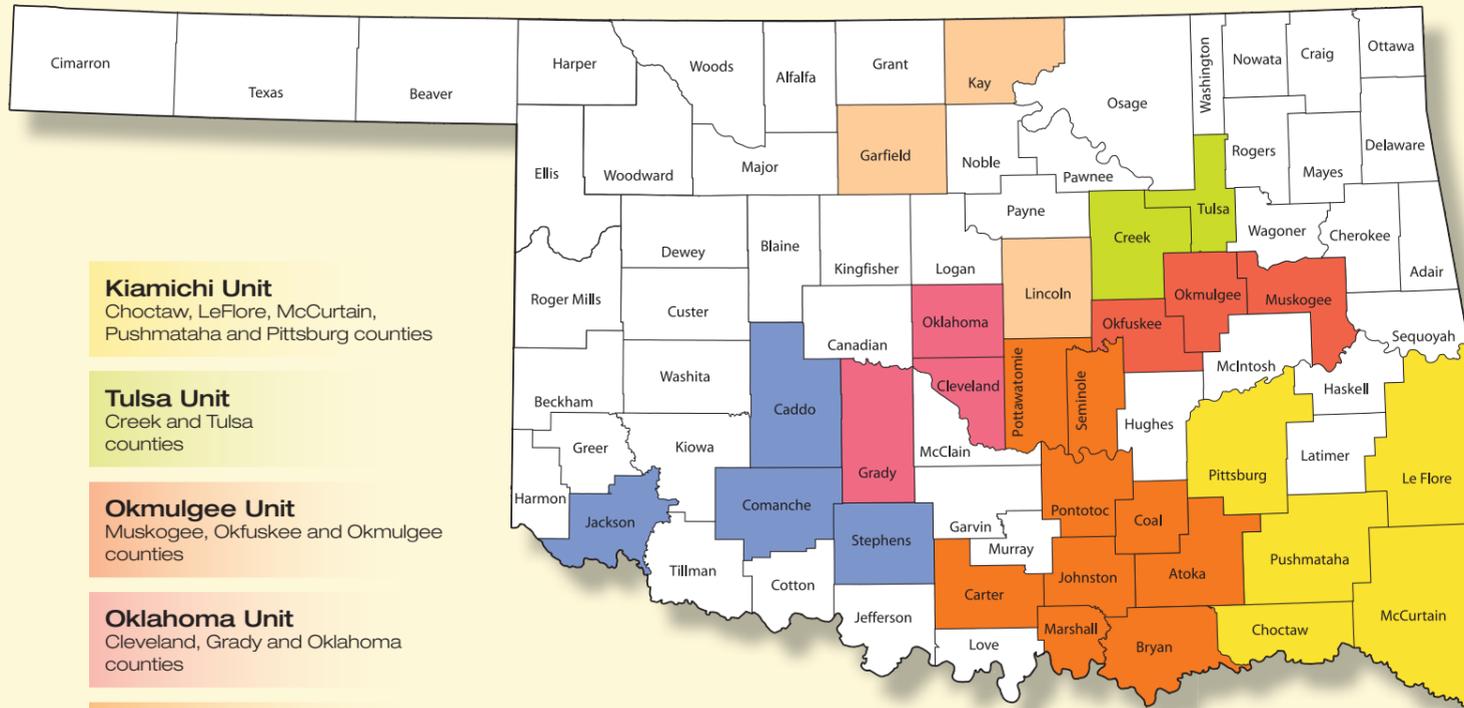


OKLAHOMA SNAP-Ed UNITS



Kiamichi Unit
Choctaw, LeFlore, McCurtain, Pushmataha and Pittsburg counties

Tulsa Unit
Creek and Tulsa counties

Okmulgee Unit
Muskogee, Okfuskee and Okmulgee counties

Oklahoma Unit
Cleveland, Grady and Oklahoma counties

Pontotoc Unit
Atoka, Bryan, Carter, Coal, Johnston, Marshall, Seminole and Pontotoc counties

Comanche Unit
Caddo, Comanche, Jackson and Stephens counties

Northwest Unit
Garfield, Kay and Lincoln counties

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SNAP-Ed

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Ed)

2013 ANNUAL REPORT

SNAP-Ed is a nutrition education program of the Oklahoma Cooperative Extension Service and receives support from USDA Food and Nutrition Services and Oklahoma Department of Human Services. SNAP-Ed's mission is to improve the health of limited resource families through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety and physical activity.



Statewide, SNAP-Ed provides **75** job opportunities to local citizens, which contributes more than **\$2.7 million** to the state economy in salaries and benefits.



Portions of this report were developed by Colorado State University Extension

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TESTIMONIALS

4th Grade Teacher

The students enjoyed eating the healthy snacks prepared during the nutrition education lessons with my 4th grade students. After the lessons ended, the class continued to track their intake of fruits and vegetables daily. I am committed to incorporating healthy eating and physical activity messages and activities into different subject areas. For example, the students bring nutrition facts labels and we use them for math and reading activities to see if the students can identify healthy foods.

Adult Participant

When I started the lessons, I was drinking sodas, eating junk food, constantly frying foods and using a lot of salt to cook with. I would give my kids sweet snacks every day and they would seldom have anything but juice to drink. We were not the healthy family I wanted us to be. Because of the lessons, I feel better about myself and changes I have made. I do the exercises from one of the books I received. I have also cooked a lot of the foods from the recipes. We have more energy and I cook actual meals every day. We are happier with ourselves.

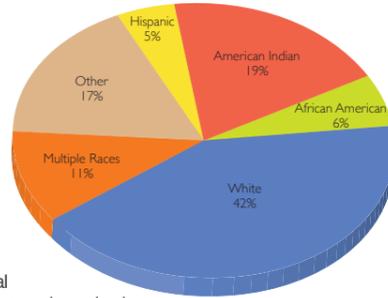
Adult Participant

I have lost 11 pounds. I have never lost that much before! I learned how to eat healthy!

SNAP-Ed for YOUTH

Youth learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling

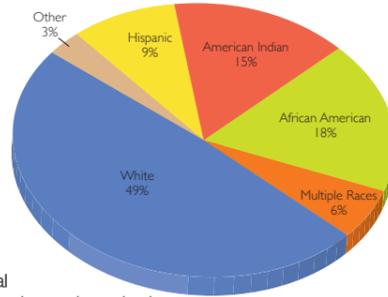


SNAP-Ed paraprofessional educators use evidence-based curriculum with third and fourth graders in schools and after-school settings. In federal fiscal year 2013, 2,578 youth participated in SNAP-Ed lessons statewide.

SNAP-Ed for ADULTS

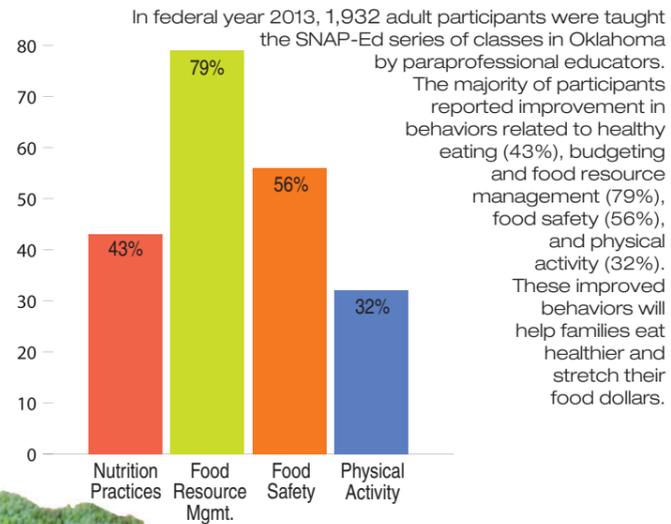
Adults learn to:

- Develop healthy eating habits
- Stretch their food dollars
- Be more active
- Practice safe food handling



SNAP-Ed paraprofessional educators deliver evidence-based curriculum to limited resource families. In a 9 to 17 lesson series, adult participants learn about healthy food preparation, nutrition, food safety, food budgeting, and physical activity through hands-on activities.

ADULT IMPACTS & OUTCOMES



In federal year 2013, 1,932 adult participants were taught the SNAP-Ed series of classes in Oklahoma by paraprofessional educators.

The majority of participants reported improvement in behaviors related to healthy eating (43%), budgeting and food resource management (79%), food safety (56%), and physical activity (32%). These improved behaviors will help families eat healthier and stretch their food dollars.



Oklahoma ranks higher than the national average of those who are hungry or food insecure. Children who are malnourished or hungry are at a greater risk for failing in school and work, marking them for a lifetime. As a result of Oklahoma SNAP-Ed, 39 percent of participating families ran out of food less often.

