

Arkansas Extension **SNAP-ED**

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.



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In 2012, SNAP-Education programs were conducted at 325 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

What Adult Participants are saying about SNAP-Education

“Even on my tight budget, I have learned that by planning my meals, using what I have on hand, and shopping wisely my family can eat healthy.”

PROGRAM OVERVIEW

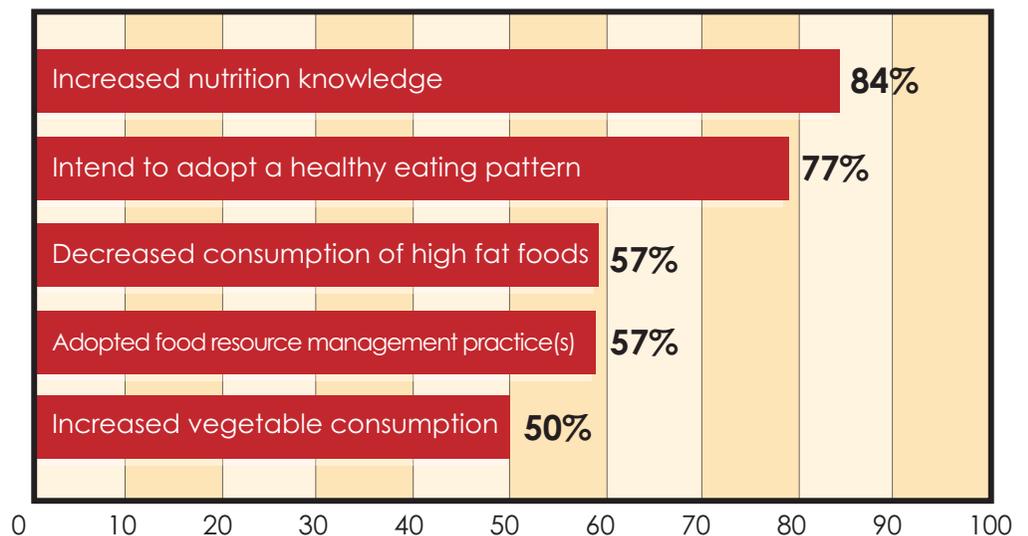
Total Educational Contacts – 460,381

Total Contacts with SNAP Applicants/Recipients – 270,615

Partnering Agencies – 325

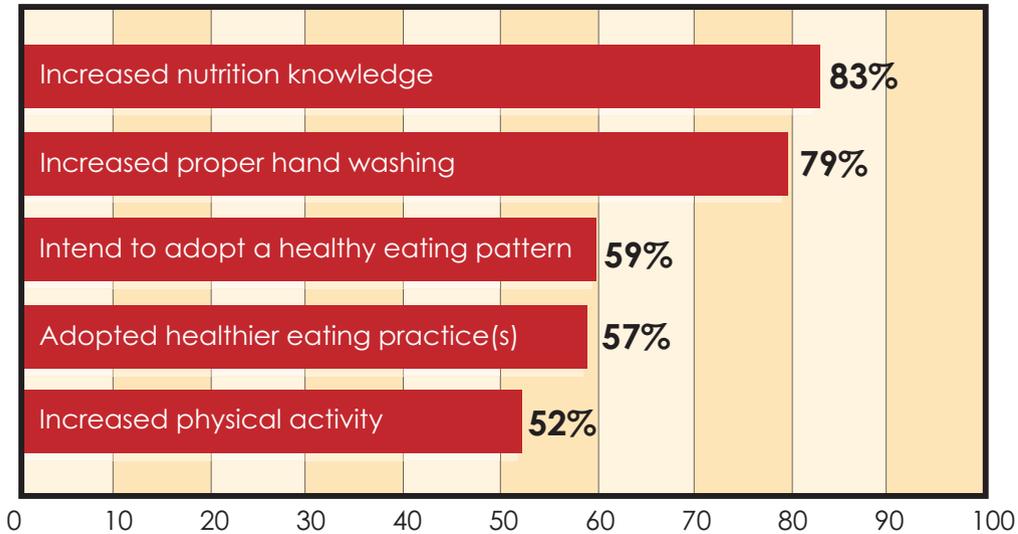
Adult SNAP-Education Participants

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



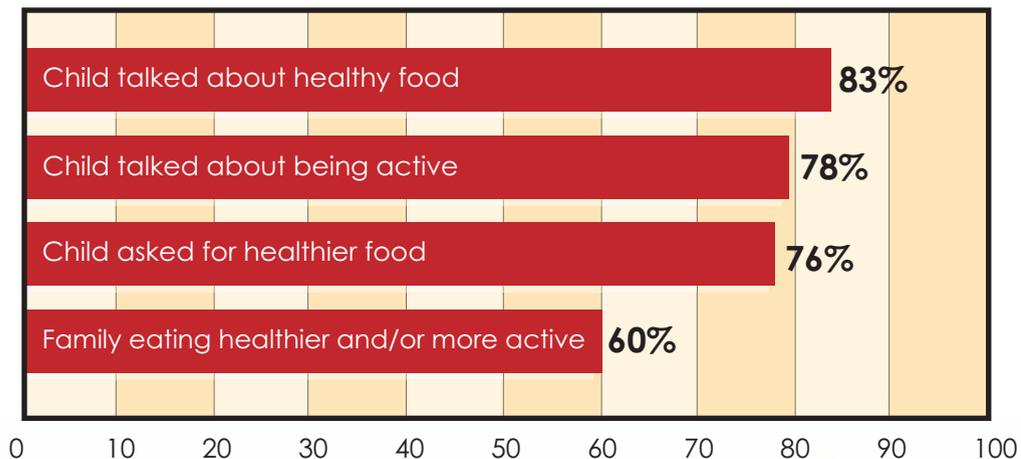
Youth SNAP-Ed Participants

The Arkansas SNAP-Ed program was conducted in 171 schools in 60 counties. As a result of SNAP-Ed programs, youth participants reported the following:



Families of Youth SNAP-Ed Participants

3050 parents of school-based participants returned surveys with the following results:



What Youth Participants are saying about SNAP-Ed

"I am going to tell my mom that she needs to take me to the grocery store so I can help her shop for healthier foods – especially the healthy recipes we made in class today."

What Parents are saying about SNAP-Ed

"My child tells me every night that he needs half his plate covered with fruits and vegetables. And he's actually eating them! Thank you!"



County Highlights

Pulaski County

Pulaski County Extension Nutrition educators introduced new fruits and vegetables to elementary students through the Eating from the Garden program. With every classroom lesson students discussed and tasted a featured fruit or vegetable and learned about growing food. Most days they also visited their garden to apply some of the techniques learned. Seventy-five percent of parents surveyed reported that their families were eating more fruits and 64% reported eating more vegetables as a result of the program. This program received a commendation from the USDA Food and Nutrition Service for excellence in SNAP-Ed Programming.



Miller County

Miller County Extension's Pick a Better Snack program at Fouke Elementary has received national attention for innovation and effectiveness. Fitness had always been a part of the school day at Fouke Elementary, but in 2008, 40 minutes of hands-on SNAP-Ed nutrition instruction was added to the weekly curriculum and that's when they really started to see results. According to principal Ken Endris, teacher morale went up; students were more alert in class and attendance improved. More importantly, the percentage of students with BMIs in the overweight and obese range went down. With Extension's Pick a Better Snack Program, students not only learn about good nutrition, but taste fresh fruits and vegetables with each lesson. Seventy percent of parents surveyed in 2012 reported their child is more willing to try new foods as a result of this program. After hearing about the program, Alice Lockett, Senior Nutritionist at USDA said "Fouke Elementary's program should be cloned in every school in the USA".

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