



Working Together with NEP

The UMass Amherst Extension Nutrition Education Program (NEP) is an implementing agency of the **Supplemental Nutrition Assistance Program Education (SNAP-Ed)**. The goal of SNAP-Ed is to make it easy for everyone to eat healthy and be physically active by providing workshops aligned with the current recommendations from *The Dietary Guidelines for Americans, 2020-2025*.

SNAP-ED WAS DELIVERED ACROSS MASSACHUSETTS IN A VARIETY OF LOCATIONS

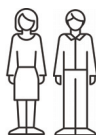
- Adult education and job-training program sites
- Community and elderly service centers
- Head Start, child care, and preschool programs
- Family resource centers
- Food assistance sites, food banks, and food pantries
- Farmers' markets and mobile markets
- Public schools
- SNAP office sites
- Youth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

SNAP-ED BY THE NUMBERS

In FY22, NEP collaborated with 57 community agencies and organizations in Massachusetts with unduplicated reach totaling 9,400 individuals. NEP reached 30,321 participants through direct education workshops.



29,364 youth reached



957 adults reached

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGE ACTIVITIES

SNAP-Ed's community partnerships fostered 29 PSE activities throughout Massachusetts. These opportunities for education and change increased access to healthy foods and physical activities for those who need it the most.

For more information, contact a Project Leaders in your region:

Cape Cod Region

Susan Bourque, RD, LDN
508-375-6693
sbourque@capecod.gov

Central Region

Rosalia Flores, BA
508-831-1223 ext. 105
rflores@umext.umass.edu

Eastern Region

Tracie Gillespie, MPH
413-800-4200
tgillesp@umext.umass.edu

Northeast Region

Jeanne Baranek, MA, CFCS
978-689-4744
baranek@umext.umass.edu

Southeast Region

Lindsey Magan, BS
508-967-6433 ext.101
lmagan@umext.umass.edu

Western Region

Dalila Gomes, MPH
413-737-0236 ext. 101
dfgomes@umass.edu

State Office – UMass Amherst

Kathy Cunningham, MEd, RD, LDN
413-406-6456
kcunningham@umext.umass.edu



SNAP-ED IN THE COMMUNITY

FY22 HIGHLIGHTS AND SUCCESSES

In the [NORTHEAST REGION](#), our nutrition educators offered a Spring Salad Days Program in Salem and Lynn. The program included planting, harvesting, and tasting fresh vegetables.

In the [SOUTHEAST REGION](#), our nutrition educators supported a recess garden club in Plymouth. The program offered students opportunities to plant, maintain, and taste the vegetables.

Our [CAPE COD REGION](#) nutrition educators collaborated with Buy Fresh, Buy Local Cape Cod and the Master Gardeners Association. Through a grant provided by the Massachusetts Department of Agriculture, Seed to Plate workshops were offered to older adults empowering them to plant container gardens to grow and enjoy their own herbs and vegetables. NEP nutrition educators created a series of bilingual videos titled "Everyone Eats", featuring multicultural crops grown in local community gardens.

Our [CENTRAL REGION](#) nutrition educators collaborated with the Worcester Reach program to provide technical assistance and support to implement choice food pantry models at two food pantries, El Buen Samaritano Food Pantry and the Pernet Health Center Food Pantry. The first phase of food ranking was completed using the SWAP tool. Recipes were modified with recommendations for swapping ingredients that would be culturally acceptable for the Latino population.

When teachers were asked what they liked best about the Nutrition Education Program, they said ...

"I enjoyed the interactions among students during the nutrition lessons and the connections that were made with the content and each student's nutritional life." (Eastern Region)

"I liked the instructors, props and visuals, and hands-on activities." (Cape Cod Region)

"I liked the varied lessons and content." (Eastern Region)

Helping Massachusetts Families Grow Healthier

