

CSU Extension

SNAP-Ed



2012 Annual Report



The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is a nutrition education program funded through USDA-FNS*. SNAP-Ed's mission is to provide educational programs that increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.



Colorado
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*United States Department of Agriculture
Food and Nutrition Service

SNAP-Ed for Adults

Participants learn to:

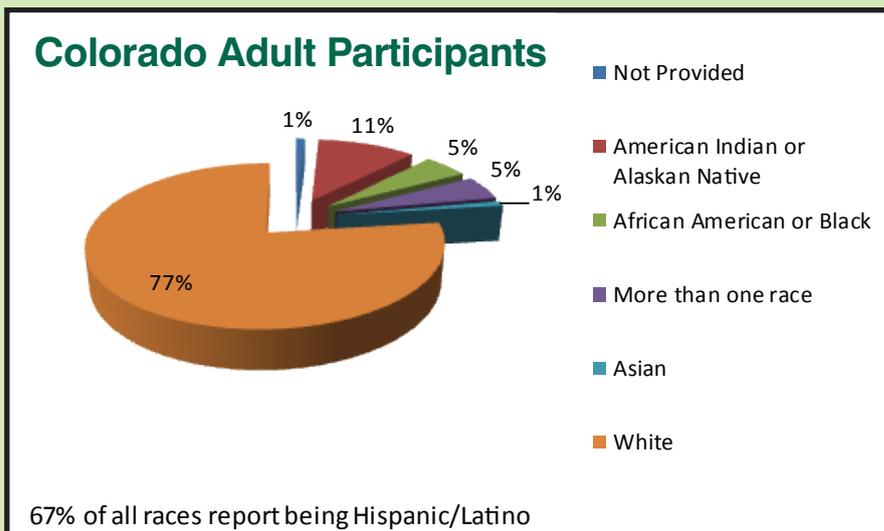
- ❖ Plan nutritious meals
- ❖ Be more active
- ❖ Stretch their food dollars
- ❖ Practice safe food handling
- ❖ Prepare healthy recipes

SNAP-Ed paraprofessional educators deliver evidence-based curricula to adults. In an 8 to 11 lesson series, participants learn about healthy food preparation, nutrition, food safety, food budgeting, and physical activity through hands-on activities.

ADULT IMPACTS AND OUTCOMES

In federal year 2012, 720 adult participants were taught the SNAP-Ed series of classes in Colorado by 5.5 FTE staff.

The majority of participants reported improvement in behaviors related to healthy eating (92%), budgeting and food resource management (90%), food safety (70%), and physical activity (56%). These improved behaviors will help families eat healthier and stretch their food dollars.



Healthy Families Newsletter

The Healthy Families newsletter was delivered to SNAP and SNAP-eligible adults and was aimed at reinforcing educational messages from the *Eating Smart • Being Active* curriculum.

Newsletter Development

Six focus groups (3 English, 3 Spanish) were conducted with individuals in *Eating Smart • Being Active* classes.

Focus group participants indicated wanting:

- ❖ healthy eating ideas
- ❖ recipes
- ❖ tips about child nutrition
- ❖ physical activity ideas
- ❖ easy-to-read format
- ❖ attention-grabbing colors
- ❖ resources and contact information
- ❖ bilingual options
- ❖ relevant information

Feedback

As of September 30th, 2012, 313 individuals responded to a survey distributed with the newsletters. Of the 313 respondents:

- ❖ 37% received the newsletter from mailings,
- ❖ 63% received the newsletter at an agency,
- ❖ 36% made the recipe in the newsletter, while 54% were planning to make the recipe,
- ❖ Depending on the issue, 40% to 63% tried the physical activity, and
- ❖ 70% of the Spanish readers were likely to try the physical activity, versus 40% of English readers.



To access previous newsletters, go to:

www.snaped.colostate.edu/newsletters.shtml

Testimonials from Participants

NUTRITION PRACTICES (planning meals, making healthy food choices, using less salt in food preparation, and reading nutrition labels)

“Taking the SNAP-Ed classes opened my eyes!! I had no idea how much sugar is in soft drinks!”

“I stopped adding salt after cooking food and reduced salt during cooking.”

“I am now eating a variety of vegetables and fruits and know how to fix them. I am eating healthier foods and drinking more water.”

“My son never eats vegetables but our educator made a recipe with vegetables in cooked fried rice and he ate the vegetables. Now we also use whole wheat grains, and use foods before they expire.”



Testimonials from Participants

FOOD RESOURCE MANAGEMENT

(planning meals, comparing prices, and using a grocery list)

"SNAP-Ed has helped me learn how and what to feed my family in a healthy, low-cost way."

"I was able to cut my \$180 food shopping bill to \$90 by using techniques taught in the 'Plan, Shop, and Save' lesson."

"The classes were very informative and now that I know how to read labels, I can make better choices and eat less of the bad foods."

"Everything starts with my grocery list now."



FOOD SAFETY (thawing and storing food properly)

"Since I started taking the SNAP-Ed classes, I have been organizing my food (using the oldest first) and I also quit thawing my food at room temperature."

"I now make sure I put cold food away in the fridge right away after learning that bacteria can grow quickly."

"I had never used a food thermometer before and started using the one I got in class. Now I know how fast bacteria can grow in food."

TESTIMONIALS FROM AGENCIES

"Parents keep sharing stories about preparing recipes from the SNAP-Ed Cookbook and how their kids enjoy the healthy meals and snacks." – The Village Preschool

"SNAP-Ed has helped our patients make better nutritional decisions when it comes to feeding their families using basic nutrition and easy, low cost recipes." – Doctors Care Clinic

"Our clients enjoyed learning basic nutrition and have been able to make healthy changes in their lives." – Arapahoe Mental Health

For more information about the program, please visit: www.snaped.colostate.edu

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**Supplemental
Nutrition
Assistance
Program-
Education**

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This material was funded by USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed).

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-888-818-0063. Extension programs are available to all without discrimination.