The Union County SNAP-Ed program partnered with three school districts in Union County, conducting 24 educational lessons using hands-on experiences from the Learning About Nutrition through Activities (LANA) curriculum. The curriculum helps young children learn to taste, eat, and enjoy more fruits and vegetables in order to promote good health and reduce the risk of chronic disease. Educational handouts and recipes were sent home to the parents weekly. Food tastings were conducted to educate children about healthy eating choices that are good for their bodies and taste buds too!

Results of SNAP-Ed programs showed:

- 93% of children asked for more or different fruits, vegetables, milk or yogurt.
- 91% of children increased physical activity by 30 minutes per day.
- 90% of children talked about healthy food.
- 87% of parents said their children were more willing to try new foods.
- 80% made changes in family eating.
- 75% of parents served more water.

“My child is a very picky eater. He is now trying different types of food and his eating has gotten a lot better.”

Parent

ARKANSAS EXTENSION SNAP-ED

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a partnership between the University of Arkansas System Division of Agriculture Cooperative Extension Service, the Arkansas Department of Human Services, and the USDA Food and Nutrition Service.

The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.

In 2018, SNAP-ED programs were conducted at 701 locations throughout Arkansas.

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP).
**PROGRAM REACH:**

<table>
<thead>
<tr>
<th>Total Educational Contacts</th>
<th>Total Individuals</th>
<th>Total Number of Lessons</th>
</tr>
</thead>
<tbody>
<tr>
<td>588,933</td>
<td>63,045</td>
<td>13,864</td>
</tr>
</tbody>
</table>

As a result of **SNAP-ED PROGRAMS** participating adults made the following improvements:

<table>
<thead>
<tr>
<th>SNAP-ED PROGRAMS</th>
<th>Improved knowledge of MyPlate</th>
<th>Increased food preparation skills</th>
<th>Intend to adopt a healthy eating pattern</th>
<th>Increased physical activity</th>
<th>Drank fewer sugar-sweetened beverages</th>
<th>Ate a healthy breakfast more often</th>
<th>Increased whole grain consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>72%</td>
<td>53%</td>
<td>51%</td>
<td>50%</td>
<td>47%</td>
<td>44%</td>
<td>42%</td>
<td></td>
</tr>
</tbody>
</table>

**What Adult Participants are saying about SNAP-Ed**

“I pay more attention to the nutrition labels in the store now and I have started working out to go along with changing my diet little by little.”

Adult Participant Boone County

**What Youth Participants are saying about SNAP-Ed**

“When we have cooking classes at school my mom always asks me what we made. When I show her the day’s recipe and the magazine, we make the recipes together. It’s so much fun and tastes so good!”

Youth Participant, Jefferson County

<table>
<thead>
<tr>
<th>What Parents are saying about SNAP-Ed</th>
<th>Serving Up MyPlate and Farm to You program surveys showed:</th>
</tr>
</thead>
<tbody>
<tr>
<td>83% Child talked about healthier eating</td>
<td>80% asked their family to buy favorite fruits/vegetables.</td>
</tr>
<tr>
<td>74% Child asked for healthier food</td>
<td>54% drank fewer sugary drinks.</td>
</tr>
<tr>
<td>57% Family more physically active</td>
<td>45% increased their knowledge of Arkansas grown foods.</td>
</tr>
</tbody>
</table>

**CRAIGHEAD COUNTY**

The Craighead County SNAP-Ed Program partnered with two high schools to provide Eating Smart, Being Active programs focusing on the health benefits of consuming water compared to sugar-sweetened drinks. As a result of the “Re-think Your Drink” lessons, students led water campaigns to raise awareness and sponsored fundraisers to help purchase water bottle filling stations. Grant funding through Extension’s partnership with the Centers for Disease Control was used to purchase water bottles and water bottle filling stations to make drinking water the healthier and easier choice for students and staff.

With school policies in place to allow water consumption in the classroom, nearly 2,500 students and school staff are benefiting from availability of cold water during the school day. School faculty have noted that students are adopting healthier habits. “Students have not had access to sodas on campus for several years, but many brought them from home. We’re seeing less soda consumption by students at lunch, and staff are following suit.” In addition to the health benefits, the filling stations have logged a reduction of nearly 100,000 plastic bottles.

“Not only am I drinking more water, I’m saving some money!”

High School Student

**BENTON COUNTY**

In FY18 over 1,200 elementary students were reached using the Serving Up MyPlate and Farm to You programs. The focus was on making healthier food choices and being more physically active. Parents and teachers also received information to reinforce what the students learned and encourage changes. In addition, 67 Head Start and HIPPY parents were reached with MyPlate programs targeted at preschoolers. Over 170 food pantry clients learned to prepare foods in healthy ways and tried new recipes. Over 3,800 individuals received information on nutrition, food safety and stretching food dollars through monthly Right Bite exhibits.

**Serving Up MyPlate and Farm to You program surveys showed:**

- 80% asked their family to buy favorite fruits/vegetables.
- 54% drank fewer sugary drinks.
- 45% increased their knowledge of Arkansas grown foods.

**Parent Surveys showed:**

- 72% reported their child was more willing to try new foods.
- 60% reported serving more fruits.
- 50% reported serving more vegetables.

“I overheard my students talking about encouraging their parents to make healthier choices.”

Second Grade Teacher