

CSU Extension



# SNAP-Ed



## 2013 Annual Report

### Supplemental Nutrition Assistance Program- Education (SNAP-Ed)

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



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## 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

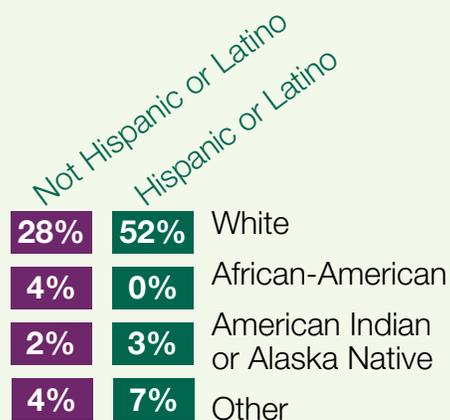
Participants learn to:

- ❖ 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



*“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

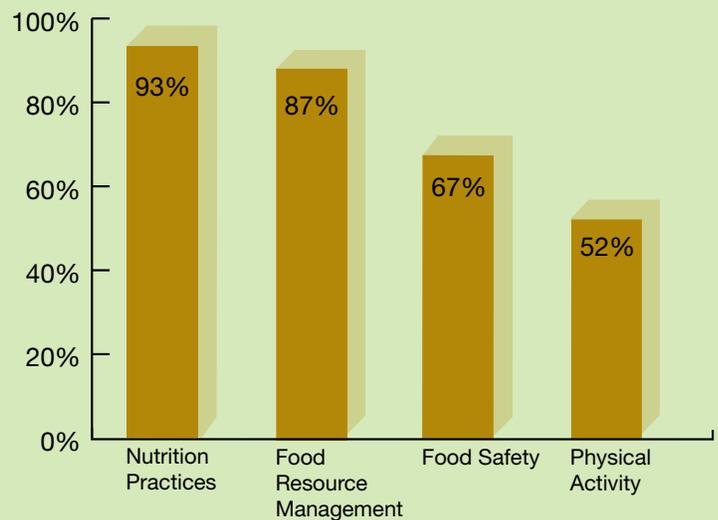
In federal fiscal year 2013, 4,704 adults were reached indirectly through exhibits and single events. 1,662 adult participants received the SNAP-Ed series of lessons in Colorado by 10.59 FTE staff.

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."*

*"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."*

## Improved Behavior



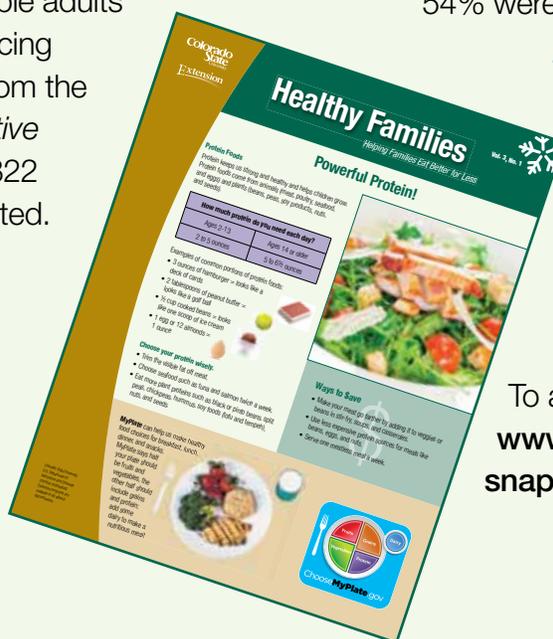
## Healthy Families Newsletter

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.

### 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](http://www.ext.colostate.edu/snaped-efnep/snaped-nl.html)



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

## 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 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!"*

**For more information about the program, please visit: [www.snaped.colostate.edu](http://www.snaped.colostate.edu)**

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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.