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.

*United States Department of Agriculture, Food and Nutrition Service
Public Value

The Colorado State University Extension Supplemental Nutrition Assistance Program-Education (CSU-E SNAP-Ed) teaches participants nutrition fundamentals; how to make healthy food choices for their families; how to be more physically active; how to make nutritious recipes; and, how to stretch their food dollars. This leads to savings for the community in terms of lowered health care and public assistance costs. An increase in knowledge and self-confidence among participants also leads to an increased pride of community members and stronger neighborhoods.

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.

---

Colorado Adult Participants

Reaching Diverse Populations

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Not Hispanic or Latino</th>
<th>Hispanic or Latino</th>
<th>White</th>
<th>African-American</th>
<th>American Indian or Alaska Native</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>28%</td>
<td>52%</td>
<td></td>
<td></td>
<td></td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>4%</td>
<td>0%</td>
<td></td>
<td></td>
<td></td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>2%</td>
<td>3%</td>
<td></td>
<td></td>
<td></td>
<td>4%</td>
<td>7%</td>
</tr>
</tbody>
</table>

“SNAP-Ed has helped our patients make better decisions about what to feed their families using basic nutrition and easy, low cost recipes.” – Doctors Care Clinic
ADULT IMPACTS AND OUTCOMES
In federal fiscal year 2013, 4,704 adults were reached indirectly through exhibits and single events. 1,662 adult participants received the SNAP-Ed series of lessons in Colorado by 10.59 FTE staff.

The majority of participants reported improvement in behaviors related to healthy eating (93%), food resource management (87%), food safety (67%), and physical activity (52%). These improved behaviors will help families eat healthier and stretch their food dollars.

“I have learned so much about food safety, and learning how to properly store food has saved me money in the end.”

Improved Behavior

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition Practices</td>
<td>93%</td>
</tr>
<tr>
<td>Food Resource Management</td>
<td>87%</td>
</tr>
<tr>
<td>Food Safety</td>
<td>67%</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>52%</td>
</tr>
</tbody>
</table>

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. In 2013, 17,822 newsletters were distributed.

Healthy Families

Ways to $ave

- Make your meat go farther by adding it to veggies or beans in stir-fry, soups, and casseroles.
- Use less expensive protein sources for meals like beans, eggs, and nuts.
- Serve one meatless meal a week.

Choose your protein wisely.

- Trim the visible fat off meat.
- Choose seafood such as tuna and salmon twice a week.
- Eat more plant proteins such as black or pinto beans, split peas, chickpeas, hummus, soy foods (tofu and tempeh), nuts, and seeds.

MyPlate can help us make healthy food choices for breakfast, lunch, dinner, and snacks.

MyPlate says half your plate should be fruits and vegetables, the other half should include grains and protein; add some dairy to make a nutritious meal!

How much protein do you need each day?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Protein Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 2-13</td>
<td>2 to 5 ounces</td>
</tr>
<tr>
<td>Ages 14 or older</td>
<td>5 to 6½ ounces</td>
</tr>
</tbody>
</table>

Examples of common portions of protein foods:

- 3 ounces of hamburger = looks like a deck of cards
- 2 tablespoons of peanut butter = looks like a golf ball
- ½ cup cooked beans = looks like one scoop of ice cream
- 1 egg or 12 almonds = 1 ounce

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

Feedback

As of 2013, 278 individuals responded to a survey distributed with the newsletters. Of the 278 respondents:

- 41% made the recipe in the newsletter, while 54% were planning to make the recipe.
- 53% tried the physical activity, and 43% were planning to try the physical activity.
- 59% of the Spanish readers were likely to try the physical activity, versus 49% of English readers.

To access newsletters, go to: www.ext.colostate.edu/snaped-efnep/snaped-nl.html
Promotion of Farmers’ Markets

As a pilot project in FY13, CSU-E SNAP-Ed began including information encouraging participants to shop at farmers’ markets in the Fruits & Veggies: Half Your Plate lesson (from *Eating Smart • Being Active*) to be shared with participants during the months of April through September. A supplemental handout was developed and distributed to participants including information about shopping at farmers’ markets and locations, and dates and times of local farmers’ markets that accept SNAP benefits. Participant feedback about the information regarding farmers’ markets was mostly positive: many people did not know that some farmers’ markets accepted SNAP benefits, people were excited about the idea of interacting with others from their community and supporting local farmers; however, many participants felt it would still be more expensive than going to a grocery store to buy produce.

Due to the success of this pilot project, CSU-E SNAP-Ed will continue to offer this information about farmers’ markets during the months of April through September.

“Some farmers’ markets are taking EBT! I love that!”