

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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This material was provided by the UMass Extension Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-866-950-3663. This institution is an equal opportunity provider and employer.

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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 **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 **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.

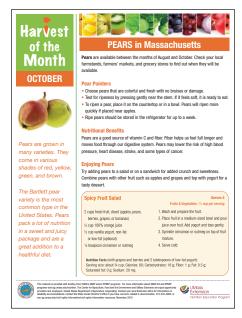
The **Boston** office provided a series of adult education nutrition lessons as a food pantry activity with partner organizations that have onsite food pantries.



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





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