



Supplemental Nutrition Assistance Program Education (SNAP-Ed)



Highlighting SNAP-Ed Success in FY18

The **Supplemental Nutrition Assistance Program (SNAP)** includes a nutrition education and obesity prevention program called **SNAP-Ed**. SNAP-Ed provides nutrition lessons and information to SNAP participants to help them make healthier choices and get the most out of their SNAP benefits.

SNAP-Ed also works with organizations, coalitions, and task forces to change the food environment so that the healthy choice becomes the easier choice.

In **FY18**, the UMass Extension Nutrition Education Program (NEP), implementing SNAP-Ed, partnered with 118 community agencies and organizations throughout Massachusetts. Through direct education, we reached a total of 70,208 SNAP-Ed participants: **3,366 adults** and **66,842 youth**.

SNAP-Ed nutrition education was delivered across the Commonwealth at:

- Adult education and job-training programs
- Community centers
- Child care and preschool programs
- Elderly service centers
- Family resource centers
- Food assistance sites, food banks, and food pantries
- Farmers' markets
- Head Start programs
- Public housing sites
- Public schools
- SNAP office sites
- Youth education and recreation sites

Youth program participation showed statistically significant behavior change.

- Youth (grades 3–8) ate more fruits and vegetables after completing a series of nutrition lessons.
- Youth (grades 3–5) were more physically active after completing a series of nutrition lessons.
- Youth (grades 6–8) were spending less time watching TV or movies, playing electronic games, or using the computer for something other than schoolwork after completing a series of nutrition lessons.

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