

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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NEP SNAP-Ed Highlights FY18



Nutrition educators in the **Springfield** office provided a series of nutrition education lessons for youth and adults in support of the community garden at the Robinson Public Housing Development. The lessons focused on eating fresh vegetables and included gardening and nutrition activities.



The **Raynham** office provided training for kindergarten through third-grade teachers to encourage physical activity in the Trinity Catholic Academy in Brockton. The educators also supported a Plymouth school's efforts for completing the Billion Mile Race competition to collectively track their miles and physical activity.



Nutrition educators in the **Lawrence** office coordinated the Fresh Fruit and Vegetable Program (FFVP) menu with nutrition education materials in the Lawrence Public Schools. They supplied nutrition talking points for the snack menu calendar in addition to parent handouts.



The **Worcester** office supported the Breakfast After the Bell initiative in the Worcester Public Schools. Nutrition lessons and enrichment materials emphasized the importance of breakfast, and school bulletin boards reinforced the implementation of breakfast in the classroom.

The **Boston** office provided a series of adult education nutrition lessons as a food pantry activity with partner organizations that have onsite food pantries.

The **Barnstable** office supported *Harvest of the Month* initiatives in the elementary schools by delivering nutrition education and school-wide cafeteria tastings to students. Nutrition education materials and displays were also provided.

Harvest of the Month

OCTOBER

Pears are grown in many varieties. They come in various shades of red, yellow, green, and brown.

The Bartlett pear variety is the most common type in the United States. Pears pack a lot of nutrition in a sweet and juicy package and are a great addition to a healthful diet.

PEARS in Massachusetts

Pears are available between the months of August and October. Check your local farmstands, farmers' markets, and grocery stores to find out when they will be available.

Pear Pointers

- Choose pears that are colorful and fresh with no bruises or damage.
- Test for ripeness by pressing gently near the stem. If it feels soft, it is ready to eat.
- To ripen a pear, place it on the countertop or in a bowl. Pears will ripen more quickly if placed near apples.
- Ripe pears should be stored in the refrigerator for up to a week.

Nutritional Benefits

Pears are a good source of vitamin C and fiber. Fiber helps us feel full longer and moves food through our digestive system. Pears may lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

Enjoying Pears

Try adding pears to a salad or on a sandwich for added crunch and sweetness. Combine pears with other fruit such as apples and grapes and top with yogurt for a tasty dessert.

Spicy Fruit Salad

Ingredients: 2 cups fresh fruit, diced (apples, pears, berries, grapes, or banana); 1/4 cup 100% orange juice; 1/4 cup vanilla yogurt, non-fat or low-fat (optional); 1/4 teaspoon cinnamon or nutmeg.

Instructions: 1. Wash and prepare the fruit. 2. Place fruit in a medium-sized bowl and pour juice over fruit. Add yogurt and toss gently. 3. Sprinkle cinnamon or nutmeg on top of fruit mixture. 4. Serve cold.

Nutrition Facts: (with grapes and berries and 2 tablespoons of low-fat yogurt)
Serving size: about 1/4 cup; Calories: 60; Carbohydrates: 18 g; Fiber: 1 g; Fat: 0.5 g; Saturated fat: 0 g; Sodium: 20 mg