

SNAP-Ed in Nebraska

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION

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SNAP-Ed for Adults

Qualifying adults learn intensive nutrition education through group instruction, internet lessons, mail lessons, home visits, or phone consultations.

Participants learn to:

- Plan meals to save time and money
- Choose foods for better health
- Prepare healthy meals
- Keep food safe to eat
- Be physically active most days of the week

SNAP-Ed for Youth

SNAP-Ed provides nutrition programs at a variety of community sites such as summer youth camps, schools, after-school sites, and teen residential treatment programs.

Participants learn to:

- Develop good nutrition habits
- Prepare healthy snacks
- Practice proper hand washing
- Be physically active most days of the week

Impacts

- In 2012, SNAP-Ed reached over 27,000 Nebraskans.
- More than half of the 1,357 adult program graduates demonstrated a positive behavioral change. Specifically, an improvement in nutrition practices (91%), resource management (85%), and food safety (70%).
- Over 18,200 youth participated in SNAP-Ed. Of the youth that learned about breakfast, 92% reported they eat breakfast “most of the time or always”.

Health Care Cost Savings

A cost-benefit analysis shows that for every \$1 invested in Nebraska SNAP-Ed, up to \$2.88 was saved in future health care cost.

The University of Nebraska–Lincoln Extension Supplemental Nutrition Assistance Program–Education (SNAP-Ed) Project is the largest youth nutrition education program in Nebraska and is offered in 39 counties throughout the state. The goal of SNAP-Ed is to educate SNAP benefit recipients and applicants about healthy eating and food resources to improve food resource management skills.

This project is administrated jointly by the Nebraska Health and Human Services Supplemental Nutrition Assistance Program (SNAP) and the University of Nebraska-Lincoln Extension. The program offers lessons in the areas of diet quality, food safety, and food resource management for a culturally diverse, limited-resource audience either individually or in small groups.

Snap-Ed Results in Behavior Change

SNAP-Ed graduates use the “Nutrition Facts” on the food label to make healthier food choices significantly more often upon graduation and at six months post graduation.

Supplemental Nutrition Assistance Program–Education (SNAP-Ed) Success Stories



A SNAP-Ed nutrition assistant taught a group of refugees from Bhutan, and she realized after the first lesson that one of the biggest challenges for them was that they limited their grocery shopping to small Asian stores and other ethnic food markets because they were intimidated by the big grocery stores. The next lesson the group looked at store ads, came up with a meal plan using all the food groups, and made a grocery list. The following week, the group went to a local grocery store and the nutrition assistant helped them purchase the items on their list pointing out the best deals and the most nutritious varieties available by teaching them how to compare unit prices and food labels. One of the fathers decided to purchase brown rice instead of white rice. Another client purchased 100% fruit juice instead of soda for his family. The next week, they expressed how helpful going to the store was and that they realized they can save money eating nutritious meals.

-Nebraska SNAP-Ed Frontline Educator

A SNAP-Ed nutrition assistant taught at the AAA Center for Pregnancy Counseling. During the second class she talked about meal planning and food resource management. Two weeks later one of her female clients returned with a folder full of grocery ads. She told the class that she had used grocery ads to find the best prices and had started planning her meals. She said she was amazed how much money she had saved, \$60 in two weeks. She encouraged the other women in the class to start doing it because it had made such a difference for her family.

-Nebraska SNAP-Ed Frontline Educator



Recently, a SNAP-Ed nutrition assistant presented a lesson on calories in/calories out with a group of 13-18 year old boys. They discussed favorite snacks, calories/nutrients in these snacks, and balancing their food intake with physical activity. The group played Physical Activity Pictionary. When the activity was guessed the youth then guessed how many calories they could burn doing that activity for 1 hour and calculated how many hours they would have to do the activity to burn off their favorite snack. The boys were surprised how high calorie some of their snacks were, but even more surprised at how much physical activity it took to burn those calories off in comparison to choosing fruits, vegetables, whole grains, and low-fat dairy. One youth commented, "I would have to skateboard for 1 hour to burn the calories I consumed in that candy bar. Gosh, I could have had 2 apples and a carton of yogurt instead."

-Nebraska SNAP-Ed Frontline Educator