

County Highlights

Prairie County: Growing Healthy Kids

Over 300 youth were reached through multi-session school-based programs such as OrganWise Guys, Yoga for Kids, and Serving Up MyPlate. The nutrition lessons focused on eating more fruits, vegetables, whole grains, and low-fat/fat-free dairy products and being physically active. In addition, school food service staff were trained to implement the Foods of the Month program, offering two healthy foods each month on the weekly menus. This allowed students the opportunity to taste the foods they were learning about. Parent newsletters and recipes were sent home to reinforce concepts. Parent surveys revealed the following: 88% reported their child talked to them about healthy foods/snacks; 79% reported their child talked to them about being more active; 46% made changes in their family's eating; and 52% reported being more physically active. One parent commented: "My daughter tells me about healthy eating, and the other day she requested water in her lunch box. As a teacher myself, I know we wonder whether or not we really make a difference, so I wanted to tell you that you do!"



Faulkner County: Eating Healthy is a SNAP

The Faulkner County Extension SNAP-Education program partnered with other agencies working with low-income families in FY15. SNAP-Education collaborated with Greenbrier Eastside Elementary School to plant a school garden and utilize fresh produce to emphasize the importance of selecting and consuming fresh fruits and vegetables. SNAP-Education also delivered nutrition education to young families in transitional housing to teach them how to prepare healthy meals on a reduced income. As a result of these programs, families learned to select and prepare fresh fruits and vegetables. They were taught how they could use their SNAP benefits wisely and have money left over to purchase fresh produce from the local farmers market. Participants were encouraged to try new foods and learned how to prepare healthy meals and snacks. Families receiving SNAP benefits were able to shop at the local farmers market and use their EBT cards. One adult participant commented: "I try to eat healthy but I have a hard time buying food. I didn't know I could use my EBT card to shop at the Farmers Market. This is wonderful news."



Arkansas Extension SNAP-ED FY15

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Education) 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-Education 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.



University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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In 2015, SNAP-Ed programs were conducted at 608 locations throughout Arkansas, 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

PROGRAM OVERVIEW

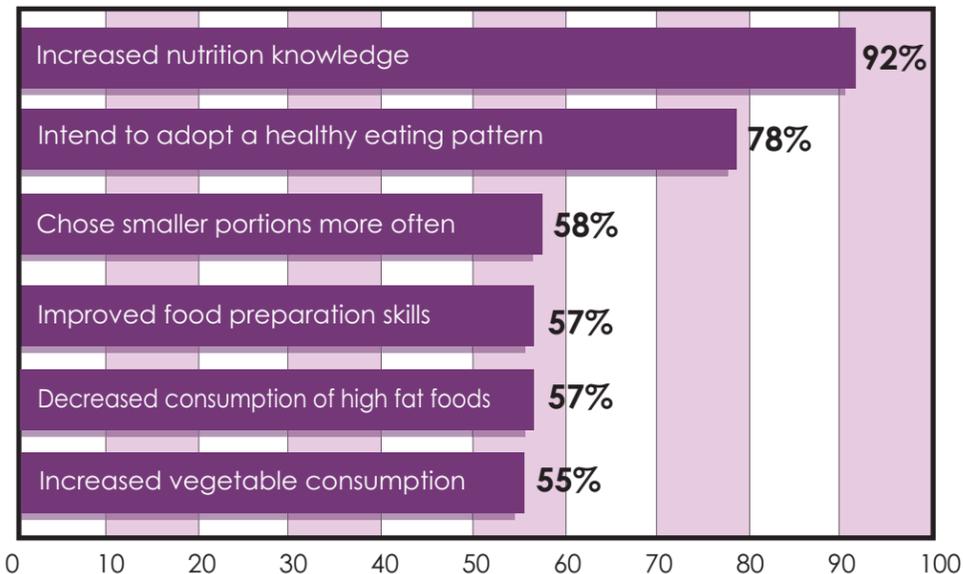
Total Educational Contacts: 529,915

Total Individuals: 51,979

Total SNAP Applicants/Recipients: 29,751

SNAP-Ed Adult Participants

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



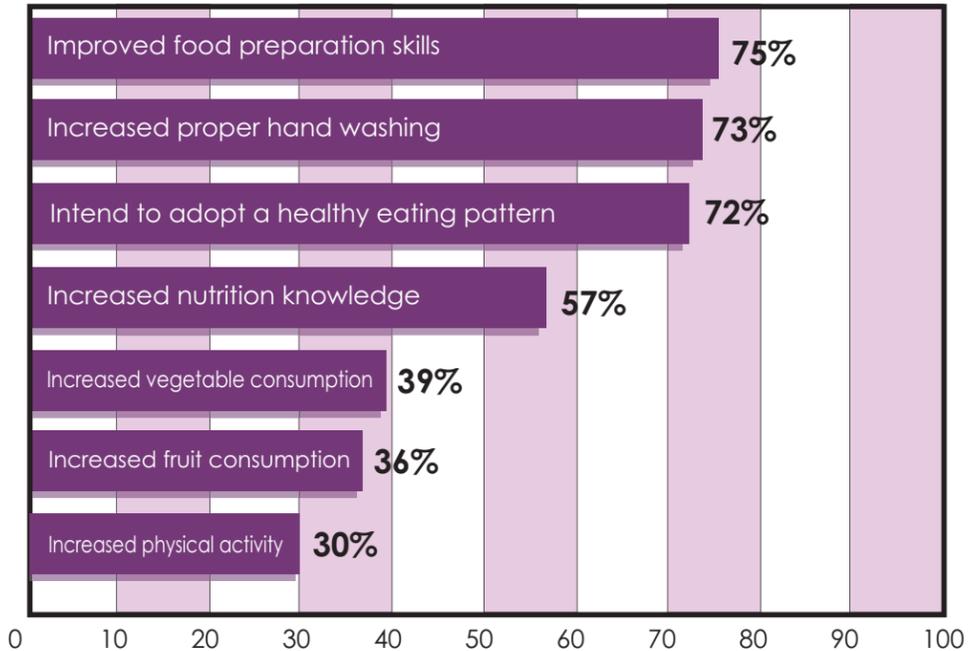
What Adult Participants are saying about SNAP-Ed

"I really enjoyed the program. I learned a whole lot about nutrition, meal planning, and budgeting. I have learned to plan my meals for the week and we are eating more meals made from scratch which saves us money."

SNAP-Ed Participant, Lafayette County

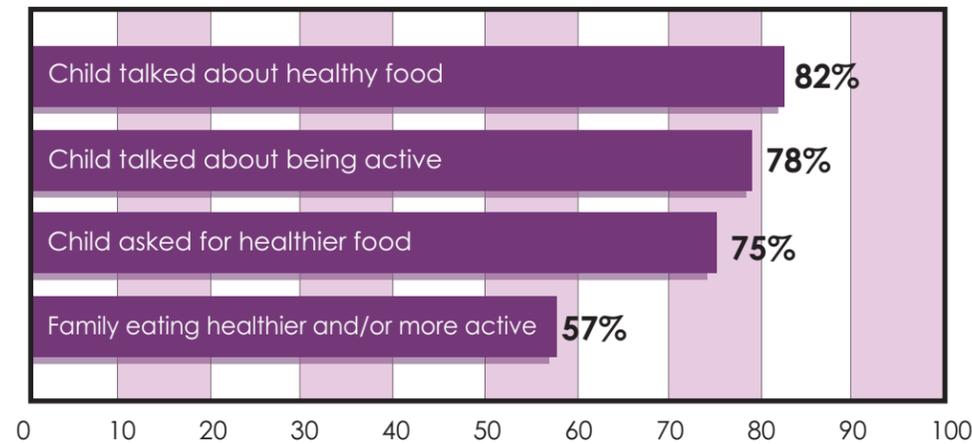
SNAP-Ed Youth Participants

SNAP-Ed partnered with 224 schools, in 63 counties to conduct nutrition education. As a result of SNAP-Ed programs, youth participants reported the following:



Families of SNAP-Ed Youth Participants

4,390 parents of school-based participants returned surveys with the following results:



What Youth Participants are saying about SNAP-Ed

"I am drinking more water and drinking less soda. Thanks for the water bottle!"

SNAP-Ed Participant, Craighead County

What Parents are saying about SNAP-Ed

"My kids now come home with recipes that they want to cook or make for me. With them interacting and preparing it themselves, they enjoy eating healthier. It has been a great program."

SNAP-Ed Parent, Ashley County