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

United States Department of Agriculture
Food and Nutrition Service

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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.

### Colorado Adult Participants

- 77% of all races report being Hispanic/Latino
- 62% of all races report being White
- 5% of all races report being African American or Black
- 5% of all races report being Asian
- 11% of all races report being American Indian or Alaskan Native
- 5% of all races report being More than one race

### Improved Behavior

- 92% of participants improved their nutrition practices
- 90% of participants improved their food resource management
- 78% of participants improved their food safety
- 56% of participants improved their physical activity

**SNAP-Ed for Adults**

*To access previous newsletters, go to: [www.snaped.colostate.edu/newsletters.shtml](http://www.snaped.colostate.edu/newsletters.shtml)*

**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

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.

**Feedback**

"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**

**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."
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OUTCOMES

<table>
<thead>
<tr>
<th>Nutrition Practices</th>
<th>Food Resource Management</th>
<th>Food Safety</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
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</table>

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67% of all races report being Hispanic/Latino

Improved Behavior

Nutrition Practices Food Resource Management Food Safety Physical Activity

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