Clark County
In an effort to improve the health of its congregation, Gennesarat Missionary Baptist Church partnered with SNAP-Ed to participate in the Faithful Families program. Once the Faithful Families lessons were completed, the church began a series of Cook Smart, Eat Smart cooking classes. As a result of participating in cooking classes, 57% reported eating more vegetables, 43% reported eating more fruit, 71% of participants reported improved food preparation skills, 67% reported saving money on groceries, and 45% reported eating more meals as a family. As part of the Faithful Families project, the church established a walking trail to increase access to physical activity for the congregation and neighboring residents. They also adopted two written policy changes: one encouraging use of the walking trail, and the other mandating that no sugar added beverages be served at church functions. Participants commented, “I put more vegetables on the plate and less meat” and “I am making better choices, like drinking less soda full of sugar.”

Woodruff County
The Woodruff County Warehouse Project is a collaboration between the SNAP-Ed program, ARcare, the city government, and community members to increase access to healthy foods and health care services for local residents. A city council authorized rent-free space in their civic center to be used for food storage and hosting a monthly nutrition event. These events include distribution of commodity foods, free health screenings, and healthy food demonstrations. Refrigeration and freezer space for fresh fruits, vegetables, and meat storage was secured with grant funding. A community coalition was formed to address concerns, identify challenges, and define solutions. ARcare purchases food for distribution each month, with input from the FCS Agent. SNAP-Ed nutrition and cooking classes offering basic skills and healthy, economical meal planning are essential components of this effort. ARcare’s Chief Coordinated Care Officer, said: “Raising a family in this day isn’t easy financially, even with both parents working, and I feel that the Warehouse is bridging the gap for people who may be experiencing hard times, lost jobs, sick family members, or just difficult things life throws their way.”
SNAP-Ed Adult Participants

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

- Increased nutrition knowledge
- Intend to adopt a healthy eating pattern
- Used food labels more often
- Adopted one or more food safety practices
- Adopted one or more food resource management practices
- Increased physical activity

Participants learned to:

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

PROGRAM REACH

Total Educational Contacts: 529,830
Total Individuals: 56,474
Total Number of Lessons: 10,598

SNAP-Ed Youth Participants

SNAP-Ed partnered with 239 schools, in 59 counties to conduct nutrition education. As a result of SNAP-Ed programs, youth participants reported the following:

- Improved food preparation skills
- Intend to adopt a healthy eating pattern
- Ate a healthy breakfast more often
- Increased knowledge of MyPlate
- Increased vegetable consumption
- Increased physical activity
- Drank fewer sugar-sweetened beverages

Families of SNAP-Ed Youth Participants

2,779 parents of school-based participants returned surveys with the following results:

- Child talked about healthy eating
- Child asked for healthier food
- Child talked about being active
- Family eating healthier and/or more active

What Adult Participants are saying about SNAP-Ed

“I never knew how to put together a meal from leftover pantry items. I have cooked my own dinner every night this week! Thank you for teaching us how to use what we have.”

SNAP-Ed Participant, Conway County

What Youth Participants are saying about SNAP-Ed

“I took the recipes home and my mama bought the stuff for us to make them. It was so good! My mama asked if you could send some more healthy recipes!”

SNAP-Ed Participant, Jefferson County

What Parents are saying about SNAP-Ed

“This program has shown us how to eat healthier and get out more as a family to exercise and spend time together.”

SNAP-Ed Parent, Cleveland County