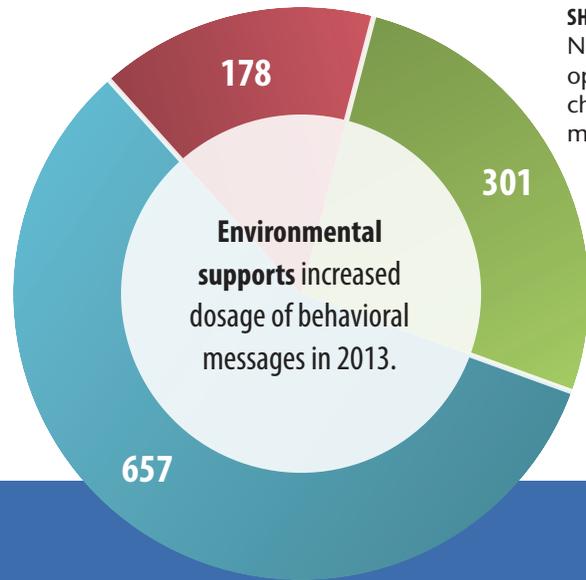
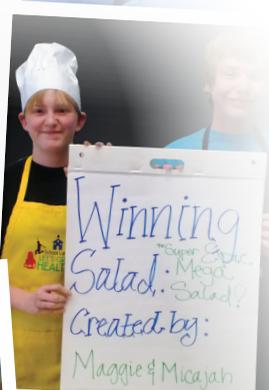


MEDIUM TERM.
Nutrition and physical activity standards.



SHORT TERM.
New partnerships, opportunities, champions, and media coverage.



LONG TERM. Food procurement, meal preparation, food and physical activity environments, physical activity standards.

“Last week we were at the grocery store and my mom was going to buy [high sugar] cereal for my little brother, but I told her that that wasn’t a good choice for him and she should look at the food label. She saw how much sugar was in it and bought him [a low sugar whole grain cereal] instead, which I told her would be better.”

Third grade student, King Co.

Knowledge, Skill and Behavior Change Indicators Self-Reported by Food \$ense Youth

Change Indicator	Number Evaluated	Number Improved	% Improved
Eats a variety of foods more often	12,484	6,566	53%
Understands essentials of human nutrition	14,806	6,104	41%
Can select low-cost foods	1,299	1,110	85%
Improved practices in food preparation and safety	10,910	6,595	60%
Participates in at least 60 min. of physical activity daily	12,591	5,591	44%

Selected Behaviors Checklist Reported by Adults Participating in an Average of Seven Lessons

Adult series classes	Number Evaluated	% Improved
Used food labels to make food choices	1,198	56%
Used MyPlate to plan meals more often	1,051	62%
Ran out of food less often	1,180	41%
Reported children ate breakfast more often	905	47%
Increased amount of vegetable servings/day	1,184	59%
Increased # days physically active for 30 min.	909	45%

2013 Program Highlights

Food \$ense nutrition education encourages youth and adults with limited incomes to share and apply skills-based learning at home and school to affect positive health behaviors associated with obesity prevention. In FY13, expanded education outreach included environmental supports and policy actions to promote access and availability of healthy foods and physical activity in communities in which SNAP-eligible families live, learn, work and play. In collaboration with community partners, over 1,100 environmental support and policy actions were taken to positively affect food and physical activity environments of the target population.

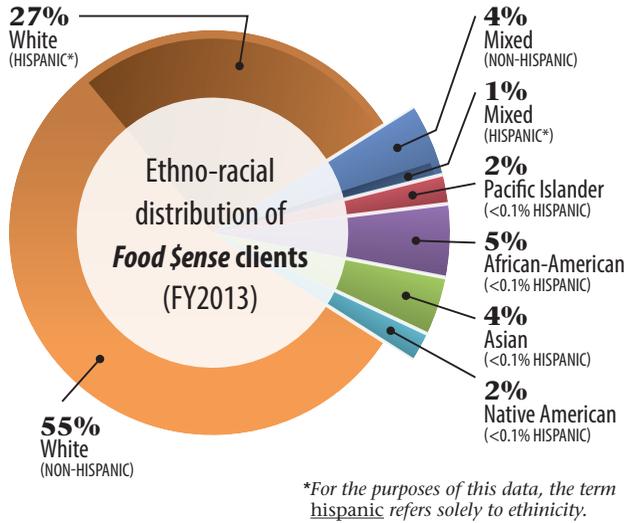
FY2013. This year 610 agencies across Washington State partnered with us to provide nutrition education to 161,000 individuals. Of the 119,031 participants enrolled in direct education, 71% were SNAP recipients, 56% were youth in schools, and 45% self-identified as persons-of-color. On average, participants in direct education received six lessons.

Food \$ense includes two programs. The Expanded Food and Nutrition Education Program (EFNEP) is funded by USDA National Institute of Food & Agriculture (NIFA); the Supplemental Nutrition Assistance Program Education (SNAP-Ed) is funded, in part, by USDA Food & Nutrition Service (FNS), Washington State University and local community partners.

USDA is an equal opportunity provider and employer. 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 <http://foodhelp.wa.gov> or the Basic Food Program at 1-877-501-2233.

USDA is an equal opportunity provider and employer.

Food \$ense Nutrition Education (FY2013)



Selected Success Stories

“Since I started the class I am eating bright fruits and vegetables, I never used to exercise, I am now exercising all the time. When I started the class I weighed 236, now I am at 220 and still losing. I am drinking water instead of soda. My kids are healthy and our house is happy!”

Adult participant, Spokane Co.

“My oldest daughter who’s a freshman this year completed five years of Food \$ense...Education... Through the nutrition classes she learned about healthy [food] choices. She has lost at least 40 pounds (over 5 years). She now requests and chooses healthy food for her lunch and snack bags...the nutrition classes were the most important classes my daughter ever had... Thank you! for doing such an important job.”

Parent of HS Student, Grays Harbor Co.

A woman who had classes while living in a shelter approached the [Food \$ense] table at the CSO...and said, “I hoped I would run into [you] sometime so I could thank you. Before taking the [Food \$ense] classes, I would frequently eat at fast food restaurants and would run out of money for food before the end of the month. Since taking the classes, me and my daughter are cooking together, eating healthier food at home and the food and money now last to the end of the month.”

Adult participant, Whatcom Co.

