

ARKANSAS EXTENSION SNAP-ED

The Arkansas Supplemental Nutrition Assistance Program – Education (SNAP-Ed) is a partnership between the University of Arkansas System Division of Agriculture Cooperative Extension Service, the Arkansas Department of Human Services, and the USDA Food and Nutrition Service.

SNAP-Ed teaches people to shop for and cook healthy meals. SNAP-Ed can help people learn how to make their SNAP dollars stretch.

In 2019, SNAP-Ed programs were conducted at 674 locations throughout Arkansas.

PROGRAM REACH:

581,028
Total Educational
Contacts

60,115
Total
Individuals

15,356
Total Number
of Lessons



What Adult Participants are saying about SNAP-Ed

"My husband is so proud of me; I am cooking healthier meals at home now. The whole family has benefited from these classes!"

As a result of

SNAP-ED PROGRAMS

participating adults made the following improvements:

82%
Increased nutrition
knowledge

69%
Adopted one or
more food resource
management
practice

60%
Improved
food
preparation
skills

57%
Increased fruit
consumption

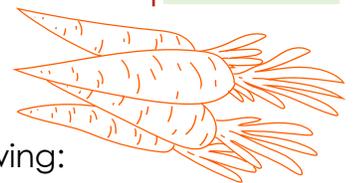
57%
Increased
vegetable
consumption

55%
Increased
physical
activity

SNAP-ED

partnered with 235 schools to teach 43,649 youth nutrition education.

As a result of SNAP-Ed programs, youth participants reported the following:



85%
Improved
food
preparation
skills

81%
Increased
knowledge of
MyPlate

67%
Ate a healthy
breakfast
more often

61%
Increased
physical
activity

61%
Increased fruit
consumption

57%
Increased
vegetable
consumption



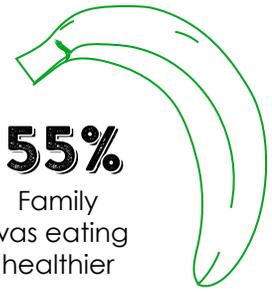
What Youth Participants are saying about SNAP-Ed

"I am going to grocery shop with my mom and help her pick out healthy foods!"

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University of Arkansas System

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SNAP Ed

3,473 parents of school-based participants returned surveys with the following results:



79%

Child talked about healthy foods

72%

Child was more willing to try new foods

68%

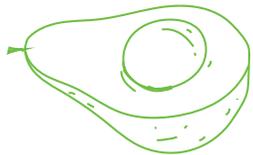
Child asked for healthy foods

55%

Family increased physical activity

55%

Family was eating healthier



What Parents are saying about SNAP-Ed

"The program has been very helpful. My kids now eat vegetables they never ate before. They love to get together at family time and make the recipes out of the cooking magazines that are sent home."

265

teachers in 25 counties were surveyed in order to measure the effectiveness of the SNAP-Ed program in their schools. Survey results showed:

94%

Found the program valuable

74%

observed students' increased willingness to try different foods

63%

were eating healthier and/or more active themselves

56%

observed students eating more fruits and vegetables



What Teachers are saying about SNAP-Ed

"Parents have stopped me in the grocery store and asked for recipes of our healthy foods that we made in class. Grandparents have told me that their grandkids are asking for water or milk instead of soda. Big win!"

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