

Education (SNAP-Ed) Facts

As the cornerstone of the United States Department of Agriculture (USDA) nutrition assistance programs, the Supplemental Nutrition Assistance Program (SNAP) plays a vital role in helping to improve nutrition in the Nation among low-income individuals. During Fiscal Year 2011, nearly 45 million people living in over 21 million households received SNAP in the United States, about 1 in 7 Americans.

Characteristics of SNAP Participants:

- Nearly half are children under 18 years old
- Eight percent are age 60 or older
- Forty-six percent are nonelderly adults



SNAP-Ed: Encouraging Healthy Choices

All 50 States, the District of Columbia, and the Virgin Islands provide nutrition education for SNAP and other eligible low-income individuals. The goal of SNAP-Ed 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 *Dietary Guidelines for Americans* and MyPlate.

The Food and Nutrition Service (FNS) encourages States to center their efforts on these behavioral outcomes for SNAP-Ed participants:

- **Make half your plate fruits and vegetables**, at least half your grains whole grains, and switch to fat-free or low-fat milk products;
- **Increase physical activity** and reduce time spent in sedentary behaviors as part of a healthy lifestyle; and
- **Maintain appropriate calorie balance** during each stage of life - childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

New Directions in SNAP-Ed

The Healthy, Hunger-Free Kids Act of 2010 (Public Law 111-296), section 241, established SNAP-Ed as the Nutrition Education and Obesity Prevention Grant Program. The Act calls for SNAP-Ed to include an emphasis on obesity prevention in addition to nutrition education.

Activities must be evidence-based and delivered through individual and group-based strategies, comprehensive multi-level interventions, and/or community and public health approaches. SNAP-Ed efforts may also address environmental and policy level interventions. National, State, and local coordination and collaboration is strongly encouraged and recommended.



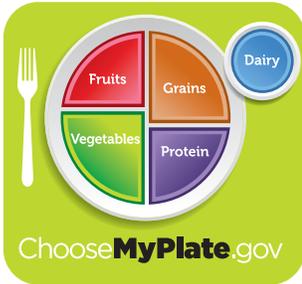
More information about the new directions in SNAP-Ed is available in the *SNAP-Ed Guidance for Fiscal Year 2013 State Plans*.

SNAP-Ed Resources

Choose MyPlate

Consumers and professionals can access information and downloadable materials related to USDA's food guidance system, MyPlate, by visiting:

www.chooseMyPlate.gov

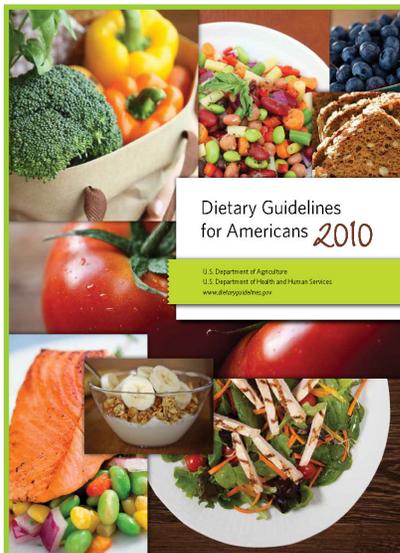


The site also contains tips on healthy eating, weight management, daily food plans, and related resources. Some materials are available in Spanish. The Healthy Eating on a Budget section of the Web

site includes information on planning, purchasing, and preparing food, smart shopping, a sample 7-day menu, and other tools.

For complete information on the *Dietary Guidelines for Americans* and MyPlate, please refer to the USDA Center for Nutrition Policy and Promotion (CNPP) Web site at:

www.cnpp.usda.gov/dietaryguidelines.htm



SNAP-Ed Connection

The SNAP-Ed Connection provides educators with resources and tools to help develop effective SNAP-Ed nutrition education and obesity prevention programs. Educators have access to a Resource Library, the Recipe Finder Database, National SNAP-Ed information, a Photo Gallery, the Community Corner, State Gates, and a wealth of other resources. State Gates provides links to the Web sites of State SNAP-Ed providers at:

<http://snap.nal.usda.gov/state-gates>

The Community Corner is the place in the SNAP-Ed Connection where consumers can find information, tips, and tools for making healthy lifestyle choices. For example, information on food groups, portion sizes, and eating right when the money is tight is all available here!



Consumers and professionals can find savory snacks, meals, and nutrition facts in the Recipe Finder online database. All recipes are compatible with the *Dietary Guidelines for Americans* and available in Spanish and English. Users can now also build a cookbook of their favorite recipes.



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