

# County Highlights

## Cross County

Cross County Extension's *Eating from the Garden* program was conducted at Wynne Intermediate School during the 2012-2013 school year. The program focused on introducing new fruits and vegetables, improving nutritional habits and developing gardening skills. The County Family and Consumer Sciences Agent conducted the nutrition component of the program and the County Agriculture Agent led the outdoor gardening sessions. Over 200 third grade students participated. Parents and teachers were surveyed to determine the effectiveness of the program. Teachers ranked the program 9.2 out of 10. Sixty-five percent (65%) of parents reported their child was more willing to try new foods and 54% of parents reported they made positive changes in their family's eating habits as a result of the program. One parent wrote: "I've always bought fruits and veggies, but my child wasn't interested in trying any of them at all and now she is and has. Thank you!"



# 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.



## Baxter County

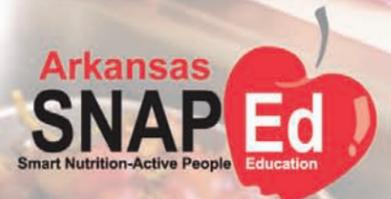
The Baxter County Extension SNAP-Ed program partnered with a substance abuse treatment facility in 2012-2013 to provide nutrition education to residents. Since most individuals stay in the program for six weeks, a three-part nutrition course was taught by the Baxter County FCS Agent every six weeks at the facility. Residents participated in lessons encouraging USDA's MyPlate recommendations, food safety, and eating healthy on a reduced income. Participants also learned basic cooking skills through hands-on workshops. Participants reported that they are more often practicing portion control, cooking foods to the proper temperatures and making healthy meals for their families. Results from a participant survey showed 97% planned to eat more fruits and vegetables and 90% adopted at least one food safety practice. One participant remarked: "I've learned ways to eat healthy and how to make fast, easy, and good meals for my family."



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In 2013, SNAP-Ed programs were conducted at 563 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

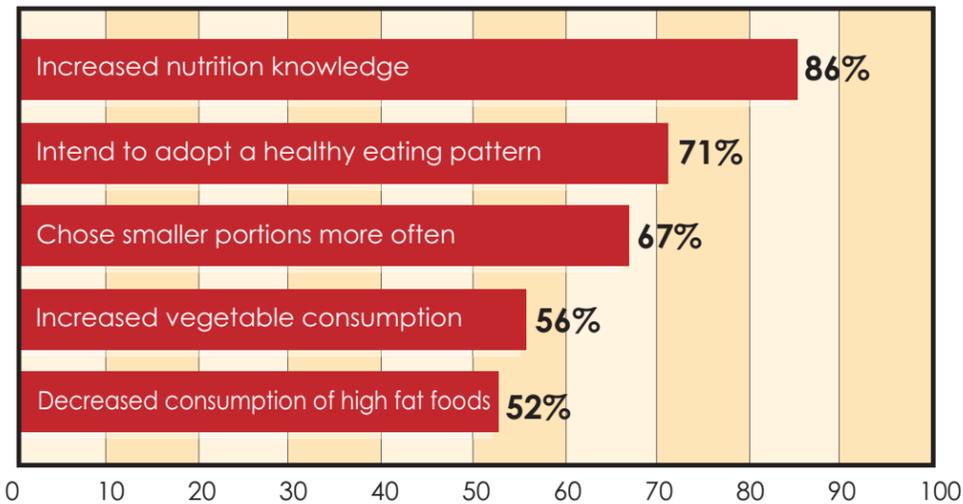
Total Educational Contacts: 406,746

Total Individuals: 38,969

Total SNAP Applicants/Recipients: 22,028

### SNAP-Ed Adult Participants

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



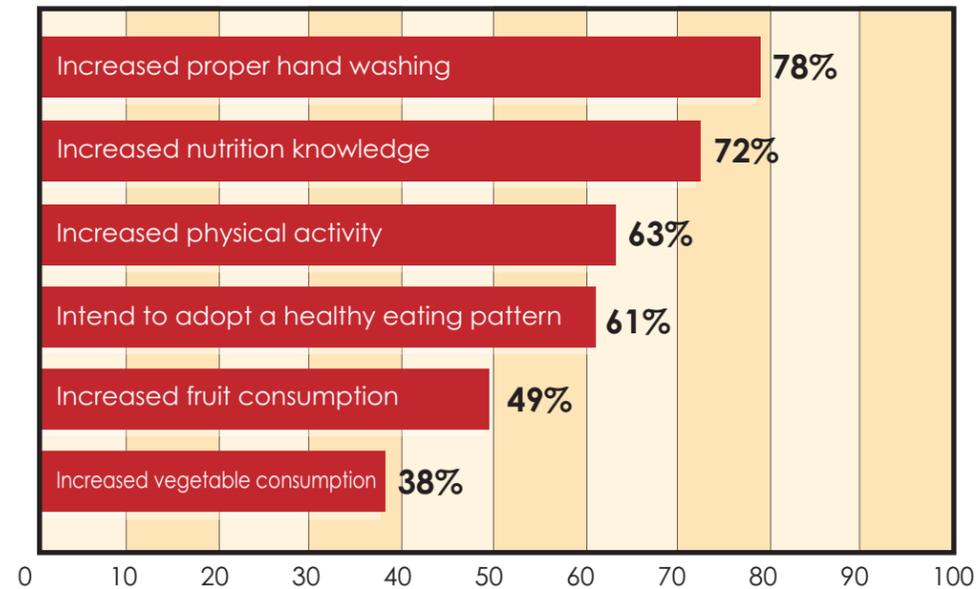
### What Adult Participants are saying about SNAP-Ed

"I've started walking one mile a day and in less than six months I've been able to take less medication for my cholesterol."

SNAP-Ed Participant  
Poinsett County

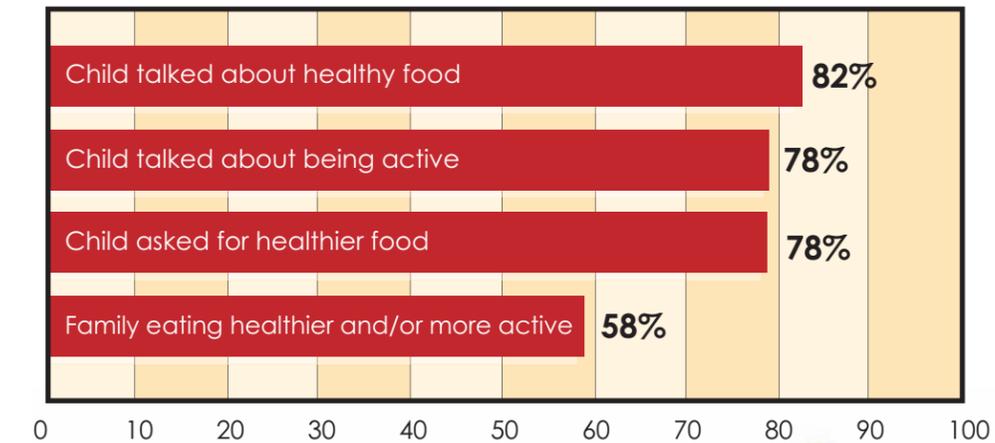
### SNAP-Ed Youth Participants

The Arkansas SNAP-Ed program was conducted in 211 schools in 64 counties. As a result of SNAP-Ed programs, youth participants reported the following:



### Families of SNAP-Ed Youth Participants

2,631 parents of school-based participants returned surveys with the following results:



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

"I exercise more and eat better food. I feel less tired while I am at school."

SNAP-Ed Participant  
Garland County

### What Parents are saying about SNAP-Ed

"The program has been great for my child because she wants to try new things I could never get her to eat before. Thanks for the help!"

SNAP-Ed Parent  
Independence County

