

County Highlights

Independence County

The Independence County Extension SNAP-Ed program partnered with local schools to deliver nutrition education during the 2013-2014 school year. Approximately 180 lessons were presented, reaching over 5,500 students. The Serving Up MyPlate curriculum and the Arkansas Farm to You interactive exhibit were used to teach students the connection between agriculture, food and health. Students learned about foods grown in Arkansas, how to make healthy food choices and the importance of being physically active. Students were surveyed to determine the effectiveness of the program. Ninety-two percent (92%) of students reported they would try to make half of their plate fruits and vegetables and 87% reported they planned to eat more Arkansas grown foods. One teacher commented: "The students loved the exhibit. The lessons they learned will stick with them!"



Arkansas Extension **SNAP-ED** FY14

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a partnership between the University of Arkansas Cooperative Extension Service, the Arkansas Department of Human Services, and the USDA Food and Nutrition Service. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP (formerly Food Stamps) will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.



Cleveland County

The Cleveland County Extension SNAP-Ed program partnered with the recently established Rison Farmers Market in 2014. The market became an official EBT site in 2014, and organizers sought ways to offer educational resources to limited-income families and seniors. The County FCS Agent and volunteers conducted a series of lessons entitled Cooking Fresh from the Garden. The lessons focused on MyPlate recommendations and included cooking demonstrations using fresh, in-season produce from the market. Educational materials and healthy recipes were distributed to participants. Results from a participant survey showed 87% planned to follow MyPlate recommendations. The Farmers Market Manager remarked: "We are excited about the Cooking Fresh from the Garden series. The program provided an educational aspect to our market and created an interest in the market by drawing in new people, especially families and seniors using EBT cards. That's exactly what we hoped to accomplish!"



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Arkansas
SNAP Ed
Smart Nutrition-Active People Education



In 2014, SNAP-Education programs were conducted at 600 locations throughout Arkansas, including:

- schools
- Head Start schools
- senior centers
- food banks and pantries
- homeless shelters
- DHS offices
- WIC offices
- grocery stores

Participants learned to:

- make healthy food choices within a limited budget
- read food labels
- prepare healthy meals
- shop smart
- be more physically active

PROGRAM OVERVIEW

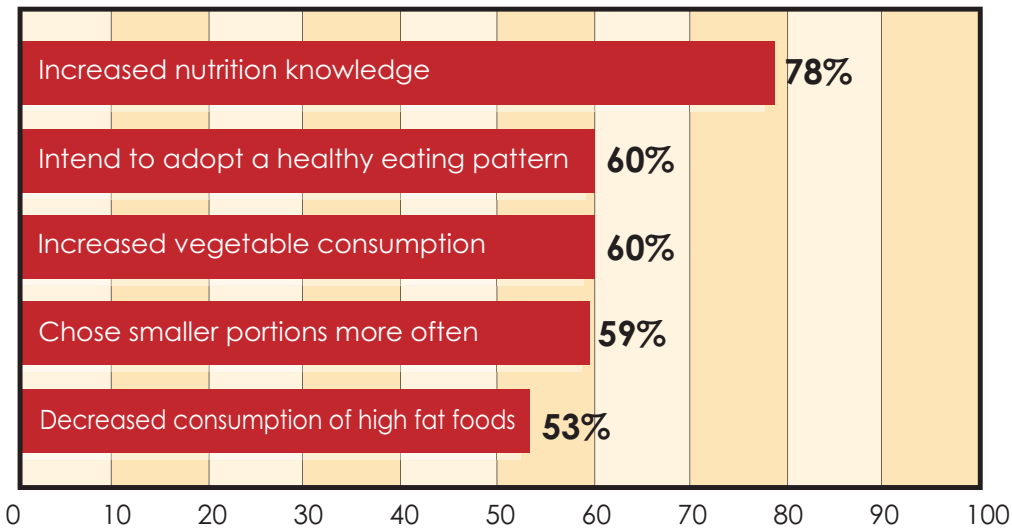
Total Educational Contacts: 685,472

Total Individuals: 49,417

Total SNAP Applicants/Recipients: 27,255

SNAP-Education Adult Participants

As a result of SNAP-Education programs, participating adults made the following improvements:



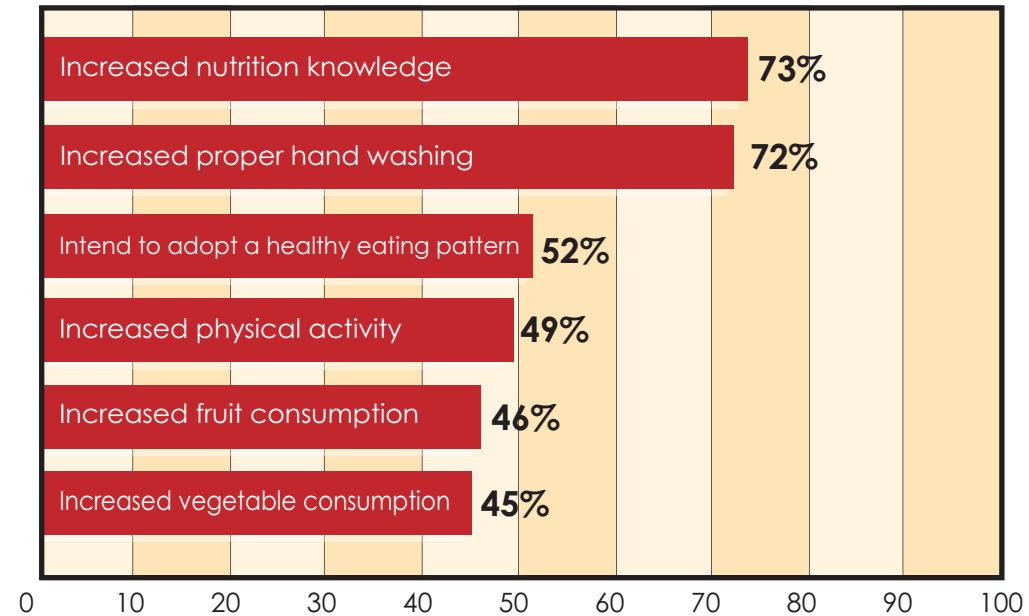
What Adult Participants are saying about SNAP-Education

"I learned to peel carrots and potatoes and crockpot them with seasonings. The class helped me cook in a crockpot and eat for a week. I have not eaten fast food in a month."

SNAP-Education Participant
Benton County

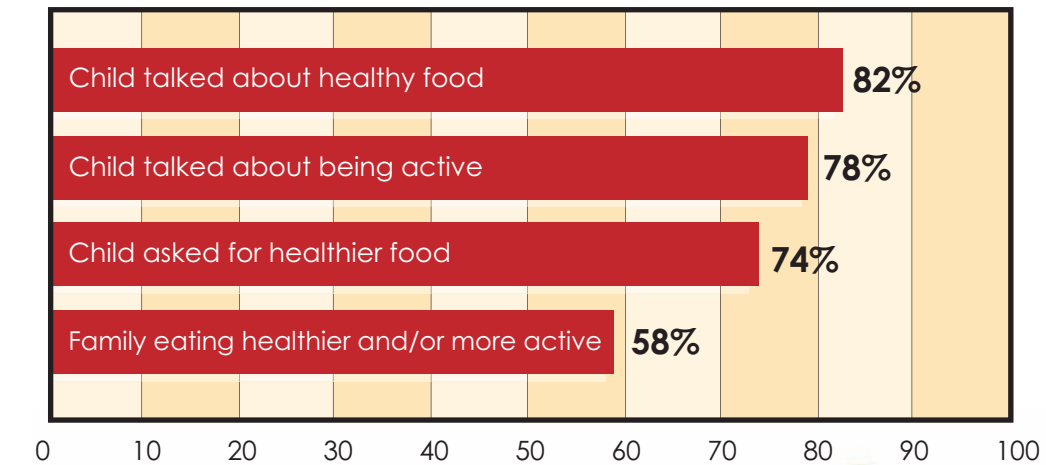
SNAP-Education Youth Participants

SNAP-Education partnered with 222 schools, in 63 counties, to conduct nutrition education in over 1,600 classrooms. As a result of SNAP-Education programs, youth participants reported the following:



Families of SNAP-Education Youth Participants

2,744 parents of school-based participants returned surveys with the following results:



What Youth Participants are saying about SNAP-Education

"My favorite part of class was getting to be great at cooking and trying new recipes."

SNAP-Education Participant
Jefferson County

What Parents are saying about SNAP-Education

"Not only does my child drink more water, but he is willing to exercise with me. We actually do it together and encourage each other. He also talks healthy eating with his brothers."

SNAP-Education Parent
Pulaski County

