

# County Highlights

## Marion County

In Marion County, as a result of participating on the school wellness committee, the FCS agent learned about an opportunity to work with a school district that was interested in creating a new school garden. After the FCS Agent described SNAP-Ed's ability to deliver direct nutrition education in the garden setting, the school wellness committee saw it as a natural fit. Upon completion of the garden, students have been given the opportunity to learn and get their hands dirty in the garden. Students have even enjoyed the fruits of their labor by planting and harvesting some of the produce that is served in the school cafeteria. The SNAP-Ed Nutrition Educator has spent a considerable amount of time working with the students in the garden, teaching about the different plants, connecting the gardening process with nutrition, and encouraging the students to eat fresh fruits and vegetables. Information has also been extended into the home to reach the families. The garden and accompanying nutrition education has been well received by teachers, students and their parents. Extension volunteers and employees have also lent their expertise in the development and maintenance of the garden, such as Master Gardeners and the Agricultural Agent, helping to ensure the long-term sustainability of this school garden. In another school in Marion County, SNAP-Ed has provided direct nutrition education in an existing school garden, and supplemental educational materials for the classroom. Through a successful partnership with the Arkansas Garden Corps, this school garden was able to donate 400 pounds of produce to the community.



# Arkansas Extension **SNAP-ED** FY16

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a partnership between the University of Arkansas 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 (formerly Food Stamps) will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.



## Mississippi County

The Mississippi County FCS Agent and SNAP-Ed Nutrition Educator worked with the Blytheville School District's After School Program to provide eight 30-minute nutrition and physical activity sessions using the OrganWise Guy's Wisercise curriculum. The OrganWise Guys and Gals were introduced to teach nutrition and physical activity concepts. Engaging activities were utilized to teach the nutrition concepts, and parents were reached through newsletters with reinforcement activities and CHOP CHOP cooking magazines. Math and literacy were incorporated throughout the lessons. Wisercise was also offered at three Mississippi County library branches. Approximately 470 youth participated in the Wisercise After School Program. Another 40 youth participated in single-session Wisercise summer programs at the public library sites. As a result of what the youth and parents have learned, families have made positive health-related changes at home: 100% serve more fruit; 94% serve more water and low-fat dairy; 89% serve more vegetables and fewer sugar-sweetened foods/beverages; 88% of children are willing to try different foods; 83% serve lower fat foods; 67% serve vegetables they have not tried before; and 61% serve fruits they have not tried before.



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In 2016, SNAP-Ed programs were conducted at 621 locations throughout Arkansas' 75 counties including:

- schools
- Head Start schools
- senior centers
- food banks and pantries
- homeless shelters
- DHS offices
- WIC offices
- grocery stores

Participants learned to:

- make healthy food choices within a limited budget
- read food labels
- prepare healthy meals
- shop smart
- be more physically active

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

"This program has helped me to eat "heart healthy." Since losing the weight my doctor has reduced my medication."

SNAP-Ed Participant, Craighead County

### PROGRAM REACH

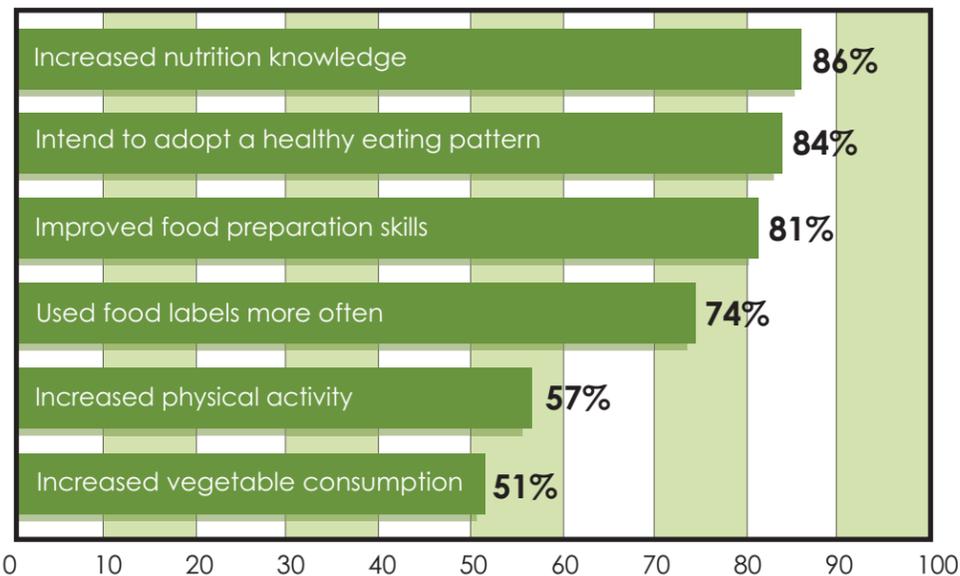
Total Educational Contacts: 542,300

Total Individuals: 55,692

Total SNAP Applicants/Recipients: 30,105

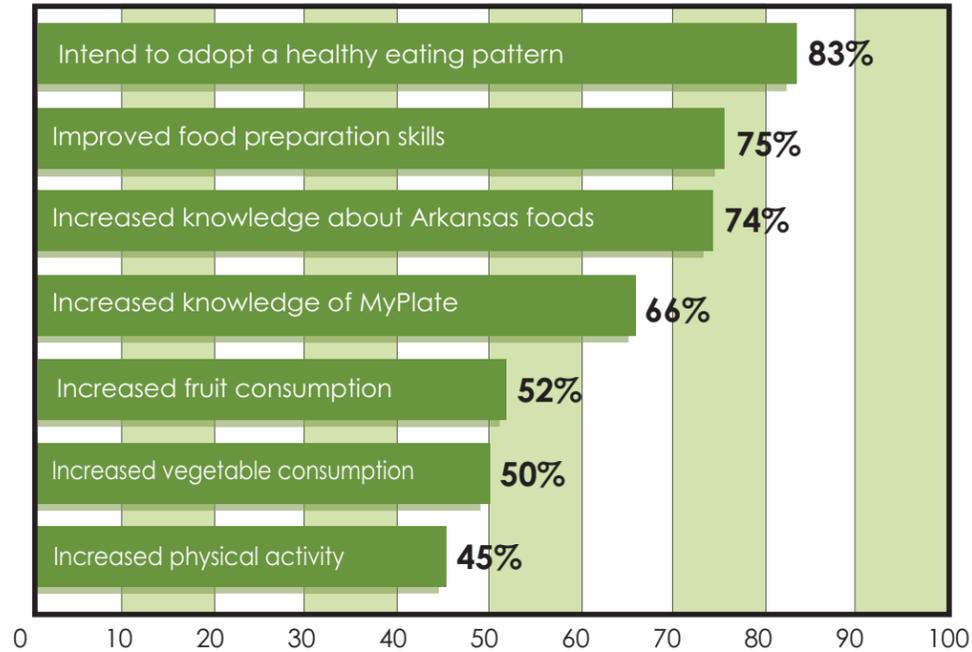
### SNAP-Ed Adult Participants

As a result of SNAP-Ed programs, participating adults made the following improvements:



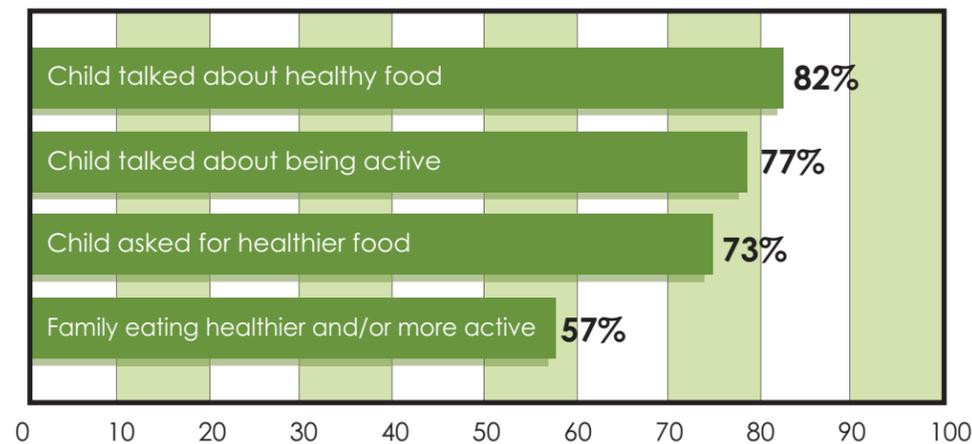
### SNAP-Ed Youth Participants

SNAP-Ed partnered with 234 schools, in 59 counties to conduct nutrition education. As a result of SNAP-Ed programs, youth participants reported the following:



### Families of SNAP-Ed Youth Participants

2,618 parents of school-based participants returned surveys with the following results:



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

"I like trying new foods at school. I go home and tell my mom what I liked and we go buy it at the grocery store."

SNAP-Ed Participant, Ouachita County

### What Parents are saying about SNAP-Ed

"My daughter talks about what she has learned at school about making better food choices. We have also benefited from what she learns. We have become label readers and are now aware of what we really buy."

SNAP-Ed Parent, Hempstead County