California’s SNAP-Ed improves the health of low-income Californians by providing nutrition and physical-activity education and access to healthy community initiatives. This is accomplished through integrated programs and innovative partnerships to maximize resources and deliver evidence-based interventions to Californians across the lifespan.

**theNEED**

1/3 of Californians are SNAP-Ed eligible (12.6 million Californians).

45% of low-income Californians were unable to afford enough food in 2016.

61% of low-income California adults are overweight or obese.

$81 billion in health care costs can be saved in California by reducing the average adult body mass index (BMI) by 5%.

**limited access**

Despite living in the nation’s top-producing agricultural state, California mothers face difficulty accessing fruit, vegetables, and other healthy foods in their neighborhoods.

**theSOLUTION**

Through integrated programs and partnerships, SNAP-Ed provides low-income Californians with the tools to make smart, healthy choices and improves access to healthier foods in communities across the state.

- **1,718**
  - California sites where SNAP-Ed worked in 2017

- **653,992**
  - Participants in SNAP-Ed nutrition and physical activity classes

**RETAIL PROGRAMS**

Partnering with store owners to find cost-efficient ways to promote California-grown fruits and vegetables.

**SCHOOL GARDEN PROGRAMS**

Growing fruits and vegetables with students to learn about nutrition.

**PROGRAMS FOR SENIORS**

Offering healthy meals, light physical activity, and social support for healthy behavior.

**COMMUNITY INVOLVEMENT**

Empowering Californians to identify and promote healthy changes in their communities.
the OUTCOMES

A study of 6,000+ California mothers showed that California SNAP-Ed interventions relate to increases in eating fruits and vegetables, and decreases in drinking sugary beverages.

Evaluations of 2017 SNAP-Ed interventions showed that Californians who took part in 2017 SNAP-Ed direct education reported the following statistically significant improvements:

- Increases in fruit and vegetable consumption
- Decreases in consumption of fast food and sugary drinks
- Improvements in maximizing food dollars
- Increases in moderate-to-vigorous physical activity

SNAP-Ed through the LIFECOURSE

California SNAP-Ed engages three state agencies, a university nutrition-education program, and a faith-based charitable organization to reach Californians of all ages in schools, stores, senior centers, and other community locations.

farmers’ market INITIATIVE

California’s SNAP-Ed has joined with other statewide partners to help low-income shoppers utilize their food and nutrition program benefits at local farmers’ markets. By capitalizing on the Market Match program, we are helping SNAP families double their money when using SNAP dollars at farmers’ markets. The group is prioritizing farmers’ markets that accept vouchers for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Senior Farmers’ Market Nutrition Program vouchers. This partnership helps low-income Californians discover, purchase, and enjoy more California-grown produce and create healthier meals for their families while generating sales for farmers throughout the state.

maximizing RESOURCES

California’s SNAP-Ed dollars go far because of strategic partnerships with small-business owners, volunteers, teachers, doctors, dentists, coalitions, and community organizations. SNAP-Ed strategically applies its resources to help low-income Californians make wise use of their resources by stretching their food dollars to make healthy, fresh choices.

For more information, visit:
http://www.cdss.ca.gov/infresources/CalFresh/Supplemental-Nutrition-Assistance-Program-Education

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