

Supplemental Nutrition Assistance Program Education (SNAP-Ed)



Highlighting SNAP-Ed Success in FY17

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 **FY17**, the UMass Extension Nutrition Education Program (NEP) partnered with 140 community agencies and organizations throughout Massachusetts to reach a total of 62,247 SNAP-Ed participants through direct nutrition education: **3,904 adults and 64,247 youth**.

SNAP-Ed Nutrition Education was delivered at 430 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 3-5) 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.
- Statistically significant improvements showed that youth (grades 6-8) drank sweetened beverages less often after completing a series of nutrition lessons.

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NEP SNAP-Ed Highlights



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, making better beverage choices, and eating fruits and vegetables.

The **Worcester** office collaborated with the Access to Healthy Food Committee under the Greater Worcester Community Health Improvement Plan by creating a resource list of economical, healthy recipes and meals to help ensure nutritious foods for youth program participants.



The **Raynham** office partnered with Healthy Plymouth, Terra Cura gardening program, and Plymouth Public Schools to provide a series of nutrition lessons to students. They collaborated with the Terra Cura/Hedge School Garden Club by planting garden beds from the ground up and offering nutrition education gardening lessons.

The **Boston** office worked with WAITT House to increase the healthy foods in the school store. Participants were excited to vote on their preferred healthy options in the store. This activity encouraged students to adopt the healthy eating habits taught by NEP in the classroom.



The nutrition educators at the **Lawrence** office tested and documented a protocol and planning process for use in future Lynn Public Schools Spring Salad Days and Planting Days by North Shore Food Project and Food Corps.

The **Barnstable** office collaborated with the Cape Cod Hunger Network to support the Harvest of the Hungry food pantry project to assist with harvesting and distributing butternut squash and sweet potatoes donated from a local farm. They provided recipes to accompany the donation for pantry clients.

