



## University of Minnesota Extension

# Supplemental Nutrition Assistance Program Education (SNAP-ED)



- Effective, hands-on nutrition educational strategies and environmental supports
- Enabling low-income participants to choose healthful, safe foods and active lifestyles
- Promoting wise food shopping, increasing food preparation skills, encouraging consumption of more fruits, vegetables, low-fat and fat-free dairy, and whole grains
- Serving 84 of 87 Minnesota counties
- Partnering with more than 1,200 agencies
- Reaching more than 63,000 low-income Minnesotans of all ages
- Addressing hunger, health disparities, malnutrition, poverty, obesity, chronic disease

*"How great is this? You get to cook AND be with friends!"*  
(Participant from Morrison County)

*"The students are always asking when you are coming next. They can't wait to see what new fruit or vegetable you've brought for them to try."* (Teacher from Meeker County)

## Why SNAP-Ed?

Every \$1 spent on nutrition education saves up to \$10 in long-term health care costs.

SNAP-Ed helps SNAP work better. SNAP-Ed helps low income families develop the skills they need to use their SNAP benefits more efficiently, reduce hunger, and make healthy food choices.

Well-nourished children have better school attendance and are more focused on learning.

Good nutrition may help older adults remain independent and live in their own homes rather than long term care facilities.

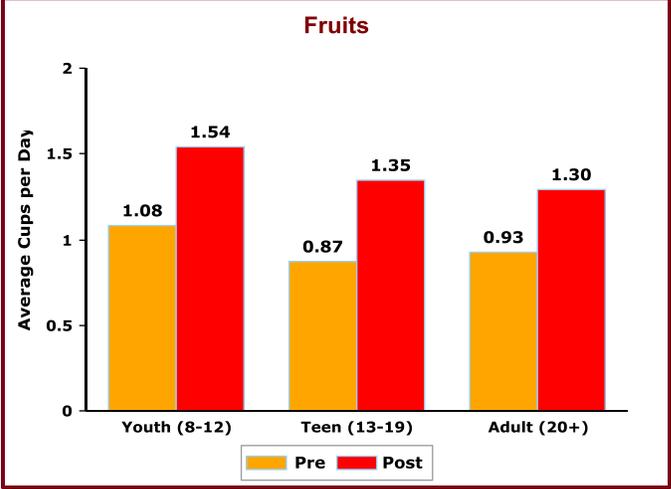
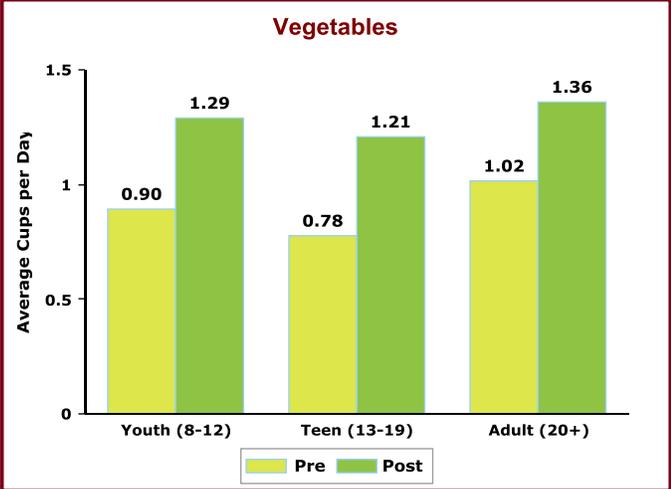


*"I've switched all pastas, rice, everything to 100% whole grains." (Woman from Pipestone County)*

*"I didn't realize how fun it was to cook with my son. We now cook together at home and we have a great time!" (Young mom from Lincoln County)*

**U of MN Extension SNAP-Ed Evaluation Results: Federal Fiscal Year 2012**

Program evaluation indicates our classes lead to healthier eating. On average, participants in SNAP-Ed courses increased consumption of fruits and vegetables by more than 1/3 of a cup.



*"I just want to tell you how much I learned in your classes. I am eating healthier, I have lost five pounds and I feel so good." (Participant from Wright County)*