, community-based organizations, and WIC clinics. During a recent strategic planning process, SNAP-Ed participants were asked why they participated in the program. Most participants were curious and wanted to learn more about it. Participants experienced changes and recognized the influence of the program in several areas of their lives. Healthy food choices, healthier eating habits, consistency in physical activity, food preparation, mindfulness of food intake, and labels at the grocery store were all outcomes the participants listed. Georgia SNAP-Ed aims to deeply engage with partners and participants to foster healthier communities.

Key Individual Impacts

Of direct education respondents:



30.90%

reported an increase in eating more than one kind of fruit.

MT1c



30%

reported an increase in eating more than one kind of vegetable.

MT1d



22.30%

reported a decrease in frequency of drinking regular soda.

MT1h



41.40%

reported more frequently using Nutrition Facts labels or nutrition ingredients lists.

MT2b

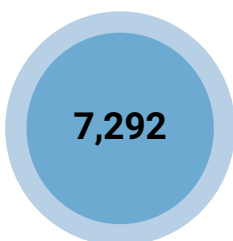


30.50%

reported increases in how often they compare prices before buying foods.

MT2h

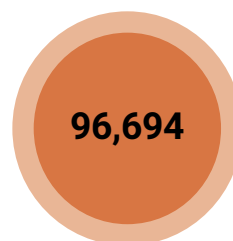
Additional Individual Impacts



7,292



adults were reached.

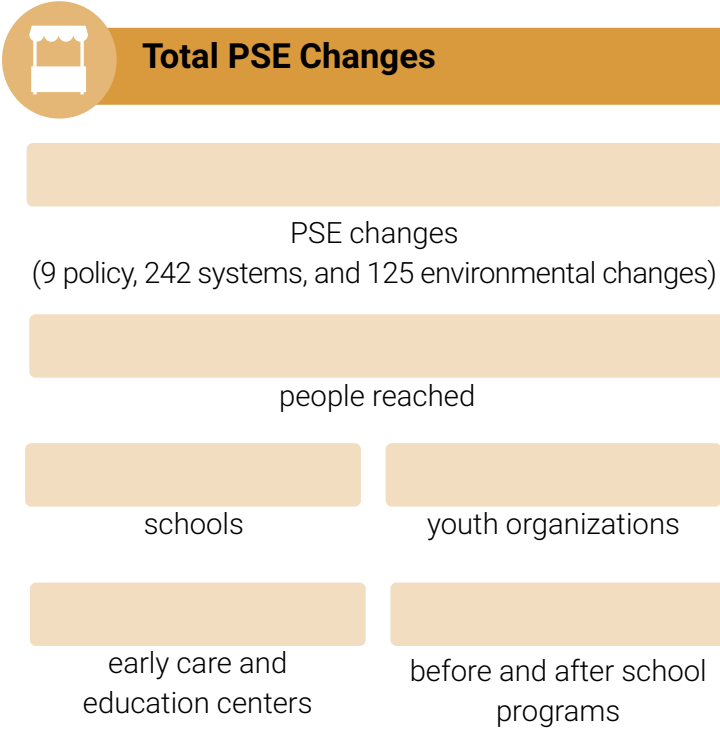


96,694



youth were reached.

Community Impacts



FARM Rx: An Innovative Approach for Increasing Access to Fresh Produce

Athens Food As Real Medicine Prescription (FARM Rx) program is a multilevel direct education and PSE change intervention providing produce prescriptions, health screenings, and nutrition education to medically underserved SNAP-eligible residents in Athens-Clarke County. Operating since 2017, the FARM Rx program is conducted through partnerships among University of Georgia SNAP-Ed, Athens Farmers Market, safety-net clinics, nonprofit organizations and other community-based organizations.

Based on interest and feasibility, 15 FARM Rx participants were selected to start raised garden beds at home. Crop selection was based on seasonality, ease of maintenance, skill level, and University of Georgia SNAP-Ed Food Talk and Food Talk: Better U recipes. Provided supplies included reusable fabric garden beds, small gardening tools, gloves, soil, soil amendments, and seeds. Interested participants who could not start gardens at home were given the opportunity to learn about gardening and receive hands-on experience at the Athens-Clarke County Extension office raised garden beds. Ways to sustain and expand the project are currently being explored and include plans to develop a community gardening toolkit for future cohorts.

"I noticed most of [the participants] had an interest in vegetables and...in gardening. They just didn't have the resources to do it and they didn't think that it was as accessible as it was. It was a great experience to see...they were picking up different agricultural methods and techniques along the way and understanding that nutrition had a lot to do with what they were doing...it was great."

Success Stories

Fighting Food Insecurity With Nutrition Education and Community Gardening



In FY 2022, the Georgia Department of Public Health (DPH) combined direct nutrition education with interventions that improve food access to SNAP-eligible Georgian adults. The DPH SNAP-Ed Community Garden Initiative improved access to fresh fruits and vegetables in local communities through partnership with community organizations. Garden sites provided the opportunity for community engagement, physical activity, and a sense of ownership of a common space. DPH partnered with eight community organizations to bring over 9,660 pounds of locally grown fresh fruits and vegetables to the tables of more than 3,500 SNAP-eligible households in Georgia. Nine community gardens were constructed and maintained by dedicated community members. Through the efforts of district SNAP-Ed coordinators, 21 partnerships with local organizations were established and maintained for direct nutrition education. DPH delivered 166 hours of direct nutrition education to 187 SNAP-eligible individuals. Using the Eating Smart, Being Active

curriculum, DPH SNAP-Ed coordinators employed both virtual and in-person modes of instruction in 167 direct nutrition education sessions.

"We want community members to know that our garden is a safe and open space where they can have access to fresh fruits and vegetables, engage in garden activities, and also learn how to grow their own crops at home and make healthier food choices." – Farmer Fredo

Passing the Plate: Cooking Classes Continue

A six-week Cooking Matters™ Nutrition Education class series was offered to the partnering HealthMPowers early childcare center, Early Childhood Learning Center (ECLC). This initiative was conducted with parents whose children attend the ECLC to help increase family engagement. The series consisted of making different healthy recipes and discussing topics such as shopping on a budget, stretching ingredients, and reading food labels.

Analysis of pre- and post-data from ECLC participants showed an increase in those meeting the dietary recommendation of consuming more than one kind of fruit and/or vegetable each day. Participants enjoyed the classes so much, they decided to continue community-led classes for the next three months. Parents and site staff led other ECLC family members in preparing new recipes such as spinach and fruit salad. The continuation of these classes without HealthMPowers' support demonstrates the commitment of the ECLC community in strengthening the nutritional skills and behaviors of their families.

"It makes me want to read all the labels. I'm always conscious of what I'm feeding the kids thanks to this class."
-ECLC Cooking Matters™ class participant

"The timely manner that the food was prepared in is great, I want to use some of the things and make it my own."
- ECLC Cooking Matters™ class participant

Achieving Health Goals Through Produce Prescription Programming

For over six years, Open Hand Atlanta has worked with community partners and healthcare agencies to organize and implement Produce Prescription Programs (PRx). In 2020 with the COVID-19 pandemic, Open Hand recognized the critical need to improve food access, nutrition, and health among rural communities in Georgia. The PRx program is a multi-component intervention that aims to alleviate food insecurity, improve healthy dietary and resource management behaviors, and improve health. The PRx program pairs direct nutrition education classes with a weekly produce box valued at \$25 for up to six months.

During the class, participants come together to cook a healthy meal with the instructors' guidance, which not only gives participants the opportunity to practice cooking skills but also provides a space to ask questions and engage with one another. Participants who remained engaged with the weekly class continue with the program by picking up produce weekly and attending monthly reunions. Though food security is the primary target of the intervention, numerous secondary outcomes, including improved energy, mental well-being, and social support have been noted by participants. To date, Open Hand has enrolled nearly 200 participants in South Georgia, providing a critical need for food, support, and knowledge in this often-underserved region.

"[Because of the program] my eating changed. I feel a lot better. More energy. More stamina. I just feel better now that I don't eat all that greasy food and fried food. I feel a lot better daily."
- PRx participant



Kansas' Approach

Kansas SNAP-Education, implemented by Kansas State University Research and Extension, supports low-resource Kansans by making the healthy choice the easy choice through a dual focus on nutrition and physical activity education and partnering with local and statewide organizations to improve PSE that support healthy behaviors. Kansas SNAP-Education focuses on preventing nutrition and activity-related chronic disease by implementing evidence-based strategies that improve food security and reduce health disparities. Kansas SNAP-Education serves over 50 counties and four federally recognized tribes.

Key Individual Impacts

Of adult and senior participants:



45% ate fruits more times per day.



44% ate vegetables more times per day.



51% exercised more days for at least 30 minutes.



55% planned meals more often before shopping.



48% made a list more often before shopping.

Additional Individual Impacts



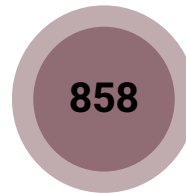
Walk With Ease seniors reported improved ability in carrying groceries and climbing one flight of stairs.
Mean increases 2.13 to 2.63.



Youth in grades 6 to 12 were physically active more days for at least 1 hour.
Mean increases 5.96 to 6.18.



Youth in grades 3 to 5 drank soda or pop fewer times.
Mean increases 3.41 to 3.65.



858 adults were reached with direct education.



3,688 youths were reached with direct education.



Community Impacts

Kansas SNAP-Ed uses community and public health approaches that reach a larger segment of the population. Efforts are focused in food pantries, schools, farmers markets, and community gardens. SNAP-Ed staff have worked with local partners, community members, and clients to increase affordable healthy food by implementing evidence-based solutions.



Farmers Markets

974

people reached

7

markets

9

changes adopted



Schools

249

people reached

6

schools

37

changes adopted



Community-Based Adult PSE Project

192

people reached

6

sites

22

changes adopted



Community Gardens

50

people reached

11

gardens

32

changes adopted



Food Pantries

497

people reached

9

pantries

26

changes adopted



Other Highlights

State Tribal Impact

Kansas SNAP-Ed in collaboration with the American Heart Association and the Sunflower Foundation support food system initiatives on or near the reservations of the four federally recognized tribes in Kansas. Community gardens help provide local foods when options are limited. Tribal Food Systems staff collaborated with interested tribes to provide raised garden bed materials, soil, seeds, and technical and planting support for gardens. Staff members also provided nutrition education classes to youth in two Boys and Girls clubs and an elders center.

State Equity Impact

Kansas SNAP-Ed worked to increase understanding and awareness of underserved audiences, challenge self-assumptions and beliefs, and provide resources to help communicate with stakeholders who have questions and/or misconceptions about low-resource audiences.

SNAP-Ed partnered with a Kansas State University sociology professor to lead and facilitate discussions on socialization, class, race, and diversity, which were strong themes in the books *Unequal Childhoods: Class, Race, and Family Life* by Annette Lareau and *\$2.00 a Day: Living on Almost Nothing in America* by Katherine Edin and H. Luke Schaefer. Staff read the books beforehand to prepare for the discussions. The discussions provided a safe space for staff members to react and reflect on their own beliefs and biases.

Success Stories

Walk With Ease Program Increases Physical Activity Levels Among Older Adults in Kansas

Older adults in Cherokee County Kansas are more physically active and walking their way to good health after participating in Walk With Ease provided by the Kansas SNAP-Ed program. For those with arthritis, engaging in physical activity can improve arthritis pain and quality of life. In 2022, the Kansas SNAP-Ed program started providing Walk With Ease, a six-week walking curriculum, which is a research-tested physical activity program that targets adults with arthritis or other chronic diseases. Walk With Ease participants attended three sessions per week for six weeks, 18 sessions in total.

During the sessions, participants learned how to exercise safely and comfortably. They learned safe stretching techniques and strengthening exercises, how to manage arthritis, set realistic goals for improved fitness, and walked for at least 10 minutes. A walking group was established in each program, and participants were encouraged to continue walking outside of the sessions. On average, participants reported increased physical activity levels by being active from two to five days a week. They also reported improvement in carrying groceries, climbing several flights of stairs, and walking more than a mile.



"I lost 12 pounds and have the ability to walk 30-45 minutes without stopping." – Walk With Ease participant



Guests at the Faith Market Choice Pantry Opting for Healthier Foods

Wamego Council of Churches food pantry converted to become the Faith Market Choice food pantry. This meant the pantry went from handing out a basic box of food to inviting pantry guests into a newly designated space where they could “shop” for the foods they would receive. The pantry used Create Healthy Choices PSE change intervention designed to improve the visibility and appeal of healthy choices for pantry users, leading to an increased selection of these healthy choices. Shelf signs were used to direct consumers’ attention to healthy options. Over time, the food pantry staff noticed changes in the foods guests are selecting.

“Guests are not choosing the high sodium prepackaged meal pouches we used to regularly put in the food boxes. The guests are choosing to opt for healthier foods.” - Faith Market manager

United Health Care Supports SNAP-Ed Nutrition Education for Kansas Medicaid (KanCare) Members

Kansas SNAP-Ed established a statewide partnership with United Health Care, one of three managed care organizations for Kansas Medicaid, and a multi-system referral system to a series of SNAP-Ed nutrition education classes for KanCare members. United Health Care’s goal was to improve overall client health outcomes and strengthen their knowledge and skills in choosing healthy foods and preparing nutritious and budget-friendly meals for their families. United Health Care committed to support Kansas SNAP-Ed with funding for nutrition education reinforcement items beyond the allowable dollar limit of SNAP-Ed funds, up to \$25 for a small kitchen equipment item for all clients who attended the full series of classes no matter their KanCare provider. United Health Care was dedicated to ensuring all class participants receive a kitchen equipment item to help reduce barriers to preparing nutritious meals at home. United Health Care also provided client referrals to the SNAP-Ed class series. As a result of the partnership: 20 face-to-face Create Better Health series were offered by eight local implementing extension units; six statewide online Create Better Health series were offered; and 105 participants completed the Create Better Health six-session series. Each participant who completed the series picked an small kitchen equipment item based on individual need to help participants prepare healthy meals at home. Examples of the kitchen equipment provided include electric skillets, slow cookers, and kitchen tool sets (whisks, rubber spatula, hot pads, etc.).



“My whole family has increased their vegetable intake! We are using the Create a Salad and Create a Skillet Meal that we learned in this class! I have been inspired by this class!” – Create Better Health class participant

Kentucky's Approach

Kentucky SNAP-Ed strives to influence nutrition behavior for a healthier Kentucky. In 2021, 15% of all Kentuckians and 19% of children under the age of 18 lived in poverty. With two implementing agencies, University of Kentucky and Kentucky State University, the program strives to adapt 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. In FY 2022, 19% more adults were reached with SNAP-Ed programs than in FY 2021, and 45% more youth were reached. Kentucky SNAP-Ed is focused 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



60%

of adult participants eat vegetables more often each day.



60%

of adult participants eat fruit more often each day.



28%

of adults showed positive change in whole grain consumption.



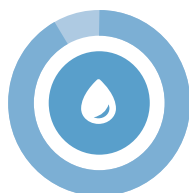
92%

of adults made a positive change in any food group.



91%

of participants showed improvement in one or more food resource management practices.



92%

of participants showed improvement in one or more food safety practices.



74%

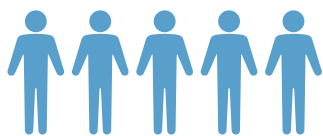
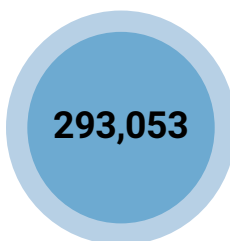
of adults showed improvement in one or more physical activity behaviors.



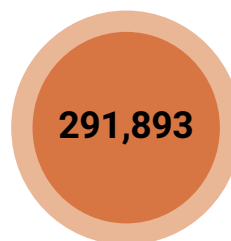
84%

of adult participants made small changes to be active more often.

Additional Individual Impacts



adults were reached.



youth were reached.



59%

of youth in grades 3-5 improved eating vegetables as a snack.



64%

of youth in grades 3-5 reported eating more vegetables.



72%

of youth in grades 9-12 were more physically active.



60%

of youth in grades 6-8 improved consumption of whole grains.

Community Impacts

Kentucky SNAP-Ed engages in PSE change and social marketing interventions to support communities throughout the state. The program strives 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 this, as does assisting farmers markets in Kentucky to accept food program benefits such as SNAP, Senior Farmers Market Nutrition and WIC Farmers Market vouchers. Additionally, providing direct education while working with community partners ensures that participants are able to access healthy options to make healthy food choices by connecting them to their local food system.



Cook Wild Kentucky

3,668

reached

3,661

pounds of venison donated

120

recipe tasting events held at Cooperative Extension offices and other venues

16,802

recipe cards distributed

Cook Wild KENTUCKY FISHING DAY

APRIL 8, NOON TO 4:30

Lake Pollywog at Piddle Park




FROM THE POND TO THE PLATE

Join us at Piddle Park in Dry Ridge for Cook Wild Fishing Day. Learn how to fish and prepare that fish to eat. Participants over the age of 16 will need a fishing license.

Those who preregister before April 5 by calling 859-824-3355 can receive a 1-day fishing license at no charge for April 8.

Other game licenses can be purchased at <https://app.fw.ky.gov/Solar/>

University of Kentucky College of Agriculture, Food and Environmental Extension Service

Cooperative Extension Service Agriculture and Rural Practices Family and Consumer Sciences 4-H Youth Development Community and Economic Development

Education only and for Kentucky Cooperative Extension Service. All events subject to change. In case of inclement weather, events may be canceled or postponed. Please check the website for updates. Kentucky State University is a Department of Agriculture and Kentucky Country, Kentucky.

1-800-777-4688





Senior Farmers Market Nutrition Program



90

seniors received vouchers; almost half (46%) had not shopped farmers market previously.

84%

of market vouchers redeemed, providing an additional \$3,600 in revenue to farmers.



Recovery Gardens



192

pounds of produce grown yielding, 694 cups of vegetables

\$399

of food savings for recovery centers

3

counties with substance use recovery centers

34

recovery center residents



Kentucky Farm to School Hub

25

agriculture producers registered in the system

59

schools registered in the system



University of Kentucky Nutrition Education Program Gardening and Food Preservation

77

grew a garden

31

first-time growers

91

home gardens including in-ground, container, and raised bed



1,224

quarts of fruit and vegetables preserved

Success Stories

Kentucky continues to rank among the most challenged states in terms of substance use and overdose deaths. Healthy Choices for Your Recovering Body (HCYRB) is a nutrition education curriculum for limited-resource adults in substance use recovery developed by the University of Kentucky Extension Nutrition Education Program and family and consumer sciences specialists. It was piloted in 20 Kentucky counties in 2021 and 2022. The series was completed by 383 participants. Participants showed statistically significant ($p < .05$) positive changes in knowledge of or confidence to change diet behaviors, use cooking skills, manage food resources, and increase physical activity after the HCYRB program. Participants also showed statistically significant ($p < .05$) positive changes in food safety knowledge. After participating in the program, 96% of the participants reported intentions to choose healthy snacks and eat more servings of fruit and vegetables. Post-pilot follow-up discussions with program implementers also found that substance use recovery facility administrators and other community partners were enthusiastic about offering a curriculum targeted specifically for those in recovery.



Recipes for Life Program Teaches Cooking Skills to Youth

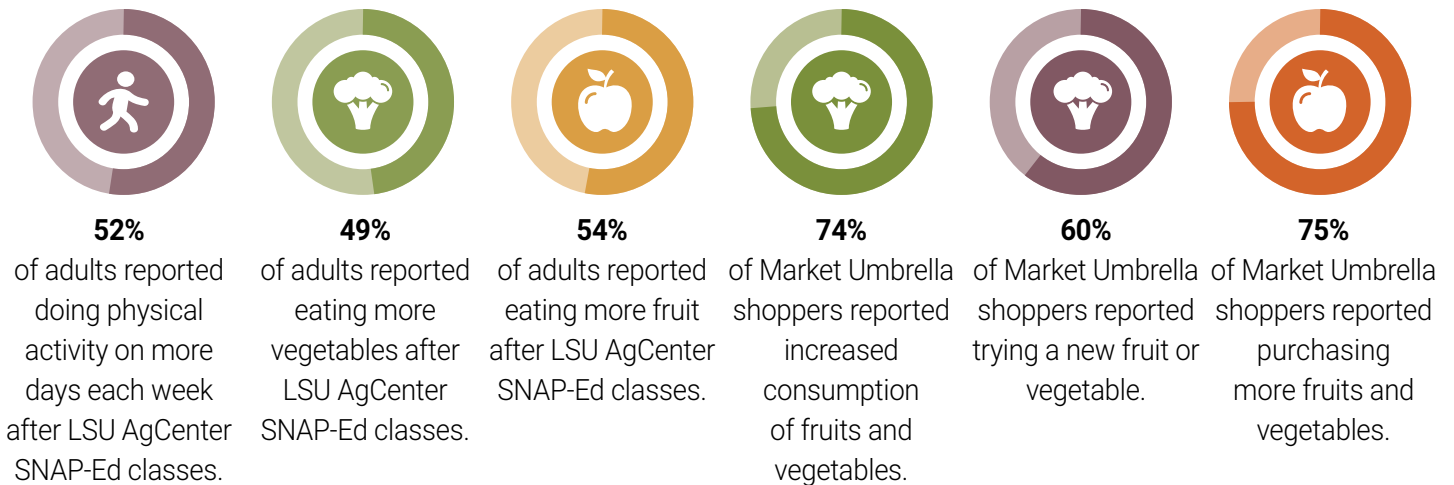
Obesity rates in Kentucky for youth ages 10 to 17 are the eighth-highest in the nation at 19.7%. The Recipes for Life Program is a hands-on cooking and nutrition education program for fifth-grade students. Students learn nutrition concepts, cooking and knife skills, and food and kitchen safety. Program goals include increased nutrition knowledge, greater cooking self-efficacy, and improved attitudes about cooking. With the help of volunteers, students prepare dishes and share a

meal. In FY 2022, 1,049 students participated in the RFL program. Outcomes included 85% of participating students planning to eat more vegetables and 87% planning to eat more fruits after the program. Also, 89% planned to help prepare food at home more often.

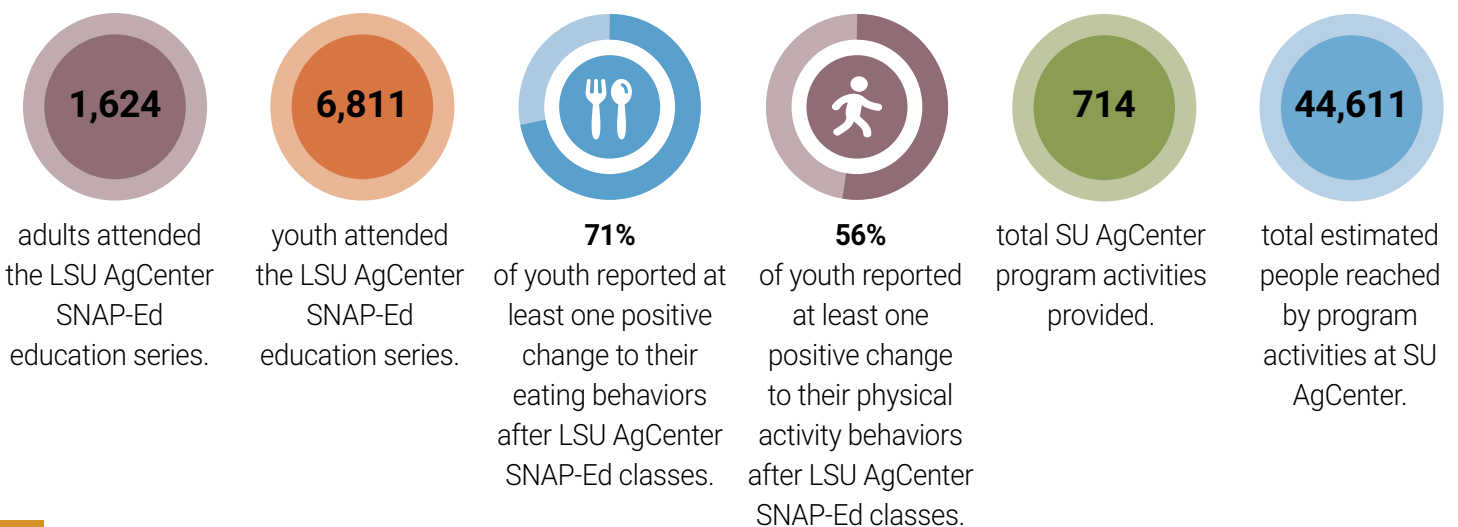
Louisiana's Approach

According to the Louisiana Department of Child and Family Services, as of December 2022, about 452,455 Louisiana households (or 1 in 5 residents) received SNAP benefits. According to the most recent information from the Center on Budget and Policy Priorities and the USDA FNS, almost 20% of the state population (924,000 individuals) receive SNAP, with 15.4% of participants living below the poverty line. Louisiana SNAP-Ed seeks to support Louisianans with limited resources through nutrition education, PSE work, and strategic partnerships in multiple settings. The five implementing agencies, Louisiana State University Agriculture Center (LSU AgCenter), Southern University Agricultural Center (Ag Center), Market Umbrella, SNAP-Ed Health Channel, and Feeding Louisiana, serve Louisianans in their communities by improving the availability and appeal of healthy food and physical activity.

Key Individual Impacts



Additional Individual Impacts





Community Impacts

Louisiana SNAP-Ed's community impact has improved through FY 2022. The SU AgCenter has focused on three community initiatives: Youth Cooking Heathy and Enjoyable Foods (C.H.E.F.) Camp, Growing Healthy, and Social Marketing. LSU AgCenter supported physical activity-focused PSE change interventions in 80 settings. Market Umbrella provided in-market activities through Market Match: It's a SNAP! encouraging SNAP shoppers to purchase, store, and prepare heathy food from the Crescent City Farmers Market.



Louisiana State University AgCenter

Physical Activity-Focused PSE Changes

22,871

individuals reached

69

settings

Walking Trail Sign Installations

25

locations

Community and School Garden Sites

23

gardens

Nutrition-Focused PSE Changes

80

settings



Market Umbrella

Market Match: It's a SNAP!

1,577,868+

impressions

1,200

visitors per market

3

farmers markets

11,687

electronic billboard displays

257,412

billboard views

5

indirect channels

41%

average newsletter open rate

96,600

radio listeners

368

visits due to geofencing



Southern University Ag Center SNAP-Ed

Southern University Ag Center Growing Healthy Gardens

This program initiated and expanded the use of gardening for nutrition education, established and improved nutrition policies, and provided access to healthier food to the local area(s).

378

adults reached

2,668

youth reached

54

active sites, schools, senior nutrition centers, food assistance sites, etc.

Southern University Ag Center Facebook LIVE Series

8,965

individuals reached

104

virtual lessons

Southern University Ag Center PSE Changes

146

community coalitions

831

partner organizations

30,458

individuals reached

State Equity Impact

The SU Ag Center's SNAP-Ed program has been in existence for more than 20 years and operates in 13 parishes throughout the state of Louisiana. Its nutrition education programs provide research-based nutrition education coinciding with the USDA Dietary Guidelines and MyPlate food guidance system. SNAP-Ed programs are available and innovatively tailored to meet communities' nutritional needs. During FY 2022, the nutrition education programs continued with the platform branding of "Healthy Living, Healthy Communities." Program successes include enrolling 30,458 participants and serving 101,200 contacts through direct and indirect education, social media, and billboards.



Success Stories

Annual Fall Festival in Madison County (Town of Waterproof)

Nutrition educator, Brittany Sims-Washington participated in a community event where she conducted mini-direct education lessons and provided other indirect education resources.

"The event turned out awesome! For direct education sessions conducted throughout the event, I used the SU SNAPshots magazine, along with two MyPlate curriculums. Participants were very engaging and requested additional information about the programming being offered at community sites. There were approximately 350 people in attendance at this event. Several contacts with community leaders were made, including the Gazette Newspaper which featured us and our work."

– Brittany Sims-Washington, SU Ag Center nutrition educator



C.H.E.F. Camp 2022 in East/West Carroll Parish

Nutrition educator, Theresa Sammons, along with area agent, Carolyn Robinson, conducted a Summer Youth C.H.E.F. Camp.



"East and West Carroll Parish C.H.E.F. Camp 2022 was a big success. All our participants were eager to learn and wanted to be hands-on. They learned about food safety, handwashing, and general cooking terms/measurements. The children really enjoyed learning and were very enthusiastic. As the camp progressed, the abilities and confidence of the children greatly improved. The camaraderie and team-building efforts were a joy to watch and be a part of. The experience and knowledge gained by these participants will be something they carry forward into their daily lives. This is something we strive for in our quest to impart healthy eating/lifestyles early on in their lives."

–Theresa Sammons, nutrition educator

When Life Gives You Lemons, Make Lemonade!

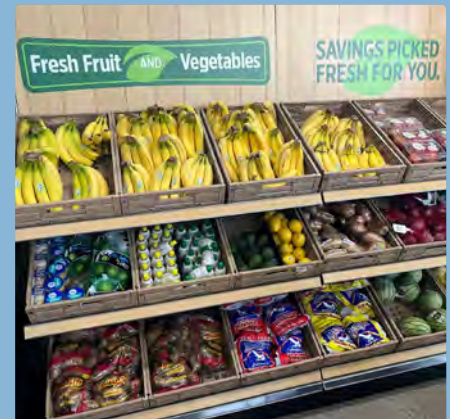
During the Tuesday market at Uptown Square, Market Umbrella hosted a tasting to highlight seasonal herbs in the market. The tasting was intended to be a hot tea tasting using fresh herbs, lemons, and honey from a few of the vendors. As implementation began, program staff realized that the hot plates were not working. There is the old saying, “*When life gives you lemons, make lemonade,*” and that’s exactly what they did. Market Umbrella switched gears and made an amazing rosemary lemonade using honey as the sweetener while remaining engaged with market shoppers. This challenge allowed the program to show participants that the same ingredients can be used in many ways—sometimes it just takes a little creativity.



LSU AgCenter Supports PSE Changes in Crowville

“Friends of Crowville,” a group of community leaders, organized a campaign to petition the Dollar General corporate office to add fresh produce and healthy snacking options to the Crowville Dollar General. At first, the correspondence from Dollar General was bleak, but with persistent encouragement, the renovation of the Dollar General store in Crowville came to fruition. The residents of this tiny community got what they asked for – a beautifully remodeled store with a produce section! The LSU AgCenter started a Healthy Communities Coalition in Crowville, Louisiana, with the first forum in April 2022. The number one challenge the forum participants specified was access to healthy food.

Moving forward, the plan for Crowville is to implement “Geaux Shop Healthy” at not only the Dollar General store but also at a local convenience store frequented by local SNAP participants.



The Crowville, Louisiana, Dollar General is now carrying fresh fruits and vegetables thanks to the Healthy Communities efforts of the LSU AgCenter and SNAP-Ed.



We’re Putting Healthy and Treat in the Same Sentence

The Market Umbrella program wanted to offer shoppers healthier alternatives to fulfill their December holiday sweet tooth cravings. Chef Kim Dejan of the *KD’s NOLA Treats Bakery* demonstrated how to make homemade crepes using simple ingredients: almond milk, eggs, Truvia, fresh strawberries (an item available and in season at the market), and low-fat whip cream. Every shopper raved about how simple yet tasty they were! Participants who engaged in the cooking demonstrations were more likely to try the recipe at home and give other new things a try.

Mississippi's Approach

Mississippi's SNAP-Ed, implemented through Mississippi State University Extension, uses a comprehensive approach to reduce obesity and diet-related chronic diseases and improve the quality of life for SNAP-eligible Mississippians. Evidence-based strategies are delivered through nutrition education with youth and adults and partnering with local and statewide 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



32% of youth reported increased vegetable intake.

MT1m



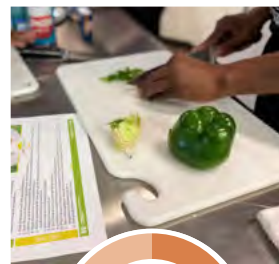
36% of youth reported increased fruit intake.

MT1m



37% of youth reported increased physical activity.

MT3



87% of adults reported increased healthy food preparation.

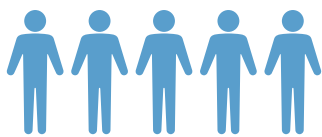
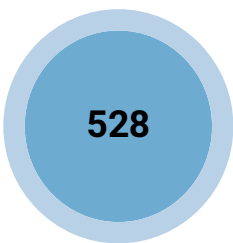
MT2



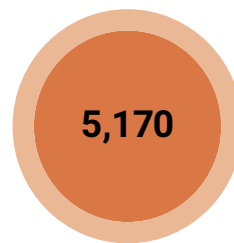
61% of adults reported an increase in how often they eat fruit or vegetables.

MT1; MT1m

Additional Individual Impacts



adults taught in **221** sessions.



youth taught in **1,924** sessions.



After a six-week course, **69%** of adult graduates reported an increase in key food skills and strategies for making healthy food choices.

MT2h; MT21m; MT2m



After a six-week course, **81%** of adult graduates reported an increased confidence in buying and preparing healthy foods for their family.

MT2a



31% of youth reported an increase in water consumption.

MT1g

Community Impacts

Mississippi's SNAP-Ed works to improve healthy food access through PSE efforts focused on schools, gardens, farmers markets, and emergency food sites. As a result of PSEs, SNAP-Ed partners adopted 57 PSE supports. The statewide social marketing campaign, *HappyHealthy*, had over **4 million** impressions.



HappyHealthy Schools



11,901

people reached

22

schools



Edible Gardens



2,613

people reached

14

14 gardens



HappyHealthy Social Marketing



ALL GREAT CHOICES



4,291,456*

impressions

82

counties

**The HappyHealthy social marketing reach was determined using analytics which defines impressions as the measure of reach. This is the only measure reported by these platforms. Only the highest number of impressions was reported to avoid duplications across the various platforms.*

Other Highlights

State Nutrition Action Council Highlight

Mississippi's SNAC focuses on food and nutrition security to increase access to healthy foods. Members represent the following departments: Agriculture and Commerce, Education, Extension, FDPIR, Human Services, Health, WIC, and food banks. The SNAC collects data to inform the Emergency Food Assistance Program regarding clients' preferences and builds collaboration among agencies for collective impact.

State Tribal Highlight

Implementing SNAP-Ed with the Mississippi Band of Choctaw Indians includes planning, direct education with youth, and *HappyHealthy* Schools. The community wellness planner met with representatives from FDPIR, Choctaw Fresh Produce, and Choctaw Schools on ways to collaborate.



Food Tastings and Demonstrations



9,481

people reached



Success Story

Engaging Youth in Food Preparation, Nutrition, and Physical Activity

Fun With Food is a hands-on food, nutrition, and physical activity curriculum introducing youth to new foods and cuisines, food preparation skills, kitchen safety, and being active. Participants in grades 4-6 reported increased fruit and vegetable consumption; acceptance of new fruits and vegetables; and increased kitchen safety skills and knowledge (including stovetop, oven, knife skills, and recipe reading).

Students:

- *"Now I know how to peel fruit!"*
- *"I really liked when we went in the kitchen to cook. I learned that there is a LOT of sugar in soft drinks!"*

Parents:

- *"My son loves cooking in the kitchen at home and he has learned so much from this class. He inspires to be a chef one day. This is why I signed him up for Fun With Food. I knew he could hone his cooking skills through this class."*
- *"Emily is teaching the whole family to be healthy."*

Partner:

"We thoroughly enjoyed having you all teach the Fun With Food ...and are looking forward to the next class! It was a huge hit with the parents!" - Library manager

Volunteer:

"It was a joy working with everyone. I think this is an important class because children need to know how to cook so they can take care of themselves later in life. I had fun helping out with the class and being present for graduation. It was my pleasure and am happy to volunteer again."



Missouri's Approach

University of Missouri (MU) Extension is dedicated to providing research-based nutrition education to Missouri's SNAP recipients and eligibles. Using the socio-ecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

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

Key Individual Impacts



76% of adults ate more fruits or vegetables.*



54% of adults reported 30 minutes of daily exercise.*



73% of adults planned meals or shopped with a grocery list.*

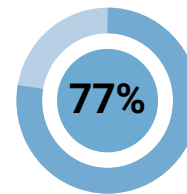
Additional Individual Impacts



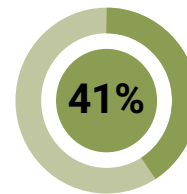
7,794 adults were reached through direct education.



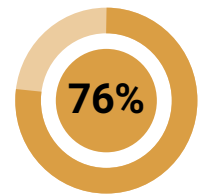
54,257 youth were reached through direct education.



77% of youth ate fruits or vegetables most days or every day.**



41% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days.**



76% of youth reported almost always washing their hands before eating.**

*statistically significant improvement, retrospective pre-post: $p < 0.05$

**statistically significant improvement, pre-post: $p < 0.05$

Community Impacts

Missouri's SNAP-Ed program is active at places where SNAP recipients and eligibles 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. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related conditions.



Eat

25,830

people reached

74

elderly service centers
(senior centers, senior
nutrition centers)
reached



Live

173,069

people reached

30

churches
or places of
worship

36

public/
community
health centers

15

public housing

16

shelters

12

community action
agencies

10

adult rehabilitation
centers



Learn

218,755

people reached

313

schools

78

afterschool or
other youth
education sites

49

Head Start programs

13

libraries

2

Extension offices

3

WIC programs



Play

42,735

people reached

20

community centers,
recreation centers, and
parks



Shop

129,723

people reached

258

emergency food assistance sites (including food pantries and food banks)

15

food stores

10

farmers markets



Work

4,898

people reached

7

SNAP offices (as program site)

10

adult education and job training sites

2

worksites

Success Story

Healthier Options at Parks

"I recently finished working with a small group of women at a low-income housing community for seniors in Madison County. Each participant was very eager to discuss different ways to be more active in their daily life and incorporate more fruits and vegetables into their diet. During one of our sessions, we tasted the Cinnamon Grape Salad recipe. One of the participants normally does not like grapes, but she liked them in this, so she took a copy of the recipe home and made it for herself as a way to eat more fruit. Another participant danced to music at home and parked her car further away at the grocery store so she got some more steps in—both of which were ideas we discussed in class to increase our physical activity. She even did the physical activity DVD at home! During our last session, all the participants shared that they were more mindful now of how many fruits and vegetables they eat, in comparison to before they participated in these sessions."

—Emalie Davis, Madison County SNAP-Ed educator

Other Highlights

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 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
- Child care
- Worksites
- Ad Hoc: Healthy Weight Advisory Committee

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

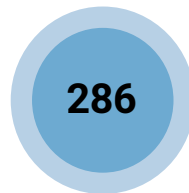
For more information, please visit <https://extension.missouri.edu/programs/mocan>.



Designated Healthy
People 2030
Champion



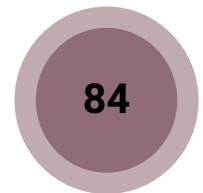
in external funds
to support MOCAN
efforts



participants at
4 conferences



volunteer hours
contributed to
MOCAN, valued
at approximately
\$19,247.22



new members

Montana's Approach

Montana State University Extension's *Buy Eat Live Better* program, funded in part by the SNAP-Ed program, continues its priority to promote healthy eating and an active lifestyle among adults and youth with limited resources around the state through approaches that work for Montanans. Montana's SNAP-Ed program provides free in-person and virtual education options that enhance fundamental cooking skills, healthy food choices, and physical activity. In FY 2022, *Buy Eat Live Better* offered 10 evidence-based nutrition and physical activity curriculum options to support Montanans from ages 3 and up with the curriculum that works best for them.

Key Individual Impacts

Of adult participants:



45% increased daily fruit consumption.



49% increased daily vegetable consumption.



63% were more physically active.



74% improved food safety practices.



78% improved food resource management practices.

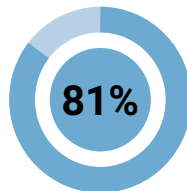
Additional Individual Impacts



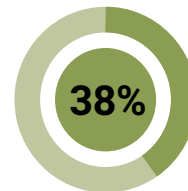
370 adults attended nutrition classes.



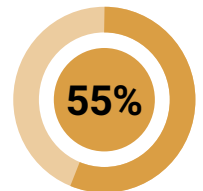
4,167 youth attended nutrition classes.



81% of youth improved their knowledge or ability to choose healthy foods.



38% of youth improved their physical activity knowledge or practices.



55% of youth improved their food safety knowledge or practices.

Community Impacts

Montana’s SNAP-Ed program, Buy Eat Live Better, works with a network of local and statewide partnerships to improve healthy food access and physical activity opportunities through collaborations with food pantries, community gardens, farmers markets, schools, and other places where people shop, eat, play, learn, work, and live. In an effort to reach more Montanans with nutrition and physical activity education as well as enhancing opportunities to choose healthy food and a physically active lifestyle, Montana’s *Buy Eat Live Better* program increased the number of local and statewide partnerships in FY 2022 to a record number of 217.

Double SNAP Dollars

\$3,390 **25%**

in coupons distributed in nutrition classes of coupons redeemed

20

farmers markets or other vendors approved to implement Double SNAP Dollars and accept SNAP-Ed nutrition class coupons



Making or Sustaining Healthy Eating and Physical Activity Changes Where People Eat, Live, Learn, Work, Play, or Shop

26,600 **56**

Montanans reached PSE changes to support health

Food Bank and Community Gardens

12

projects related to food banks or community gardens that increased capacity for Montanans to make healthy food choices

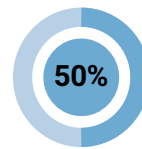
State Tribal Highlight

In FY 2022, Montana’s State University Extension and SNAP-Ed partnered with Montana State University’s Center for American Indian and Rural Health Equity (CAIRHE) to deliver a novel curriculum tailored for American Indian families with young children. The curriculum, Turtle Island Tales, is intended for youth ages 3-8 to complete with their caregivers at home. Each month for 12 months, a lesson kit related to improved nutrition, physical activity, reduced screen time, and other wellness behaviors was mailed directly to 57 families from the Blackfeet Reservation. The at-home lessons eliminate transportation barriers for education and create opportunities for caregivers and young children to learn together at their own pace. Through its strong partnerships with Montana State University Extension and CAIRHE, Montana SNAP-Ed has a long-term goal to expand the curriculum to other tribal nations and American Indian families in Montana.

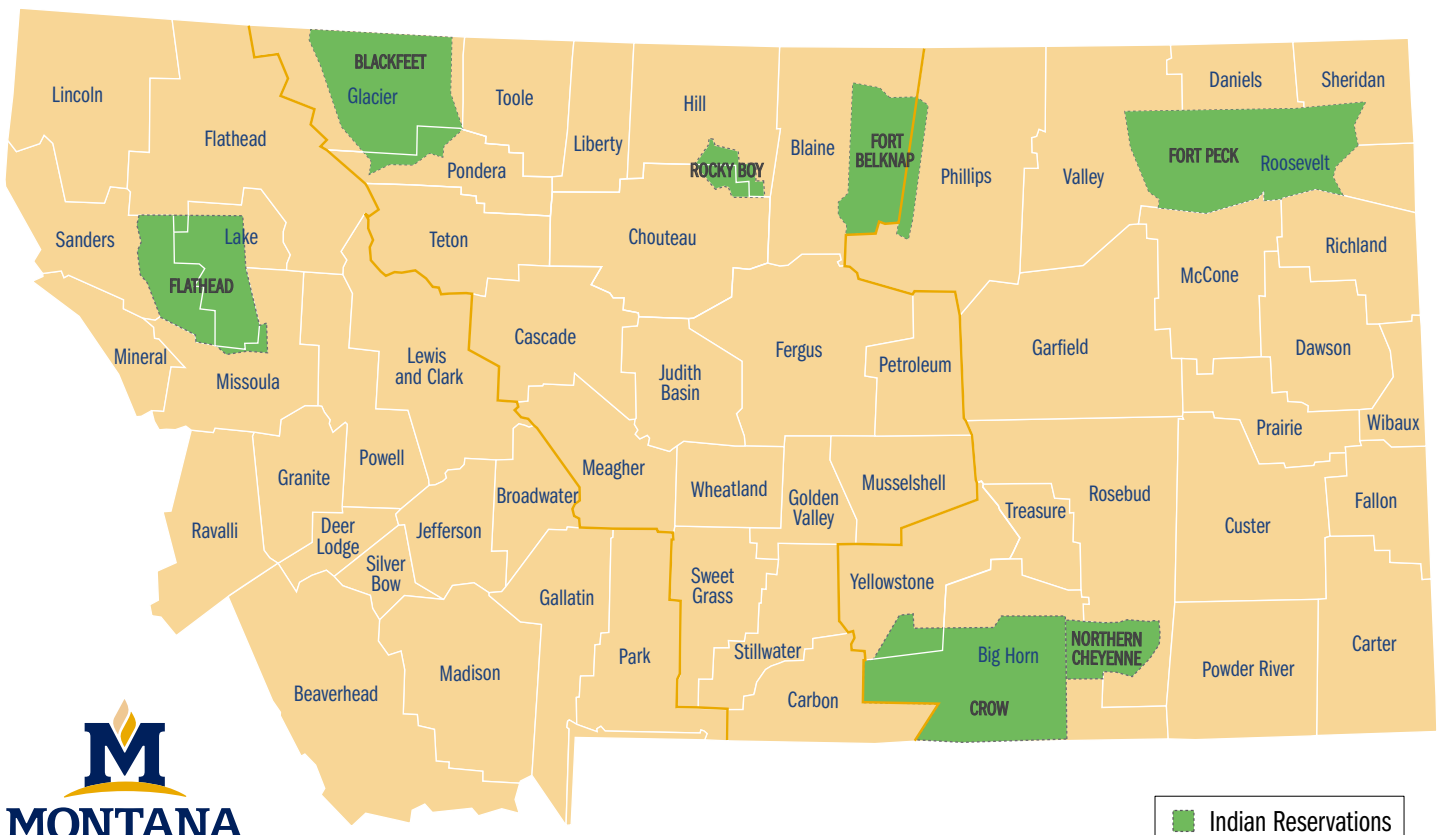


Equity Impact

In Montana, **34%** of American Indians are living in poverty. Additionally, counties that overlap with Indian reservations are often food deserts. To equitably distribute SNAP-Ed funding to areas that need it the most, over



of SNAP-Ed instructor time and support was allocated to the seven overlapping reservation and county regions.



Success Stories

Growing Together Montana

SNAP-Ed partnered with Montana State University Extension’s Master Gardener Program to support food security in Montana through community garden projects that provide fresh produce, gardening opportunities, and free nutrition education for residents with low income. In FY 2022, garden projects in four communities flourished through partnerships between 17 agencies. By the end of the growing season, over 1,600 pounds of produce was available to families with low income and 2,626 Montanans received nutrition education associated with the garden project.



For example, one of the four gardens supported clients in eating more produce by increasing the fresh veggies available at the local food pantry and providing education on preparation techniques. Since the garden was established in 2021, pantry and project staff have observed a steady increase in the quantity of produce selected by clients while shopping at the pantry.

SNAP-Ed Promotion of Double SNAP Dollars and Coupons

Double SNAP Dollars allow shoppers to stretch their SNAP dollars, increase their fruit and vegetable consumption, and support local agriculture. SNAP-Ed nutrition classes offer coupons to be exchanged for additional Double SNAP Dollars at participating vendors, which allows class participants to purchase even more produce and put into practice what they learn in class. This partnership increases the Double SNAP Dollars’ impact while incentivizing attendance at SNAP-Ed classes—a win-win!



In FY 2022, SNAP-Ed, the Expanded Food and Nutrition Education Program, and the Community Food and Agriculture Coalition (CFAC) worked together to distribute \$3,390 in coupons to SNAP participants across the state while supporting 20 farmers markets or vendors in accepting Double SNAP Dollars and the nutrition class coupons.

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-level obesity prevention services to persons eligible for SNAP-Ed. In FY 2022, Nebraska SNAP-Ed reached 63,517 individuals through direct education, environmental strategies, and indirect education. Adults participated in Eating Smart Moving More classes, which resulted in improvements in nutrition and physical activity-related behaviors. Youth participated in nutrition and physical activity-related programs and showed positive intentions, knowledge, and behavior changes in nutrition and physical activity. Implementing The Dish: Real Talk About Food social media campaign increased indirect education reach. PSE strategies were offered through the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC), Growing Together Nebraska, and Double Up Food Bucks.

Key Individual Impacts

Of adult program graduates:



27% increased fruit intake.



34% increased vegetable intake.



26% increased physical activity.



41% improved using the Nutrition Facts label to make food choices.



36% compared food prices when grocery shopping.

Additional Individual Impacts



3,058 adults were reached.



13,807 youth were reached.



50% of youth plan to eat the recommended amount of fruits and vegetables.



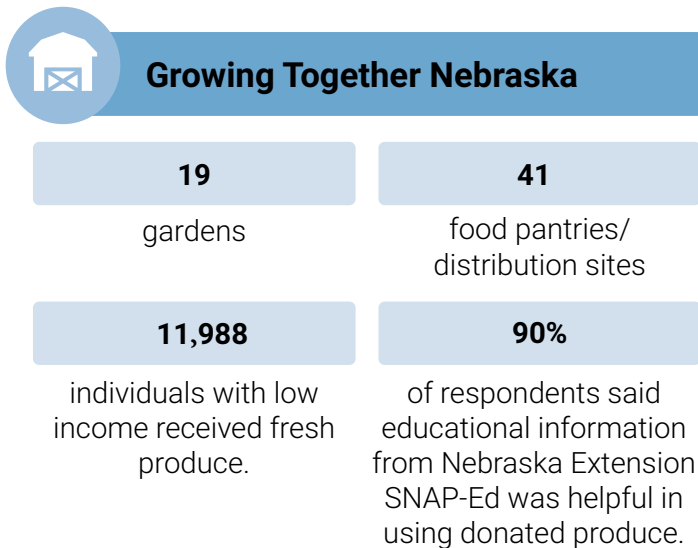
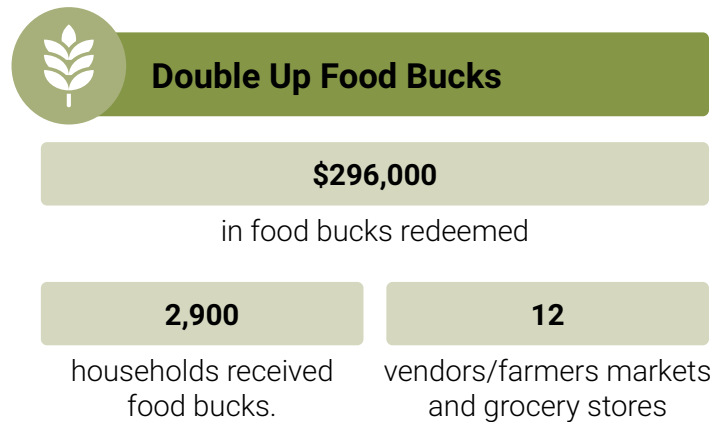
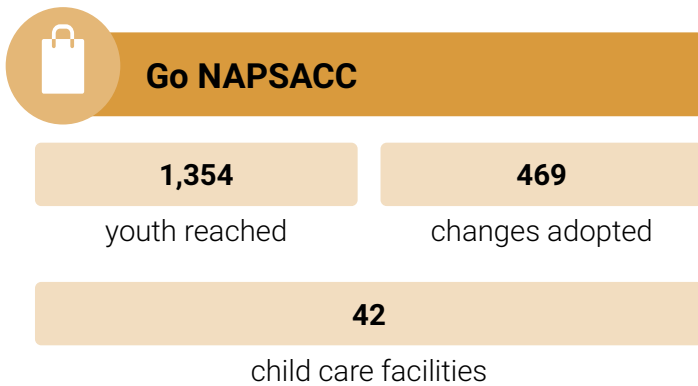
42% of youth plan to drink less sugary drinks.



73% of youth plan to stay physically active.

Community Impacts

Nebraska SNAP-Ed worked with community-based environmental projects within three main areas. 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 project increases access to fresh fruits and vegetables in food pantries. The Double Up Food Bucks program is focused on food access in Nebraska and helps SNAP participants extend their food resources by purchasing additional SNAP-qualifying foods. SNAP-Ed reached 19,180 Nebraskans through PSE work.



Success Stories

Partnering to Provide Produce to Those in Need in Western Nebraska

"Folks are thrilled to be getting garden fresh tomatoes and cucumbers in the summer. They keep asking for more!" - Growing Together Nebraska partner

A high volume of families in the community are food insecure. With increasing grocery costs and limited selection from food pantries and churches, fresh produce can be difficult to obtain. The Growing Together Nebraska project in Gering has established key partnerships with local Extension master gardeners and the Community Ever Green Garden. Extension master gardeners and community volunteers spent many hours each week planning, planting, watering, weeding, harvesting, and managing the garden. Nutrition education was provided to recipients through classes and handouts that taught clients how to select, use, and store available produce.

Growing Together Nebraska grew and delivered 1,506 pounds of fresh produce that was shared with 169 individuals through partnerships with First Baptist Church of Scottsbluff, Gering United Methodist Church, and Healthy Blue (Scottsbluff). Gering United Methodist Church set produce out for families to select when attending their soup kitchen meals. Healthy Blue encouraged clients to take and enjoy produce when they visited their Welcome Room. The First Baptist Church in collaboration with local grocery stores put together food boxes that were distributed to nearly 20 families in need each week. Produce from the garden was included during the growing season. This year, they were able to distribute 666 pounds to those families. The coordinator shared that the families were especially excited when they received fresh cucumbers and tomatoes.

"They're the most popular produce - you can't beat fresh cucumbers and tomatoes. The food boxes also included beets, turnips, and an assortment of hot peppers. A lot of folks underestimate how important having you all growing this produce for us to use is. It's always great to be able to include it in the boxes for families to have."



The Dish: Real Talk About Food Encourages Healthy Eating

Nebraska SNAP-Ed has Facebook and Instagram pages for The Dish: Real Talk about Food project. The main goals are to promote The Dish website, share resources and information for families, and foster relationships with adult followers. In FY 2022, the Dish social media pages reached over 9,600 and 34,000 users, respectively. As a part of the social media strategy, 16 fresh produce recipe videos were created and shared as videos or reels across multiple social media accounts and community organizations. The purpose of the videos was to generate more interest in purchasing local seasonal items from the market, promote fruit and vegetable consumption,

and demonstrate safe preparation practices. The videos resulted in over 700 likes, reactions, comments, and shares. Special attention was given to Spanish-speaking followers by sharing and providing content in Spanish in addition to English.



Improving the Healthy Eating and Physical Activity of Children in Child Care

Go NAPSACC is a process for childcare providers that supports children's healthy eating and physical activity. Childcare providers participating in Go NAPSACC complete a pre-self-assessment and with the help of a Go NAPSACC consultant, they develop goals to improve best practices in the areas of breastfeeding and infant

feeding, child nutrition, infant and child physical activity, outdoor play and learning, and screen time. A childcare provider in central Nebraska that serves Spanish-speaking families and children improved best practices in her childcare center from 66.4% pre-assessment to 95% post-assessment. The child care provider and the Go NAPSACC consultant worked together to make changes to improve best practices, create policies for her center, and provide professional development for the center staff. A major improvement within her center was starting family style dining. Family style dining is considered a best practice when eating with children. It involves sitting at the same table with young children in small groups, with the children serving themselves when possible. The provider said, *"It is in my heart to provide the best care to the children. They need to know information before going to preschool or they will be far behind their peers."* The improvements she made during the Go NAPSACC process also helped improve her rating in the Nebraska Step Up to Quality rating system. The child care provider said, *"I appreciate the service attitude of my Go NAPSACC consultant, it helped me a lot to learn and will implement all the information that she provided me. And thank you because some of the information was in Spanish."*

Addressing Cultural Relevance in SNAP-Ed programs

Nebraska SNAP-Ed has been focused on meeting the needs of Nebraska's diverse population, specifically Middle Eastern and Native American Nebraska residents. New Middle Eastern recipes were tested, adjusted, and shared on the website and with partners to further provide culturally relevant materials to the Yazidi population in Lincoln, Nebraska. In collaboration with the Native American Coalition, steps were taken to adjust nutrition education programming and recipes used to address cultural relevance and traditional indigenous practices. In-person classes were delivered at Urban Indian Coalition for seven weeks and showed improvements in all intervention areas. After program completion, participants were less likely to run out of food, more likely to plan meals, increased their daily fruit and vegetable intake, and decreased their sodium intake. In addition to in-person classes, online Native Nutrition Training was designed to expand the reach to Native families across the state. The online training uses the Indigenous medicine wheel as a model to focus on the four directions for healthy eating: nutrition education, food preparation and safety, cooking and recipes, and food preservation.



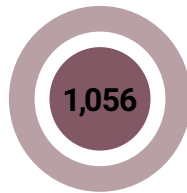
New Mexico's Approach

New Mexico SNAP-Ed's priority is to promote healthy eating and an active lifestyle, specifically among low-income populations around the state. Approximately 1 in 5 or 18.4% of New Mexicans fall below the poverty line, significantly higher than the national average of 13.4%. Poverty in New Mexico is even greater among children (under age 18) at 23.9% compared with 16.9% nationally. In FY 2022, New Mexico had seven implementing agencies delivering programming around the state to audiences ranging from children to seniors. They collaborated to conduct virtual and in-person direct education, a social marketing campaign, and PSE efforts to deliver programming throughout schools, senior centers, WIC clinics, Commodity Supplemental Food Program locations, Emergency Food Assistance Program distribution sites, etc.

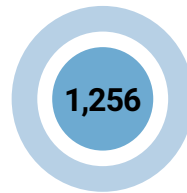
Key Individual Impacts



80% of teachers reported Kids Cook! education helped students identify healthy food choices from each of the five food groups.



1,056 students from five schools participated in the Eat Smart to Play Hard Tribal Initiative.

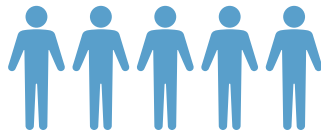


1,256 Kids Cook! classes were taught, with **4,730** students and **261** teachers.

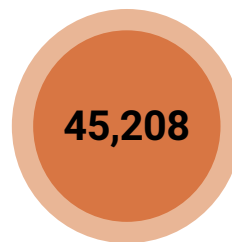


1,561,916 were exposed to the SNAP-Ed program.

Additional Individual Impacts



20,310 adults were reached.



45,208 youth were reached.

Community Impacts


New Mexico's SNAP-Ed collaboration among implementing agencies and community partners was an opportunity to expand program reach and participation through innovative ways. New Mexico applied direct education, social marketing, and PSE efforts which included, but were not limited to, in-person learning, virtual cooking, school and community gardens, early childhood centers, Sprouts Markets, FDPIR, and other assistance programs. The use of online technology platforms like Zoom, YouTube, Facebook, and Instagram allowed continued programming and adaptation to meet the needs of the communities. Tribal initiatives also resumed with the re-opening of tribal communities for the first time since the start of the COVID-19 pandemic.

Eat Smart to Play Hard




630,876	40
people reached	schools
13	
counties	

Cooking With Kids



43,005
people reached
1,164
classes taught
2
school districts

Kids Cook!



1,593
participants
20
virtual family cooking nights
685
take home meals
220%
increase in Family Cooking Nights participation since FY 2021

Healthy Kids New Mexico



9	9
counties	counties
2	2
tribal communities	tribal communities
130,342	
people reached	



Child Health Initiative for Lifelong Eating and Exercise (CHILE Plus)



15,207

estimated reach

96

CHILE Plus participating Head Start or licensed care centers

80%

classrooms reported at least 30 minutes of structured physical activity.

35.3%

classrooms reported at least 60 minutes of structured physical activity.



Cooking with Kids—Superchefs and Farmers in the Schools

38

participating chefs

25

participating farmers and partner organizations



Las Cruces Public Schools



4,250

estimated reach

32

schools

7

gardens



Ideas for Cooking and Nutrition



725,698

estimated reach

158,055

New Mexicans reached via direct education through series classes, single sessions, and community activities.

State Equity

Las Cruces Public Schools serves a diverse population of all backgrounds, border town populations, and military bases in 40 schools. Las Cruces Public Schools has formed a partnership with SNAP-ED implementing agency New Mexico State University's Ideas for Cooking and Nutrition program to provide direct education and PSE opportunities encouraging behaviors related to healthy eating and using locally sourced foods. Las Cruces Public Schools has also partnered with La Semilla Food Center, New Mexico State University Doña Ana Cooperative Extension, and FoodCorps to support multiple school gardening and composting programs with training, mentorship, implementation, and maintenance in 10 school sites.

State Tribal Highlight

CHILE Plus Works With Seven Tribes

CHILE Plus is an evidence-based nutrition education and obesity prevention program among SNAP-Ed-eligible Head Start programs across New Mexico. CHILE Plus has increased the exposure and opportunities to acquire fruits and vegetables, whole grains, low-fat dairy products, water, and physical activity in Head Start centers and tribal communities. They've accomplished this through:

1. Expanding into additional early childcare centers.
2. Expanding in classroom cooking and physical activity lessons.
3. Offering on-site and virtual professional development trainings.
4. Providing ongoing technical assistance via phone or email.
5. Collaborating with CDC-funded obesity prevention grant programs on physical and nutrition activities aligning with the state SNAP-Ed goals instituting PSE changes.



Tribal community partners with CHILE Plus include: San Ildefonso Pueblo, Nambe Pueblo, Zia Pueblo, Cochiti Pueblo, Pueblo of Acoma, Santa Ana Pueblo, and Pueblo of Laguna.

Success Story

New Mexico Grown Chile Award Ceremony

The New Mexico Grown Coalition is a network of public institutions, community-based organizations, and individuals collaborating to strengthen community food systems across New Mexico. The coalition provides diverse leadership for the New Mexico Grown movement, supporting local farmers and producers through the alignment of resources, professional development training, and networking opportunities. It also advocates for systemic change and stewardship of community food system resources, and services to ensure equitable impacts for all New Mexicans.

In FY 2022, New Mexico Department of Health - Obesity, Nutrition, and Physical Activity program developed, planned, coordinated, and facilitated the New Mexico Grown Coalition's second annual Golden Chile award ceremony. Providers from 12 school districts, 11 preschools, and five senior centers were recognized for their passion and commitment to serving fresh, locally grown produce.

For the first time, the coalition also honored the 55 New Mexico farmers and food hubs selling their produce to local institutions. Without them, thousands of children and seniors across our state would not be connected to locally grown food. The virtual ceremony was held on September 14, 2022, with 70 awardees and participants in attendance.

"Children learn best when they have a stomach filled with healthy food. I am pleased that this program makes sure that school meals are fresh and local. This is a win-win for our farmers, children and families."

- Kurt Steinhaus, New Mexico's Public Education Secretary



North Carolina's Approach

The North Carolina Department of Health and Human Services (NCDHHS) is committed to improving the health of low income families in North Carolina through education provided by the SNAP-Ed program. In FY 2022, North Carolina had nine state implementing agencies delivering programming statewide targeting SNAP-eligible populations of all ages. These agencies have collaborated to plan a state social marketing campaign that will be launched in 2023. North Carolina strengthened its SNAC with active representation from state agencies and nonprofits that implement USDA/FNS programs. North Carolina prioritizes partnering with organizations to reach people throughout their lifespan, providing nutrition education, healthy community changes, and obesity prevention services to reduce food insecurity and improve the quality of life of North Carolinians.

Key Individual Impacts



13% increase of children ages 5-11 eating more than 1 kind of fruit throughout the day or week.



8% increase of teens ages 12-17 eating more than 1 kind of fruit throughout the day or week.



12.8% increase of children ages 5-11 eating more than 1 kind of vegetable throughout the day or week.



10.2% increase of teens ages 12-17 eating more than 1 kind of vegetable throughout the day or week.



12.5% increase of adults ages 18-59 eating more than 1 kind of vegetable throughout the day or week.



16% increase of adults ages 18-59 eating more than 1 kind of fruit throughout the day or week.

Additional Individual Impacts



15.2% increase of seniors ages 60+ eating more than 1 kind of fruit throughout the day or week.



11.4% increase of adults ages 18-59 drinking fewer sugar-sweetened beverages.

Note. Key Individual Impacts and Additional Individual Impacts data are from FY 2021 NC Evaluation Report.

Community Impacts



Down East Partnership for Children

1,200

individuals impacted by PSE changes

17

churches

2

counties



North Carolina State University, Steps to Health Program

13,000+

individuals impacted by PSE changes

3,166

participants enrolled in 170 direct education programs



East Carolina University, MATCH Program

46

schools collaborated with the MATCH Wellness Inc. to support adding the new large district, Johnston County Schools, fall 2022.



Second Harvest Food Bank (SHFB)

854

reached through direct education programming, including 31 Cooking Matters™ classes

12,442

individuals reached through PSE changes



Durham County Health Department

Durham's Innovative Nutrition Education (DINE) made a concerted effort to work across program areas on its social marketing campaign resulting in a three-fold increase in reach compared to FY 2021, without an increase in the social marketing budget.

\$10,000

awarded to DINE from the GlaxoSmithKline Foundation for excellence in child health programming for SNAP-Ed work in Durham County



North Carolina Agriculture & Technical (A&T) State University Try Healthy Program

43%

of those seeing the *Try Healthy* campaign report making healthy food choices more often.

100+

community organizations impacted by the *Try Healthy* program.



Alice Aycock Poe Center for Health Education (Poe Center)

3

GrowWELL with Poe Center childcare centers

7

BeWELL with Poe Center elementary schools

POE-supported PSE work through partnerships with

33

coalitions

10

counties

Social Marketing

1,058

new views of Steph and Ned education videos [NCSU]

1,308,142

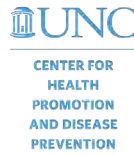
reached by billboard social marketing campaign [Poe Center]

20,293

reached by Say Yes to Water campaign [DINE]

65,775

reached by Rethink Your Drink [SHFB]



12

Family Fare stores promoting healthy eating

74

PSE change strategies

28,762

people reached

16

community gardens

18,818

pounds of fruits and vegetables



University of North Carolina - Greensboro

University of North Carolina - Greensboro further expanded the Thomasville Teaching Garden at Thomasville Memorial Park, increasing garden production, recruiting new volunteers, and strengthening the garden's role in the community.

Other Highlights

State Nutrition Action Council Highlight

SNAC partnerships included about 30 members. SNAC hosted the Food and Nutrition Security Summit at the beginning of March in collaboration with the Division of Child and Family Well-Being, FNS section. We had over 400 participants from seven regions across North Carolina to share food security resources. In addition, North Carolina SNAC worked on creating a resource hub to support and expand farm-to-institution efforts, conducting a needs assessment to determine the need for food access resources across the state.



Success Stories

Cleveland County Seed Library

The North Carolina State University SNAP-ED and Cooperative Extension in Cleveland County partnered with the local library and master gardeners to establish a seed library for patrons. The partnership allows for the maintenance of the collection, the preservation of heirloom seeds, and the expansion of educational programs focused on health and sustainability. The library is conveniently located near the local senior center where the family and consumer sciences agent provided nutrition education programs to support a community of health in Cleveland County. Library patrons could check out seeds to grow vegetables to help feed their families, enrich bodies, and provide supplemental nutrition.

Poe Center: Garden-to-Table Family Dinner at Brentwood Boys and Girls Club

To increase engagement with the Hispanic community, the Poe Center decided to pilot a garden event for this population. Partnering with Brentwood Boys and Girls Club, the Poe Center brought in additional funding from University of North Carolina Rex Hospital to hold a garden-to-table family dinner to promote the community garden. The evening included a potluck dinner, recipe sharing (Spanish and English), and raffles for behavior reinforcement materials. Families planned the fall garden and could take seedlings and seeds home. The activity highlighted that local in-season foods are better for your health and the environment, composting is good for the environment and reduces waste, taught which crops grow in the fall and how to plant/care for them, and of course, familiarized families with the recipes shared. The evening was a great success with 90 people participating. Every lettuce seedling was planted and taken to a family's home. Many kids expressed their enthusiasm for trying the lettuce as it grew.



"Thank you for the food. It was very delicious." -Student

University North Carolina-Chapel Hill

Since 2019, the Food, Fitness, Opportunity Research Collaborative team has partnered with community leaders, researchers, and organizations to improve safety and access to opportunities for active living in the Fairview Community. One such change is making streets safer for pedestrians. Through youth leadership and activism, the town of Hillsborough has moved the building of sidewalks from a low- to a high-priority.



These sidewalks will connect key destinations in the community, such as the park, community center, and bus stop. Additionally, the town manager has allocated funds for line stripping as a neighborhood traffic calming measure, to lower the speed of motor vehicles and promote walking. (MT6j) Edith, youth activist and resident of the Fairview community, has played a critical role in the planning, implementation, and communication stages of this initiative. Her enthusiasm, leadership, and ability to mobilize other youth and community members has successfully influenced, and will continue to influence, communitywide changes. (ST6a)

"Hard work and determination can really impact your work ethic and your likeliness of reaching your goal ahead." – Youth leader and activist

North Carolina A&T State University

The LIFT program offered by the family and consumer sciences agent in collaboration with North Carolina A&T State University and Hoke County Senior Services has significantly impacted the health and well-being of senior citizens in Hoke County. The program was a success, with 22 out of 32 participants completing it and reporting positive changes in their lifestyle habits. Evaluations show that the participants were more confident in their ability to be physically active, eat more vegetables and fruits, and make better dietary choices overall. One participant even reported losing 6 pounds since starting the program.



North Dakota's Approach

North Dakota's SNAP-Ed program is administered as the Family Nutrition Program (FNP) by North Dakota State University Extension. State SNAP-Ed activities include working with SNAP recipients and eligibles across the age span in a variety of settings, including eligible schools, local social service agencies, and other partners that work with the target audience. In FY 2022, SNAP-Ed helped participants:

- Increase fruit and vegetable consumption.
- Balance healthful food with physical activity.
- Get the most nutrition for their food dollar.

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

Key Individual Impacts



64%

of participating adults improved their food resource management practices.



67%

increase in reach from 2021.

In 2022, as more sites reopened to normal programming, direct reach rebounded from pandemic lows.

As food costs grew, SNAP-Ed helped households with limited resources plan, shop, and save money on healthy choices.

"For the first time in my life I am using the skills I've learned at the grocery store. I feel good and my health has never been better. It almost gives me goosebumps."

— SNAP-Ed participant at low-income, senior housing site

Additional Individual Impacts



34%

of youth ate more vegetables after programming.



41%

of youth drank fewer sweetened-beverages after programming.



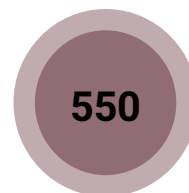
48%

of adults improved their nutrition practices after programming.



52%

of adults improved their physical activity behaviors after programming.



550 adults were reached.



1,724 youth were reached.

Community Impacts

While North Dakota continued pandemic EBT for eligible households with children, SNAP emergency allotments were discontinued in 2021. Local food banks saw a 14% increase in demand in 2022, while donations fell by 21%. As food costs continued to climb and food assistance declined, SNAP-Ed reached 67% more people with direct education and outreach in 2022 than the previous year. This outreach included PSE change work, like working with partners to improve access to healthy foods.



Healthy Schools Initiative



5,617

youth reached

114

changes adopted

8

schools



Food Access Initiative in Turtle Mountain and Standing Rock



OVER 1,000

pounds of produce distributed to food pantries, school kitchens, housing residents, etc.

27

garden sites, including schools, early childhood education centers, elder living sites, and recovery centers

13

donation sites

Other Highlights

State Nutrition Action Council Impact

Creating a Hunger-Free North Dakota is a statewide network of over 30 organizations, agencies, and individuals working toward the vision of a healthy and hunger-free North Dakota. Coalition members include the state's food bank and its network of providers, state agencies (health, agriculture, human services and education), nonprofits, faith-based organizations, and educational entities, including North Dakota State University Extension and SNAP-Ed. In FY 2022, the network conducted strategic planning using the *Results Based Accountability* model, determining three focus strategies and associated action plans.

Tribal Impact

SNAP-Ed offices are located at the 1994 land-grant institutions serving Mandan, Hidatsa, and Arikara Nation (Nuetah Hidatsa Sahnish College) and Spirit Lake Nation (Cankdeska Cikana College), rather than county Extension offices. For years, North Dakota State University Extension has been a key partner with and part of the community fabric of four of the state's sovereign tribal nations. These relationships are fostered and strengthened through locally established respect and service of Extension staff, including SNAP-Ed educators, some of whom are enrolled members. These frontline staff serve as the connectors for the SNAP-Ed program and work with their partners to identify local needs and opportunities.

Success Stories

On the Move Cooking School Gets Kids in the Kitchen

On the Move Cooking School continued to be a popular program for after-school and summer programming. The cooking school is an eight-lesson direct education curriculum from North Dakota State University Extension to teach children in upper elementary school about nutrition and health as they explore hands-on food preparation. In FY 2022, 321 youth participated at 16 sites across the state. Several sites were excited to bring back the face-to-face cooking school in 2022, including the Spirit Lake Food Distribution Program (SLFDP) in summer 2022. The cooking schools were held in the on-site SLFDP teaching kitchen in partnership with the SLFDP nutrition educator. The distribution program also provided extra food so the youth could make meals and snacks during the all-day sessions. The youth enjoyed learning about nutrition, practicing new food skills, and preparing healthful recipes together.

Overall, after participating in the cooking schools across the state:

- 55% of youth were confidently using kitchen equipment safely at home.
- 59% of youth were independently preparing food at home.
- 64% of youth were offering help more often with food preparation.

"This is my best after school activity. It has made me look into cooking. And have muffin dreams. I love this place." – Youth participant at The Arbors (affordable housing complex and community center serving a large percentage of refugee families)

"She's been more interested in trying new foods. My daughter learned useful skills to be independent in the kitchen. It sparked an interest in cooking." – Parent of Kids Cooking School participant



SNAP-Ed Partners With Tribal Communities on Community Wellness Initiatives

SNAP-Ed in North Dakota supports a variety of PSE change approaches in North Dakota's four sovereign tribal nations. These approaches include growing partnerships and connecting existing efforts, leveraging resources, nutrition education, and training and evaluation. In FY 2022, over 30 sites that were producing fresh produce for community members were supported in part by SNAP-Ed. SNAP-Ed worked with growing partners to connect to distribution sites (food pantries, school cafeterias, etc.) and provided complementary education and outreach related to using the produce. SNAP-Ed continues to build a foundation of PSE efforts in tribal communities by fostering strong partnerships, engaging local wellness coalitions, emphasizing locally-controlled efforts, establishing local contracts and memoranda of understanding and through leveraging other funding sources.



Leveraging Outside Resources

The CDC High Obesity Program funded North Dakota State University Extension for implementing evidence-based strategies guided by community expertise to increase access to healthy foods and physical activity in counties with an adult obesity rate of more than 40%. The five-year project, Promoting Healthy Outcomes Through Indigenous Food Systems, leverages partnerships between North Dakota State University Extension-SNAP-Ed, North Dakota State University Department of Public Health, Prevent Child Abuse North Dakota, the Standing Rock Sioux Tribe and the Turtle Mountain Band of Chippewa Indians.



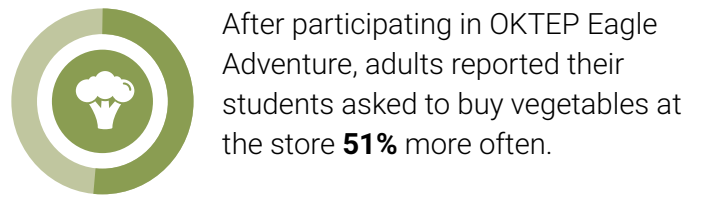
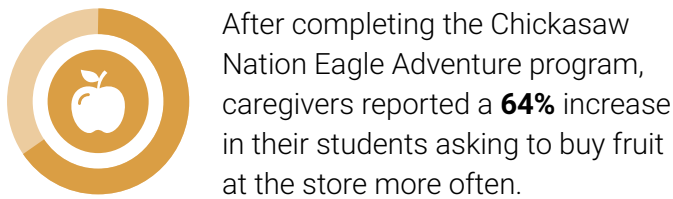
Mural by Shauna Elk and Kaitlin Ziesmer

Promoting Healthy Outcomes Through Indigenous Food Systems seeks to improve access to healthy food and health-promoting environments using community engagement and culture as overarching strategies to reduce health disparities. There are many commonalities between the CDC High Obesity Program and SNAP-Ed PSE objectives. While the CDC High Obesity Program project has provided funding for things like supplies (e.g., bike share program supplies, gardening and hydroponics materials, crispers for concessions) and coalition-building (e.g., gift cards for members), SNAP-Ed supports the project with research-based outreach and technical assistance in areas including nutrition, physical activity and PSE change approaches, as well as with established community connections. In FY 2022, efforts focused on coalition sustainability (capacity building, grant making) as well as continuing community gardening, hydroponics, farm-to-school, healthy concessions and physical activity initiatives, including a community mural festival to enhance walkways. The SNAP-Ed educators serving the Standing Rock Sioux Tribe and the Turtle Mountain Band of Chippewa Indians co-facilitated coalition meetings, provided technical assistance for growing and donation efforts, provided support for school-based efforts, including healthy concessions, and offered complementary nutrition education.

Oklahoma's Approach

Oklahoma SNAP-Ed continues to make a positive impact on the health and well-being of Oklahomans through programming delivered by four implementing agencies: Chickasaw Nation, Oklahoma State University, University of Oklahoma's Oklahoma Nutrition Information and Education (ONIE) Project, and Oklahoma Tribal Engagement Partners (OKTEP). Programming is offered in a wide variety of settings including schools, clinics, FDPIR sites, farmers markets, senior centers, youth camps, and social marketing campaigns. The Chickasaw Nation and OKTEP help fulfill gaps in SNAP-Ed programming for Native American families by implementing, adapting, and evaluating culturally relevant programs, including Eagle Adventure, in coordination with sovereign tribal nations. These implementing agencies are embedded within tribal communities and can meet the unique needs of tribal members in culturally appropriate ways and with healthful messages that resonate with Native American families. Such programming efforts support the White House pillar strategies to reduce hunger and improve nutrition security for diverse communities.

Key Individual Impacts



Community Impacts

Lingering impacts of COVID early in FY 2022 allowed implementing agencies to expand their reach on social media and expand social marketing efforts. Program evaluations continue to indicate participants are improving diet quality behaviors. ONIE reported a 126% increase in weekly bilingual text messaging subscribers. Implementing agency efforts at community gardens and farmers markets play a vital role in helping food insecure households have access to nutritious foods. Community projects funded by Oklahoma State University PSE projects reached 3,120 individuals in three counties. Implementing agencies worked tirelessly to provide consistent messaging and quality service to Oklahomans of all ages across the state.



ONIE Bilingual Weekly Text

1,646

reach

126%

increase from FY 2021



Taste the Difference

19%

increase SNAP redemption at the farmers market



Community Gardens

25

gardens



Other Highlights

State Nutrition Action Council Highlight



Oklahoma State University, University of Oklahoma ONIE, and OKTEP participated in the Oklahoma Stakeholder Obesity Prevention Committee and identified a place for all SNAP-Ed implementing agencies and Oklahoma Human Services to join and form a SNAC. A study conducted in 2019 indicated approximately 1 in 3 adults in Oklahoma were obese. The SNAC looks at contributing factors and ways to improve obesity outcomes. This requires coordination with healthcare systems and partnering agencies such as health educators, social service organizations, and local government. In addition to improved diet behaviors, this group aims to see an increase in physical activity through improved infrastructure promoting safe walking and biking. Other goals include improved access to health care in rural areas through partnerships with local libraries (telehealth pods) as well as an increase in access to nutritious food through increased acceptance of EBT at farmers markets, food hubs, and farm stands. The State Obesity Prevention Plan has set several long-term goals Oklahoma is anxious to see come to fruition!

Success Stories

Traditional Food and Story Trail

Oklahoma Tribal Engagement Partners (OKTEP) worked in collaboration with Tonkawa Elementary School, the Tonkawa Tribe of Oklahoma and the Tobacco Settlement Endowment Trust Healthy Living Program to develop the Traditional Food and Story Trail PSE project at Tonkawa Elementary. The goal of the collaboration is to increase knowledge and use of traditional foods and increase student and community use of the trail. The trail includes eight signs and begins with a land acknowledgement to the original inhabitants, the Kickapoo, Kiowa, Osage, Tonkawa and Wichita Peoples, and the current stewards, the Tonkawa Tribe of Oklahoma. Each month, the signage is changed and alternates between information about:

(1) a traditional food, the history of the food and ties with indigenous food systems, best practices for choosing, storing, and preparing the traditional food and (2) presenting a portion of a children's book related to nutrition and health. The signage also includes Tonkawa language and prompts for physical activity.



"Keeps me feeling healthy and in shape!"

– Addie Hohmann, 5th grade, Tonkawa Elementary School, Tonkawa, Oklahoma

Community Gardens With Native Plants

With full execution of food sovereignty, the Chickasaw Cultural Center gifted seeds, native plants, and suitable pollinators which were planted and transplanted in Ada, Ardmore, and Purcell community gardens. The community garden initiative impacted PSE as it allowed clients to observe and experience the farm-to-table process in local gardens where produce was grown, harvested, and enjoyed during family meals. In FY 2022, the Impa' Kilimpi' (IK) "Strong Food" program continued gardening activities at the three on-site community gardens, teaching food sovereignty by demonstrating an assortment of gardening methods, such as the use of recycled materials for planting, composting, and indoor gardening with hydroponics. The program harvested over 500 pounds of a variety of herbs, fruits, and vegetables, which were distributed to FDPIR clients and used in Get Fresh! cooking demonstrations.



Kids Get Fit in Adair County

During the first lesson of an Oklahoma State University Community Nutrition Education Program youth series at a Boys and Girls Club, the nutrition education assistant noticed one boy had a hard completing the physical activities. She taught the importance of physical fitness, handed out a flyer with activities listed, and encouraged everyone to pick a few of the activities to do 60 minutes every day. By the fourth lesson, the boy could do more of the exercises. When the nutrition education assistant asked the class if they had noticed a difference in how they felt; the boy shared that his knees didn't hurt as much, he is drinking more water, and he had lost 5 pounds. He also began going on walks with his mom where they talked about the fruits and vegetables he learned about and what they should buy at the grocery store.

Choose Homemade

As part of *Choose Homemade*, University of Oklahoma ONIE expanded the text message pilot project statewide. Insights from the *TastyText* pilot project aided this expansion, which is now available in English and Spanish statewide, and enrolled an additional 963 participants. ONIE has increased the link between print materials and digital resources by adding QR codes to the 2022 ONIE Nutrition Calendar and print materials. Once scanned, the participant is directed to the relevant website content such as the ONIE website recipe finder, nutrition education, recipe icon definitions, SNAP-accepting farmers markets, or a survey that will measure satisfaction and recipe use.

The screenshot displays the ONIE website interface. At the top, the ONIE logo is on the left, and navigation icons for recipes, healthy living, farmers markets, resources, and about ONIE are in the center. A search bar with 'EN | ES' and a magnifying glass icon is on the right. Below the navigation is a large image of a Beefy Taco Salad with the title 'Beefy Taco Salad' and a 5-star rating (55 reviews). To the left of the main content area, there are several circular icons: a 'LOW SODIUM 1st RECIPE' badge, a 'HEALTHY LIVING' icon, a 'FARMERS MARKETS' icon, and a 'RESOURCES' icon. Below these icons are the recipe title 'Beefy Taco Salad', a 5-star rating (55), and links for 'View Photos' and 'Print Recipe'. The main content area includes the heading 'RECIPES / BEEFY TACO SALAD', a 'Preparation' section with four numbered steps, and a 'Tips' section with one tip. At the bottom of the main content area is a video player showing a 'Beefy Taco Salad 1-Minute Recipe Video | ONIE Project'. On the right side of the page, there is a 'MyPlate.gov' logo with a circular diagram showing the five food groups: Fruits, Grains, Dairy, Vegetables, and Protein. The Protein group is further divided into Lentils, Tuna/Tofu, Eggs, and Nuts/Seeds.

South Carolina's Approach

South Carolina SNAP-Ed delivers direct education to people across the lifespan; works with partners to facilitate the adoption of PSE changes; and implements social marketing campaigns to people living on a low income. In FY 2022, SNAP-Ed activities took place in 42 out of 46 counties. The program is comprised of four implementing agencies housed within the state Department of Health and Environmental Control, Clemson University's Youth Learning Institute, Lowcountry Food Bank, and University of South Carolina's Arnold School of Public Health. The administrative agency, 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



Significant average increase in the number of participants that increased their intake of a variety of fruits.
 $p = <.001$



Significant average increase in the number of participants that increased their intake of a variety of vegetables.
 $p = .003$



Increased intake of protein food prepared without solid fats.
 $p = <.001$

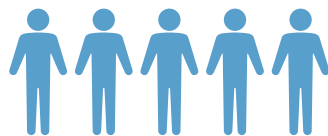
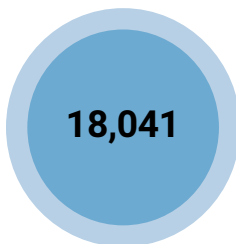


Significant average increase in the number of participants that read Nutrition acts labels.
 $p = <.001$

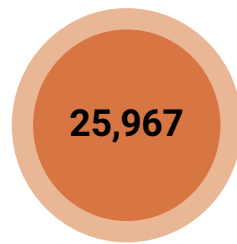


Significant average increase in the number of participants that shopped with a list.
 $p = <.001$

Additional Individual Impacts



adults were reached.



youth were reached.

Community Impacts

South Carolina SNAP-Ed's implementing agencies and the state agency worked with SNAP-Ed-eligible individuals, community partners, and coalitions to deliver programming, reaching over 17,000 individuals through PSE interventions, 44,000 through direct education, and over 140,000 via a statewide social marketing campaign.



Food Access for SNAP-Ed-Eligible Individuals

10,417

SNAP-Ed-eligible individuals

62

PSE changed adopted

18

hospitals or health clinics

17

community organizations

4

farmers markets

5

food banks or food pantries

2

libraries



Community And Organizationally-Based Coalitions

33

coalitions

507

members

26

sectors represented



Gardens at Sites Serving SNAP-Ed-Eligible Individuals

850

SNAP-Ed-eligible individuals

29

PSE changed adopted

10

libraries

7

community organizations

3

group living sites

5

hospitals or health clinics

3

K-12 schools

1

place of worship

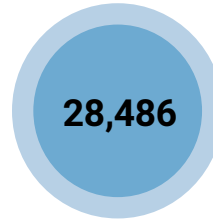
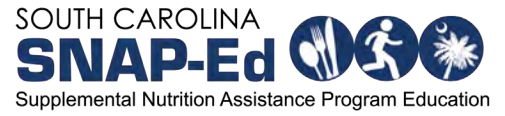




South Carolina Healthy Eating and Active Living Social Marketing Campaign

The campaign messages were promoted on streaming services and social media. The campaign targeted audiences in South Carolina with a household income of 50k or lower, those applying for state financial assistance, WIC, welfare, EBT card users, and heavy Facebook users. There were four specific campaign messages:

1. Promoting the Healthy Bucks program by stretching your dollars and eating fresh fruits and vegetables.
2. Limiting food waste.
3. Using food banks.
4. Participating in physical activity.



SNAP-Ed eligible individuals were reached.

Other Highlights

State Nutrition Action Coalition Impact

South Carolina SNAC created the Food and Nutrition Resource Guide for stakeholders and community partners. This resource guide includes all 19 state and local food programs represented within SNAC. The guide provides an overview of each program, its purpose, audiences served, and contact information. It includes an easy-to-use breakout of each program with general eligibility guidelines to effortlessly refer client to services needed. SNAC agencies contributed feedback to ensure that each program was appropriately represented.

This guide is used to create awareness of SNAC, increase coordination and collaboration among programs, and enable community stakeholders to connect eligible participants with the food and nutrition programs within SNAC. We were privileged to present this resource guide at the annual South Carolina WIC Conference, South Carolina Food Policy Council meeting, and during a clinical linkage segment with the South Carolina Office of Rural Health.

To access the resource guide, visit <https://scdhec.gov/sites/default/files/Library/CR-013233.pdf>.

To learn more about South Carolina SNAC, visit [South Carolina's State Nutrition Action Coalition](#).

State Equity Impact

The University of South Carolina SNAP-Ed implementing agency began to support creating and expanding local food policy councils (LFPCs) in 2019 through offering training and technical assistance to interested groups. Recognizing that training and technical assistance was not enough, University of South Carolina decided to reallocate resources in order to get SNAP-Ed money directly into local communities to fully support these largely grassroots groups and smaller, minority-led nonprofit organizations. In 2022, a combined \$140,000 was allocated to seven LFPCs, and an additional \$50,000 was leveraged from external funding and provided to the LFPCs. Funded LFPCs are charged with engaging a wide range of sectors and people most impacted by food insecurity and inequities in identifying and facilitating the advancement of PSE change strategies to ensure food equity. In 2022, there was an increase in sector engagement, and priority population engagement approaches moved further along the community engagement continuum. Additionally, 22 PSE strategies were adopted.

Success Stories

Nutrition Initiatives and Agency Relations Working Together: A Case Study on Mary Magdalene Outreach

With the interventions by Lowcountry Food Bank's Agency Relations and SNAP-Ed, Mary Magdalene Outreach has:

- Doubled the amount of food distributed each month, including more fresh produce and other perishable items to more than 80 families.
- Expanded service opportunities, with clients able to shop once every other week.
- Increased access to clients who are not available during the day by adding evening hours.
- Given the dignity of choice back to their community by adopting a full client choice model.
- Gently nudged clients to choose whole grains, lower sodium, and less sugary snacks by adding food group signs with nutrition environmental nudges.
- Continued to enjoy SNAP-Ed support, with additional changes to the pantry flow, including food group signs, more recipes available to clients, and additional nutrition nudges.

"I started Mary Magdalene Outreach in 2009. I wanted to give back to my neighborhood and the community. I love what I do and helping others." – Eleanor Grant

Growing Greatness

Clemson University Youth Learning Institute SNAP-Ed placed an emphasis on supporting community gardens in several counties by supporting environmental changes. For example, the United Way of Laurens was awarded a grant to use community gardens to improve food insecurity in the Gray Court community and two other underserved low-income areas of Laurens County. Clemson University Youth Learning Institute SNAP-Ed not only helped to receive garden funds but the gardens served as an outlet to jumpstart vital nutrition education. Through tabling events and gardening workshops, SNAP-Ed met the neighborhood where they were at and taught residents the importance of healthy nutritional habits. Coupled with other environmental changes, such as providing garden signage to bring visibility to the space, community gardens are a sustainable change with great impact.



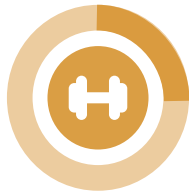
South Dakota's Approach

The South Dakota SNAP-Ed team continued to focus on the American Indian SNAP population through a family and community health/direct education-based model in FY 2022. Our multilevel, outcome-based approach allows SNAP-Ed to help produce behavior changes and promotes community-level decision making for sustainable changes. Staff work with community and school wellness coalitions to focus on multi-sector partner engagement to improve access to environments that create and support affordable healthy foods and physical activity opportunities through evidence-based PSE changes. Collaboration and relationship building is key to building sustainable changes, so current and future generations can live a healthy life by preventing and managing chronic disease in SNAP-eligible individuals and their communities.

Key Individual Impacts



1,458 participants were reached through direct nutrition education, a **33%** increase from FY 2021.



25% decrease in participants reporting spending 0 days per week doing muscle strengthening exercises (61% to 46% pre/post).



15% increase in youth in grades 6-8 reporting consuming fruit at least 2 times per day (59% to 68% pre/post).

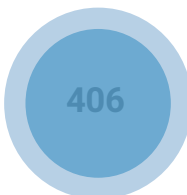


32% decrease in youth in grades 6-8 reporting spending over 2 hours per day watching TV/movies or playing electronic games (67% to 45% pre/post).

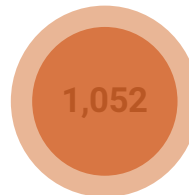


10% increase in participants reporting exercising for 30 minutes on 3 or more days (45% to 49% pre/post).

Additional Individual Impacts



406 adults were reached.



1,052 youth were reached.



38% decrease in participants consuming soda at least once per day (36% to 26% pre/post).



21% increase in participants consuming vegetables at least 2 times per day (38% to 46% pre/post).



22% increase in participants cooking dinner at home for 2 days or more per week (63% to 77% pre/post).

Community Impacts

South Dakota SNAP-Ed worked to increase reach through continued improvements to direct education, reaching 33% more participants in FY 2022 than in FY 2021. In addition, 10 community coalitions and three school wellness coalitions, including 95 organizational partners, led community and school efforts to increase these opportunities for both education and policy changes. PSE changes were made within nine communities, with 18 nutrition interventions and 16 physical activity interventions. Direct education programs (103) were provided in 21 communities, reaching 1,458 participants.



Community Gardens



457

people reached

10

gardens

2,059

pounds of
produce
donated



Double Up Dakota Bucks



7

grocery stores

\$19,373.08

redeemed



Social Media Activities



10,887

people reached

73

posts

Success Stories

Grocer Partnership

In the fall of 2021, Buche Foods reached out about initiating food sampling in their stores. South Dakota SNAP-Ed partnered with Buche Foods to offer nutrition education and produce samplings on the day SNAP benefits are released. Buche Foods provided the ingredients for recipe samples, and SNAP-Ed provided the staff time. The recipes highlighted produce items from Pick It, Try It, Like It each month and provided information on Double Up Dakota Bucks. In March 2022, four additional Buche Foods stores participated in Double Up Dakota Bucks, expanding the reach of the program.



Community Gardens

In FY 2022, SNAP-Ed partnered with 10 community gardens, totaling over 15,000 square feet of garden space. These gardens were used for educational purposes, teaching adults and youth important information regarding the nutritional benefits of fresh produce and useful skills in starting and maintaining personal gardens. The gardens attracted 168 adult and 278 youth volunteers, totaling 481 volunteer hours spent in the gardens. These hours equated to over 2,000 pounds of fresh produce donated to local agencies or used by garden participants.



State Nutrition Action Council Highlight

South Dakota has been in the early stages of creating a Health and Wellness Coalition or Advisory Group. The reach of this group would be statewide and include organizations, state agencies, and members of various coalitions and communities. The group itself will be broken into smaller teams with a more dedicated focus to certain priorities.

The projects considered for the breakout teams are:

- Identifying state-level stakeholders in nutrition incentive and produce prescription programs.
- Creating common vision and goals that aim to increase the uptake of nutrition incentive and produce prescription programs.
- Establishing clinical-community linkages.



Texas' Approach

The Texas Health and Human Services Commission (HHSC) administered SNAP-Ed by contracting with 18 implementing agencies to deliver nutrition education and obesity prevention services.

Key Individual Impacts



27.4%

of participants increased the amount of vegetable eaten daily.



26.9%

of participants increased the amount of fruit eaten daily.



26.1%

of participants increased days of achieving 30 minutes of physical activity.



27%

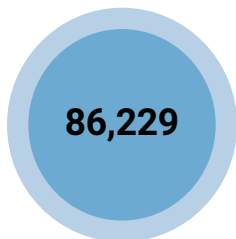
of participants increased days of moderate physical activity per week.



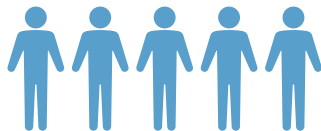
28%

of participants increased total moderate physical activity minutes per week.

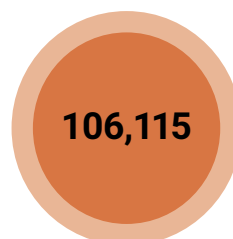
Additional Individual Impacts



86,229



adults were reached through direct education.



106,115



youth were reached through direct education.

Community Impacts

Texas SNAP-Ed reached 1,930,826 Texans in their communities in 2022. Programming was offered at 5,536 sites, with 57.66% being where the SNAP-Ed audience lives and 27.46% where they learn. While 35 direct education interventions aimed to influence individual-level changes, 38 interventions in the state used PSE and social marketing strategies to influence Texas communities and other sectors.

Success Stories



Brighter Bites: Changing Lives Through Fruits and Vegetables!

By providing fresh produce and reinforcing healthy habits through nutrition education at the school level, Brighter Bites taught and encouraged healthier lifestyles among students and their families. Children were excited to try new fruits and vegetables like jackfruit, kale, and eggplant on Brighter Bites days. Trying new foods often led to fun conversations about health at home.



MHP Salud: Empowered Participant

MHP Salud implemented outreach and group health education sessions for families residing in the Lower Rio Grande Valley led by promotores(as) de salud, or community health workers in English. One participant stated the classes helped him understand food quality and avoid processed food. He made changes in his home, such as switching white for whole grain bread and whole for nonfat milk.



Texas WIC SNAP-Ed Celebrates National Farmers Market Week 2022

WIC's Tarrant County breastfeeding peer counselor partnered with Tarrant Area Food Bank Neighborhood Farmers Market to share the benefits of breastfeeding. Wichita Falls WIC hosted a booth at the Downtown Wichita Falls Farmers Market and spoke with families about the benefits of eating various fruits and vegetables, and offered simple, delicious ways to prepare them at home. They even provided recipes for foods found at the farmers market, such as zucchini pizzas and fruit salad.



Texas Department of State Health Services (DSHS)

Health Promotion and Chronic Disease Prevention: Improving Health

Ms. Mary enrolled in the StepUp Scale Down 12-week Rusk County Health Department course. In March 2022, her HbA1c was 8.4% and she weighed 221 pounds. After attending the 12-week course, her HbA1c was 7.9% and she lost 11 pounds.



"[The presenters] all challenged us to improve weekly and to use the skills we were learning. I know I began to be more consistent with exercise and meal planning. These have become habits I am continuing to stick to."
- Mary, StepUP Scale Down participant

DSHS Office of Border Public Health: Encouraging Physical Activity

The Healthy Communities initiative implements the Coordinated Approach to Child Health (CATCH) program in elementary school settings. During a lesson about heart-healthy activities, a student said he had a parent who was a wheelchair user, and it was challenging to go to the park. In the next session, staff provided the student with different ways a person with a disability can be physically active. The student later mentioned he and his mom do the modified activities at home together every day.



HHSC Early Childhood Intervention: Overcoming the Challenge of a Picky Eater

The Metrocare Services SNAP-Ed team provided fun and practical strategies to help parents support their young children experiencing picky eating. Strategies included modeling healthy eating, cutting foods into fun shapes with cookie cutters, and establishing pleasant family mealtime routines. One mother shared that after implementing the strategies, her family began to prioritize family meals and her child experienced less anxiety during mealtimes.



HHSC Aging Services Coordination: Supporting Healthy Aging in Texas

Texercise educates and engages Texans 45 years and older in healthy lifestyle behaviors, including physical activity and healthy eating. Texercise programs are in-person, virtual, or hybrid to expand outreach to all older Texans. Program participants reported feeling happier and stronger overall, more flexible, and were able to maintain their balance better.



Feeding Texas: Central Texas Food Bank's Diabetes Hands-On Program Success

All clients enrolled in the program signed up for a diabetes education monthly newsletter to gain the knowledge and skills to live a healthy life. One participant saw a significant improvement in her daily blood glucose reading in addition to weight loss. Because of the classes and newsletter, she now walks over 25 miles a week, follows a meal plan, consumes seven servings of fruits and vegetables daily, and drinks 72 ounces of water daily.



It's Time Texas: Community Challenge Unites Community Leaders

San Antonio was recognized for their local champions leading the movement for health to win the 2022 Community Challenge. It's Time Texas strengthened a collaboration between the mayor, public health department, and the San Antonio Health Collaborative to build capacity for long-term PSE changes and social marketing campaigns. The challenge provided the awareness and momentum to achieve adoption of sustainable interventions to improve health in the region.



Common Threads: Small Bites Fort Worth Expansion

In 2022, Common Threads provided Small Bites virtual programming to multiple sites in Fort Worth. Small Bites after-school classes connected students with live virtual chefs. During these lessons, students were engaged, asking and answering questions, and volunteering with snack-making tasks.



Prairie View A&M: A Taste of Latin Heritage

Smart Eating Active Living empowered communities through promoting healthy eating and physical activity behaviors, food resource management strategies, and implementing PSE change initiatives. The nutrition education associate challenged culture norms, inspiring participants to think about why they eat what they do. One of the young parents stated she made a SNAP-Ed recipe twice for dinner.



Texas A&M University AgriLife Extension Service: Making a Lasting Impression

Better Living for Texans takes nutrition, physical activity, and gardening programs to the participants at community centers, food pantries, parks, schools, and even homes. An AgriLife gardening course participant shared that she later trained to be a master gardener due to the tools and knowledge she gained to take better care of herself. She referred to the classes as “AgriHope” and continues to volunteer and share that hope with families.



BETTER LIVING FOR TEXANS

Texas A&M Colonias Program: Success Leads to Sharing

Participants attending in-person education sessions at community resource centers in Maverick County became much more physically active and ate with nutrition in mind. They are also learning to better manage their food costs to eat healthier. Over and over, the participants shared that their well-being brought them success. Participants were so inspired by what they learned in their nutrition education and physical activity sessions that they shared their knowledge with their families and friends.



TEXAS A&M UNIVERSITY
Colonias Program

Texas Center for Local Food: Farmers Market Engagement

By advocating for local agriculture and SNAP recipients, Texas Center for Local Food worked with the Elgin Farmers Market to implement the “Fresh Look at Your Farmers Market” project, resulting in the market being approved to accept SNAP.



Texas International Institute of Health Professions: A Push to Change

A very motivated young man with an elevated BMI was recommended to the SNAP-Ed course offered at the VCare Clinics in Houston. He applied what he learned in the course to change his life and health significantly. Replacing his high game scores with high step counts, soda for water, and chips for fruits and vegetables, he lost 15 pounds within one month of completing the classes.



University of North Texas: MyPlate Books and Tasting Fruits and Vegetables

Head Start preschool children learned about MyPlate through books. While reading culturally inclusive books, students would point out foods they liked to eat. When a student said they did not like something, they were offered an opportunity to taste it again. A child who said, “No red bell peppers for me,” began eating them and had the entire Head Start class eating red bell peppers.



UTHealth Brownsville: Improved Arm Mobility and Friendship

A Tu Salud Si Cuenta (TSSC) role model explained that she struggled with poor health when she first started attending classes and couldn't lift her own arms, but after attending for eight months, she had better arm mobility. She also made many new friends, and her struggle with depression decreased.



University of Texas Rio Grande Valley: Excited Parents

South Texas Early Preventions Study (STEPS) aims to educate Pharr-San Juan-Alamo and La Joya communities on the importance of combating chronic illness caused by unhealthy eating and a sedentary lifestyle. During the initial session, parent participants were excited to start on this track to a healthier lifestyle as a family. The parents loved the economical snack, a healthy-easy-cheap snack (trail mix), because they could work with their children using measurements (teaching math) and nutrition.



Utah's Approach

Utah State University Extension's SNAP-Ed Program, Create Better Health, aims to improve the likelihood persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles. Create Better Health SNAP-Ed uses a comprehensive approach to reduce obesity and chronic diseases among vulnerable populations in urban and rural locations. In 2022, CBH's dedicated team found innovative ways to reach the Utah SNAP-Ed audience in meaningful ways. Utah had an active program in 72% of counties, resulting in improved knowledge, skills, and healthy food access for SNAP-Ed-eligible adults and youth.

Key Individual Impacts

Of adult participants:



50% reported choosing foods from MyPlate more often at least 6 months after participating in a SNAP-Ed class series.

6-month follow-up



50% reported eating more vegetables at least 6 months after participating in a SNAP-Ed class series.

6-month follow-up



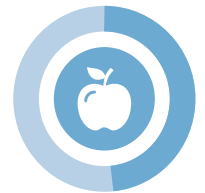
50% reported being physically active more days of the week at least 6 months after participating in a SNAP-Ed class series.

6-month follow-up



56% reported using the Nutrition Facts label more often at least 6 months after participating in a SNAP-Ed class series.

6-month follow-up



49% reported tasting new produce after participating in a Create Farm Fresh Foods series.

n = 152, 2022 series

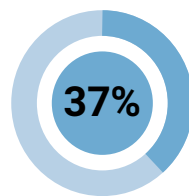
Additional Individual Impacts



adults were reached with direct education.

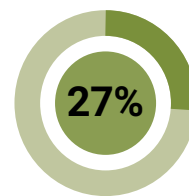


youth were reached with direct education.



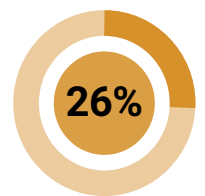
of youth increased their recognition of healthy snacks after participating in a Captain Create series.

n = 503



of youth reported being more physically active after participating in a Captain Create series.

n = 503



of youth reported choosing healthy snacks more often after participating in a Captain Create series.

n = 503

Community Impacts

Create Better Health SNAP-Ed works to improve the appeal and access to healthy food through PSE changes statewide. Three priority settings for PSE interventions are food pantries, stores, and schools. The program contributed to seven policy, 78 system, and 81 environment changes, making the healthy food choices easier for people in those settings. In addition, Create Better Health SNAP-Ed ran a social marketing campaign designed to support physical activity in several counties in the state.



Create Healthy Pantries

PSE



>21,867

people reached

43

pantries

134

PSE changes adopted

47%

of sites increased shelf space, amount, or variety of healthy options

>17,022

pounds of fresh produce donated to pantries statewide



Create Healthy Stores

PSE



>191,800

people reached

8

PSE changes adopted

2

new stores

100%

of stores with environmental scans scores had an increase of at least 7 points

"The signage is well received. The healthier items at checkout move quickly!! People are grabbing nuts, jerky, whole grain crackers over candy and cookies."

– Cara Murray, Uintah County ambassador



Farmers Feeding Utah

PSE, Partnerships



>9,800

people reached

5

distribution sites

>76,002

pounds of locally produced food distributed

8

food pantries received food donations

"Thank you so much! I know me and my husband worried we wouldn't have food the next few days. This helped us so so so much!!!!"

- Farmers Feeding Utah food recipient

Partnership with the Utah Farm Bureau, Miracle of Agriculture Foundation, and Utah State University Hunger Solutions Institute



Healthy Choices Create Better Health

Social Marketing



>541,804

people reached

7

channels

>2,476,728

impressions

50%

of 6-month survey participants recalled the campaign (aided)



Create Healthy Schools

PSE



7,949

people reached

17

pantries

24

PSE changes adopted

Other Highlights

Utah Food Security Council Codified by Utah State Legislature

In the 2022 general legislative session, the Utah State Legislature codified the Utah SNAC as the new Utah Food Security Council.



State Tribal Impact



In 2022, Create Better Health SNAP-Ed taught 69 direct education classes to primarily American Indian audiences, serving the Cedar, Indian Peaks, and Shivwits Bands of the Paiutes Indian Tribe, the Navajo Nation, and Ute Indian Tribe.

CBH also engaged in PSE work in partnership with the Painted Horse Ute Diabetes Prevention Program. Every year, CBH supports and helps install garden boxes at families' homes in very rural communities, increasing access to fresh produce. In 2022, 110 garden boxes were supported.

Equity Impact

Two direct education series were taught to Somali refugees in their native language. Thirty-two people completed the series. After attending the Somali Create Better Health classes, participants shared the following changes they adopted:

"I ate more fruits and whole grains. My iron improved after taking this class. Before, I was anemic."

"I use whole grain flour for my anjera. Before I was using white flour. I also ate more fruits and vegetables."



Success Stories

Mejore Su Salud

Create Better Health SNAP-Ed translated the Create Better Health adult curriculum (Mejore Su Salud) and made cultural adaptations for the Latinx audience. With culturally appropriate direct education, Latinx participants have adopted sustainable healthy habits.

"Before I started your classes, I was having health issues, mainly with my heart. When I started learning with you, I decided to change some things about my eating habits. To my surprise when the doctor last checked me, I no longer had the heart problem."

- Mejore Su Salud participant

Saving Money on Grocery Budgets

During a direct education series at a Davis County high school, the students' teacher shared that she had followed the meal plan and grocery shopping tips from the lessons. At the end of her two-week meal plan, she had \$200 left over from her normal grocery budget. This was an impactful experience for her and great for her students to see the benefits of applying the Create Better Health curriculum into their lives.

Wyoming's Approach

Wyoming SNAP-Ed, called the Cent\$ible Nutrition Program (CNP), aims to help people with limited resources eat healthier on a budget. Using direct education and multilevel interventions, Wyoming SNAP-Ed addresses food insecurity; chronic disease and obesity prevention; and health disparities for the SNAP-Ed audience. CNP's county-based educators provide direct education to adults and youth with limited resources and connect with a variety of community partners to build a healthier Wyoming at a local level. Wyoming SNAP-Ed, administered through the University of Wyoming Extension, covers every county in Wyoming and the Wind River Reservation.

Key Individual Impacts

Of adult participants:



52% ate fruits more often daily.



53% ate vegetables more daily.



70% improved in one or more physical activity behaviors.



83% improved in one or more food safety practices.



93% improved in one or more food resource management practices.

Additional Individual Impacts



922 adults were reached.



1,748 youth were reached.



35% of youth improved fruit consumption.



34% of youth improved vegetable consumption.



39% of youth improved in duration of physical activity.

Community Impacts

Wyoming SNAP-Ed works with local partners to implement community interventions (PSE changes) that put healthier options within reach for SNAP-Ed audiences. In 2022, focus areas for interventions included food pantries, local food efforts, K-12 youth settings, early childhood education centers, and cross-referrals with agencies serving a similar audience. Additionally, Wyoming SNAP-Ed collaborates with University of Wyoming Extension specialists and Agricultural Research Centers to facilitate partnerships with statewide organizations working to reduce hunger in Wyoming.



K-12 Youth PSE

22

K-12 youth sites

60

nutrition and physical activity supports adopted

3,136

youth reached



Early Childhood Education

22

early childhood education centers

72

nutrition and physical activity supports adopted

1,430

youth reached



Healthy Food Pantry

13

food pantries

40

nutrition supports adopted

4,888

individuals reached

Local Food PSE

58

partnerships

35,354

pounds of produce donated

16,870

individuals reached



Department of Family Services (DFS) Referrals

1,281

referrals received

5.2%

of adult direct education participants came from DFS referrals

Other Highlights

State Tribal Impact

Wyoming SNAP-Ed strives to increase the health of individuals living on the Wind River Reservation (WRR) in central Wyoming. Two local SNAP-Ed educators, representing both the Eastern Shoshone Tribe and the Northern Arapaho Tribe, 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.



As part of SNAP-Ed partnership efforts on the WRR, local educators work with the Food Bank of Wyoming (FBW) on its mobile food pantry distribution. FBW is striving to provide more culturally appropriate food items to recipients and works with partners on the WRR to make this possible. To support this effort, Wyoming SNAP-Ed provides culturally relevant recipes to go with the food boxes. Since May 2022, 29 different recipes have been created and shared on a webpage, with 356 hits on the page, and 55 downloads of recipe cards since December 2022.

COVID-19 had a profound impact on participants and partners on the WRR. In 2022, many of Wyoming SNAP-Ed's previously established partnerships were revived, increasing from three in 2021 to 25 in 2022. A notable collaboration was established with the First Lady's Wyoming Hunger Initiative to purchase Instant Pots that were given to tribal Temporary Assistance for Needy Families class participants after completion of the lesson series. Instant Pots, or multipurpose electric pressure cookers, are a valuable tool for many SNAP-Ed participants, particularly on the WRR, who may not have access to kitchen equipment or appliances that are safe. Additionally, these tools allow participants to cook ingredients like dry beans, which are often distributed through anti-hunger organizations yet are time-intensive to prepare. Multipurpose electric pressure cookers decrease cook time, which may help participants cook at home more often and contribute to increased food resource management and food security. *"The use of the Instant Pots gives the user time and new ways to cook food faster and safer,"* reports the WRR SNAP-Ed educator.

Additional funding is being obtained through Farm Credit Services to continue this project statewide, including the WRR.



Success Stories

Healthier Food Pantry Options

"We are so thankful for the education received from Cent\$ible Nutrition. Because of what we've learned our pantry is shifting to healthier food options. A great addition has been our Diabetic Bin that Shelley helped us with. We continue to love offering fresh produce, as patrons have loved that addition. We continue to learn and grow and better suit the needs of our people all because of the help and education of Cent\$ible Nutrition working with us." - Food pantry director, Lincoln County



Meal Ideas

"I gained new ideas on meals to eat that are healthier and better snack choices. I know how to approach the grocery store. Better prep -n- using less and healthier oil. Thank you for showing me better nutrition and cooking healthier foods." - Laramie County adult graduate, 2022

Mini-Grants Support Childcare Centers to Make Health-Focused Changes

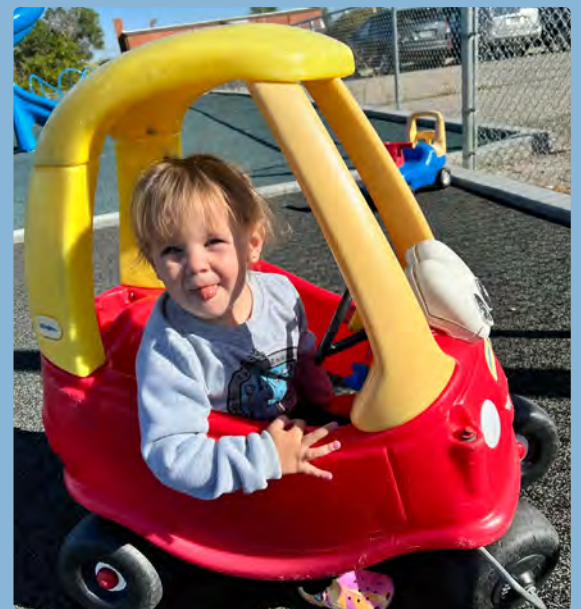
In 2022, Wyoming SNAP-Ed launched a new mini-grant program in collaboration with the Wyoming Department of Health. The mini-grants are designed to support childcare centers in creating environments that encourage healthy childhood nutrition and physical activity.

"Building healthy habits that last a lifetime starts during childhood and childcare centers can play an integral role in establishing these habits," says Mindy Meuli, director of Wyoming SNAP-Ed. *"With this mini-grant program, we aim to support childcare centers in creating environments that encourage healthy childhood nutrition and physical activity practices, particularly those centers serving families with limited resources."*

Childcare centers work with SNAP-Ed educators to complete an environmental scan to identify areas where they would like to make changes to meet best practices. The mini-grant then enables them to put these practices into place to support children in establishing healthy habits.

"This mini grant improved the overall quality of my program by addressing health and nutrition areas that I had not addressed," reported Sara Allison, director of Learning Safari Childcare in Green River. *"I was able to purchase individual water bottles for each child and several large motor [skill] play sets to meet the two hours of active play goal during months that it's too cold to play outside."*

In grant year 2022, 17 childcare centers received mini-grants, and a new round of funding is set to open in January 2023, in collaboration with the Wyoming Department of Health and the Wyoming Head Start Collaboration Office through the Wyoming Department of Education.





Data collection facilitated in part by the Program Evaluation And Reporting System (PEARS).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.



Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.