



Highlighting Massachusetts SNAP-Ed Success

The **Supplemental Nutrition Assistance Program (SNAP)** includes a nutrition education and obesity prevention component called SNAP-Ed. SNAP-Ed provides nutrition workshops and information to SNAP participants to help them make healthier choices and make the most of their SNAP benefits. SNAP-Ed also works with other organizations, coalitions, and task forces to change the food environment so that the healthy choice becomes the easier choice for SNAP participants.

In FY16, the UMass Extension Nutrition Education Program (NEP) partnered with 110 community agencies and organizations throughout Massachusetts to reach a total of 62,847 SNAP-Ed participants through direct nutrition education: **4,089 adults and 58,758 youth**.

SNAP-Ed Nutrition Education was delivered at 422 sites including:

- Adult education and job training programs
- Community centers
- Daycare and preschool programs
- Elderly service centers
- Emergency Food Assistance programs
- Farmers' markets
- Head Start programs
- Public schools
- SNAP office sites
- Youth education and recreational sites

Youth Behavior Changes after Program Participation:

- Statistically significant improvements showed that youth (grades 3-8) ate more fruits and vegetables after completing a series of nutrition lessons.
- Statistically significant improvements showed that youth (grades 3-8) were more physically active after completing a series of nutrition lessons.
- Statistically significant improvements showed that youth (grades 6-8) were spending less time watching TV or movies, playing electronic games, or using the computer for something that is not school work after completing a series of nutrition lessons.

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Making the Healthier Choice the Easier Choice



Nutrition educators from the **Springfield** office provided a series of nutrition lessons to students on the importance of breakfast and resources to support and reinforce the implementation of breakfast in the classroom.

The **Worcester** office partnered with the Rainbow Child Development Center for low-income families and a local chef to conduct cooking and nutrition lessons for parents.



The **Raynham** office held Family Cooking Nights at the Brockton, Fall River, and Randolph Public Schools for parents and their children to see healthy food demonstrations, receive recipes, and learn nutrition and cooking tips to keep their families healthy.

The **Boston** office conducted monthly food demonstrations at on-site food pantry locations in the Greater Boston area using ingredients participants would receive in their pantry bags.



The nutrition educators at the **Lawrence** office collaborated with Lawrence Public Schools Nutrition Services and provided a Fresh Fruit and Vegetable Program (FFVP) snack menu, delivered nutrition lessons to students, and supplied teachers with talking points to reinforce healthy snack messages.

The **Barnstable** office collaborated with the Cape Cod Hunger Network on the adoption of the Grow and Give project, which provides a link between area farmers and home gardeners with donations of fresh produce offered to local food pantries.

