



Mountain Plains Region

SNAP-Ed

2018

Nutrition Education
Success and
Impact Report



A vibrant display of fresh vegetables in wooden baskets. The background is filled with bright orange carrots. In the middle ground, there are baskets of green beans and yellow potatoes. The foreground features several baskets of red-skinned potatoes and green cucumbers. The baskets are made of light-colored wood and have metal handles with wooden grips.

Table of Contents

1 Executive Summary

Reports

3 Regional

7 Colorado

11 Iowa

15 Kansas

19 Missouri

23 Montana

27 Nebraska

31 North Dakota

35 South Dakota

39 Utah

43 Wyoming

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Executive Summary

The **2018 Nutrition Education Success and Impact Report** demonstrates the ongoing commitment in the Mountain Plains Region to measure program outcomes in order to demonstrate the success of the Supplemental Nutrition Assistance Program Education (SNAP-Ed). We continue to utilize our current data systems and expand our approaches in order to have a systematic process toward data aggregation. The following report provides an overview of the impact each state has in the region, including reach, partnerships, coalitions, and program activities. Success stories are also highlighted illustrating the positive changes as a result of the SNAP-Ed program.

The SNAP-Ed program delivers evidence-based nutrition education and obesity prevention interventions through a combination of educational strategies coupled with policy, system, and environmental (PSE) interventions to promote healthy eating and active lifestyles.

Through collaborative efforts with federal, state, and local partners, SNAP-Ed has demonstrated success by delivering evidence-based programs to individuals, groups, and families; improving healthy eating and physical activity choices by implementing multi-level changes within the environment where we eat, learn, live, play, shop, and work; and supporting community and public health approaches by connecting with other sectors of influence.



During Fiscal Year 2018, over 40 million people living in approximately 20 million households received SNAP in the United States. Within the Mountain Plains Region, 2.4 million people living in 1.1 million households received SNAP. SNAP-Ed not only supports SNAP's role in addressing food insecurity, but also works to improve nutrition and prevent or reduce diet-related chronic disease and obesity among SNAP recipients and other eligible low-income individuals.

Through collaborative efforts with federal, state, and local partners, SNAP-Ed has demonstrated success by delivering evidence-based programs to individuals, groups, and families; improving healthy eating and physical activity choices by implementing multi-level changes within the environment where we eat, learn, live, play, shop, and work; and supporting community and public health approaches by connecting with other sectors of influence. The following report provides an overview of the impact each state has in the region, including reach, partnerships, coalitions, and program activities. Success stories are also highlighted, illustrating the positive changes as a result of the SNAP-Ed program.

MOUNTAIN PLAINS REGIONAL SNAP-ED CHALLENGE

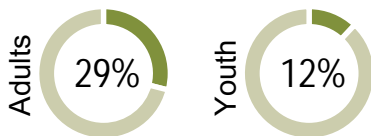
FNS's mission: "We work with partners to provide food and nutrition education to people in need in a way that inspires public confidence and supports American agriculture."

The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current 2010-2020 Dietary Guidelines for Americans and the USDA food guidance.

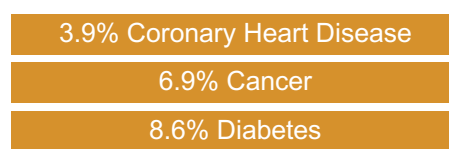
Focuses:

- Provide strategies and interventions, among other health promotion efforts to help the SNAP-Ed target audience establish healthy eating habits and a physically active lifestyle.
- Primary prevention of diseases to teach the SNAP-Ed target audience that the risk factors for nutrition-related chronic disease, such as obesity, prevent and postpone the onset of disease by establishing healthier eating habits and being more physically active.

Regional Obesity Rates



Regional Chronic Disease Rates



National Cost

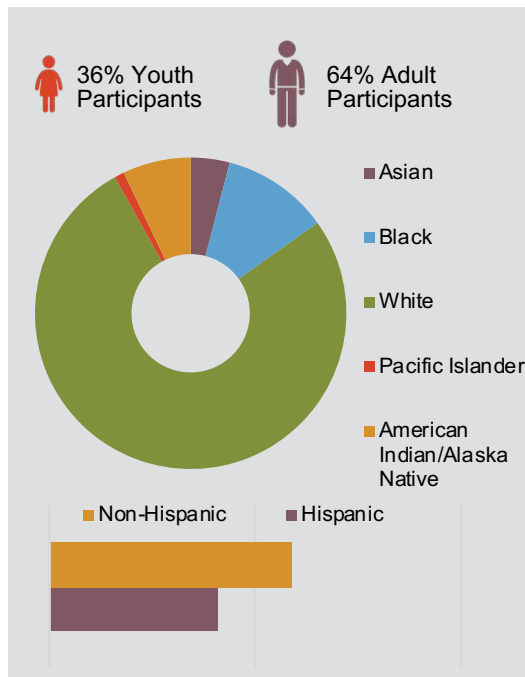


MOUNTAIN PLAINS REGIONAL SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Top Education Focuses

Adults

- Fruits and vegetables
- Active lifestyles
- Healthy choices on a tight budget
- Cooking skills and food safety

Youth

- Hands-on cooking activities
- Fruits and vegetables
- Physical activity
- Limiting sugars
- Whole grains

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

Top PSE Strategies

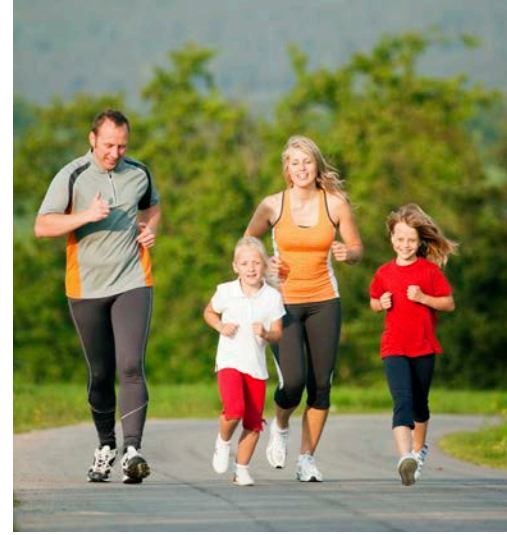
- Create or maintain wellness policies in schools or childcare sites
- Healthy food drives at food pantries
- Prioritize farm-to-table initiatives for increasing fresh or local produce
- Retailers devoting more shelf space to healthy foods promoting healthy purchases.





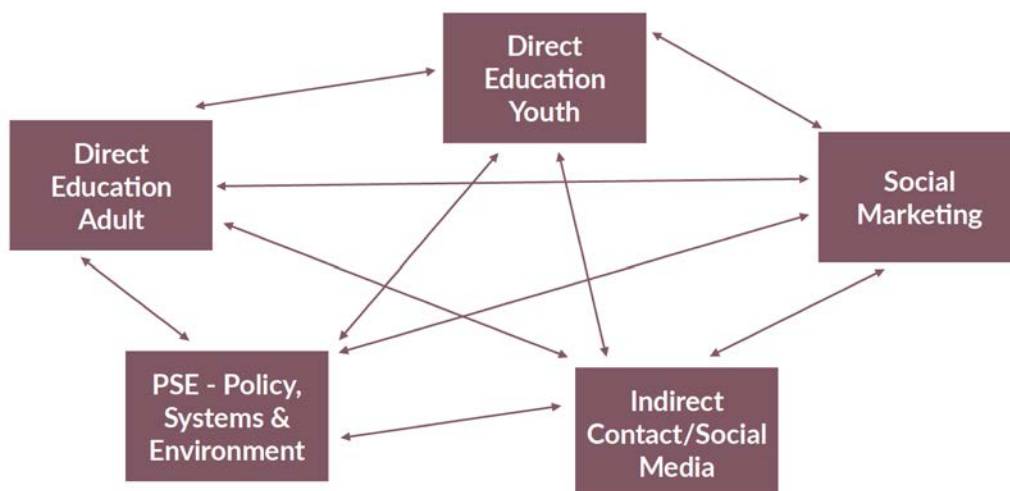
Regional SNAC Highlights

Throughout the United States, State Nutrition Action Coalitions, or SNAC groups, are becoming more popular as a way to provide a wide range of quality nutrition programming to state residents. In the Mountain Plains Region, SNAC has been implemented in many states since 2003. SNAC groups allow agencies with similar nutrition and wellness missions to leverage resources and knowledge, while reducing duplicative efforts, ultimately increasing the reach and impact of all the agencies involved. The SNAC team was designed to maximize nutrition education efforts and improve coordination, cooperation, partnerships, and communication between the states and FNS Nutrition Assistance Programs. Each prospective state has a SNAC team, which is typically made up of other FNS programs, including the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), School Meals Program, Child and Adult Care Food Program (CACFP), Food Distribution Program, Supplemental Nutrition Assistance Program (SNAP), Extension Service, and Public Health. SNAC groups continue to evolve and grow with the changing demographics and needs of each state's population.



Comprehensive Programming

Over the years, SNAP-Ed has morphed from a simple nutrition education program into a comprehensive program reaching low-income populations through multiple ways. In the Mountain Plains Region, we have provided many innovative practices to meet the guidance given through the Food and Nutrition Service (FNS). Multiple approaches include: 1) individual, group, and family nutrition education and physical activity promotion in addition to related interventions; 2) comprehensive, multi-level interventions in environmental settings; and 3) community and public health approaches that reach a large segment of the population. This report provides evidence-based subsamples throughout the Mountain Plains Region that suggest SNAP-Ed programming through these comprehensive methods is improving the lives and health of the low-income population. This report is timely and needed to be shared as it provides a sample of the outstanding work happening in SNAP-Ed. Since comprehensive changes take time, it is also a baseline for our region and others to take the charge of working together to develop uniform systems so that data can be aggregated and provided in a more comprehensive report. SNAP-Ed utilizes comprehensive approaches by reaching multiple levels. Sharing similar messages helps make the healthy choice the easy choice.



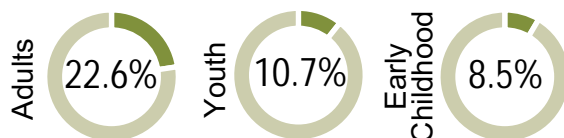
Additional innovative ideas and efforts from the Mountain Plains Region: The Mountain Plains Region has also been central to developing tools to assist in evaluating and showing the evidence base on nutrition education through the SNAP-Ed program. PEARS (Program Evaluation And Reporting System) was first adopted and implemented in the Mountain Plains Region. The SNAP-Ed Indicator Report (snaped.engagementnetwork.org) was also constructed at the University of Missouri, an implementing agency within the Mountain Plains Region.



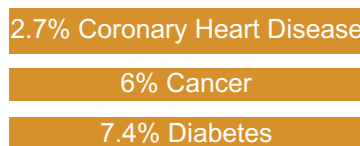
COLORADO SNAP-ED CHALLENGE

Colorado has a national reputation for being the healthiest state in the nation. Despite this, poor health and hunger remain a hardship many Coloradans face. In fact, 1 in 10 struggle with not always having enough money to buy food. In order to stretch tight food budgets, many purchase cheap, energy-dense foods that are typically lower in nutritional quality. The Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to low-income individuals and works collaboratively with the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) to teach about good nutrition and how to make food dollars stretch in ways that support health.

Colorado Obesity Rates



Colorado Chronic Diseases



National Cost

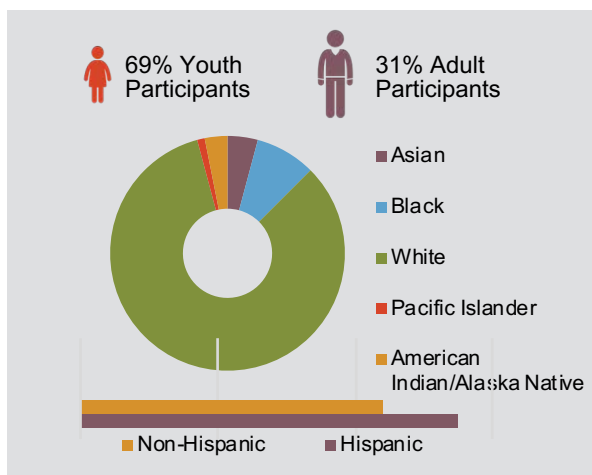


COLORADO SOLUTIONS PROVIDED BY SNAP-ED

Colorado Department of Human Services (CDHS) is committed to decreasing obesity and other chronic diseases through SNAP-Ed. There are three programs working on this important work in Colorado: **Cooking Matters Colorado (CMC)**, **The Culture of Wellness in Preschools (COWP)** and **The Integrated Nutrition Education Program (INEP)**.

Individual

Positive changes to an individual's health is the primary goal of SNAP-Ed. Education activities have been proven to change healthy eating patterns and physical activity levels.



Settings

- Schools
- Early Childhood Education
- Health Clinics
- Food Assistance
- Public Housing
- Farmers Markets

Community

Around 1/4 of Coloradans are SNAP-Ed eligible (1.3 million). Through community interventions, SNAP-Ed can reach more individuals. These efforts complement the individual education and provide Coloradans the tools to make smart, healthy choices.

TOP COMMUNITY CHANGES

In 2018, changes were made where people learn, live, and shop. SNAP-Ed Colorado worked in **1,571** sites.

SNAP-Ed Colorado implemented **962** changes reaching **343,724** individuals.

Policy Changes

- Establishing or improving standards for healthier eating
- Adopting rules for food served in meetings or in classrooms

Environmental Changes

- Establishing, reinvigorating or maintaining food gardens
- Improving the layout of display of food in schools (Smarter Lunchrooms)
- Improving the access to exercise or recreation facilities

System Changes

- Incorporating physical activity into the school day
- Prioritizing the use of fresh or local produce
- Changing food menus (variety or quality)

TOP EDUCATION PRIORITIES

Adults

- Increasing fruit and vegetable consumption
- Increasing physical activity
- Stretching food dollars
- Cooking skills to make healthy meals
- Family meals and eating at home
- Healthy text messages

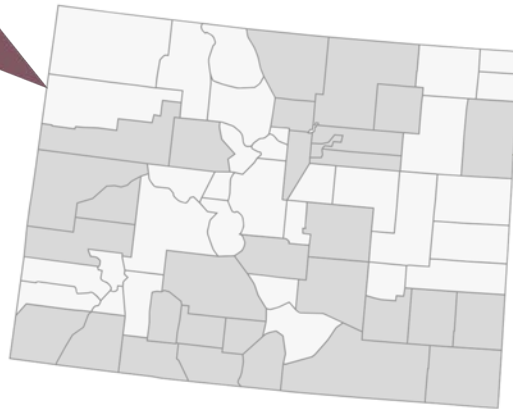
Youth

- Hands-on cooking activities to empower healthy food choices
- Increasing physical activity
- Limiting added sugars

COLORADO SNAP-ED RESULTS

Success Stories

- After completing a Cooking Matters for Childcare Professionals training, providers report they are more confident in their ability to read and use nutrition facts panels. One provider stated that after the training, "I read labels more and I understand them better. I look for foods with less sugar and whole grains."
- INEP implemented a new policy, system, and environment (PSE) process in 2018 resulting in **83** healthy eating PSE changes being adopted in **45** elementary schools across Colorado and **51** healthy eating PSEs being fully sustained from prior years.



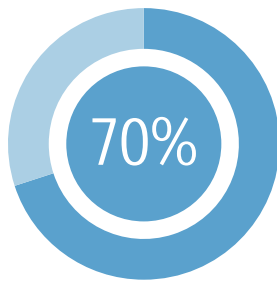
Highlights

- INEP and COWP launched Text2BHealthy, an innovative way to use text messaging to reach more SNAP-Ed eligible families. Adults receive messages targeted towards the promotion of eating more fruits and veggies, reducing sugary drinks, drinking more water, and increasing physical activity. Close to **50,000** health-promoting texts were sent in 2018!
- As part of a multi-sector coalition consisting of **38** steering committee members including CMC and CDHS, **The Colorado Blueprint to End Hunger** was developed. The goal is to ensure all Coloradans have access to affordable and healthy food in their communities.

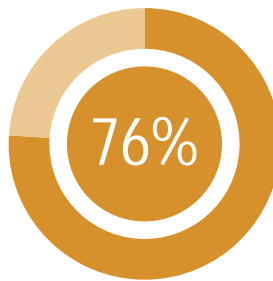
COLORADO IMPACT DATA



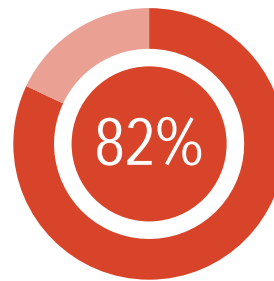
increase in adults' consumption of fruit after completing Cooking Matters Parents curriculum.



of childcare providers report serving more vegetables to the kids in their care.



of Text2BHealthy subscribers are eating more fruits and vegetables because of the texts.



of parents report drinking fewer sugary drinks because of the INEP classroom nutrition lessons.



increase in the number of days children were physically active after their parents took the Culture of Wellness in Preschools Parent Wellness Workshops.

TOP PARTNERSHIPS

- Schools and Early Childhood Education Centers
- Hospitals/Health Care Organizations
- Nonprofit Organizations
- Human Services and Public Health Organizations
- Food Banks/Food Pantries
- Food Stores

TOP COALITIONS

- Colorado Blueprint to End Hunger
- Colorado Food Policy Network
- Colorado Food Systems Advisory Council





Colorado Success Stories

Culture of Wellness in Preschools

COWP leadership members served on the Colorado Department of Public Health and Environment (CDPHE) Early Childhood Obesity Prevention (ECOP) advisory committee for the State of Colorado and assisted with the development of Physical Activity Movement Cards for Teachers. The cards included 14 "Ready, Set, Go Activities" for teachers to use in the indoor and outdoor education environments to support physical activity. At the CDPHE Annual Stakeholder meeting, COWP was acknowledged for ongoing participation and support of statewide activities, such as the development of the physical activity module for PDIS/Colorado Shines, the Wellness Champion model, and ongoing support of CDPHE/ECOP activities.

Integrated Nutrition Education Program

Colorado's Integrated Nutrition Education Program (INEP) is a creative and fun way for kids to learn about healthy eating in their classroom and to share what they learn with their families. Most lessons include hands on cooking activities that teach students how to prepare and taste new fruits and vegetables.

Mesa County District 51 School Food Service (SFS) and INEP are working together to encourage students and their families to make healthy nutrition and lifestyle choices. INEP and Mesa SFS have worked together for the past 3 years to hold "INEP at Lunch" parent events. Last year, Pear Park Elementary served INEP's Chinese Vegetable Salad to students and over 50 parents who attended.

This year Clifton Elementary and INEP held a creative naming contest for green beans. Students were asked to vote for their favorite creative name: Ninja Turtle Fries, Groovy Green Beans or Hulk Smash Fingers.

Ninja Turtle Fries won! Using creative names and involving students in the process is an evidence-based Smarter Lunchrooms best practice. INEP will provide signage for SFS staff to display every time Ninja Turtle Fries are served. INEP and Mesa SFS will evaluate if consumption of green beans increases over the remainder of the year. The SFS Director for Mesa D51 will be using the new name on the lunch menu district wide.



Cooking Matters Colorado

El Paso County, Colorado – It is a full plate of responsibilities to move to a new state, secure a full-time and part-time job, and manage car payments and other bills. On top of that Mayraha is a single mother caring for her young daughter.

Mayraha receives Supplemental Nutrition Assistance program (SNAP) benefits to help feed her and her one-year old daughter, Riley. “Having the food stamps helps us a lot. Without food stamps, we would be hungry.” She discovered Cooking Matters classes through Riley’s daycare, and wasn’t sure what to expect but was hoping to balance her budget and diet. She described cooking for herself and her baby “a struggle”. She had too many leftovers after cooking, therefore, spoiling food and missing nutrients from eating the same thing every day.

Mayraha learned new recipes and tried new cooking techniques with different foods. The tacos and burger meals were two of her favorites because she had never used ground turkey before. Meal planning with similar ingredients for the week helps Mayraha introduce variety in their diets and stretch her food budget.

“That was a different way to look at it, with the veggies and the meat, being able to pick and select and make a different menu every week.”

Mayraha’s grandmother was a cafeteria manager for a high school so Mayraha grew up around healthy meals, but never learned to prepare them for herself. After having a baby, she was inspired to learn about healthier options. “I want to keep everything super healthy because my baby is young enough that if I start feeding her healthy food now she won’t know any different.”

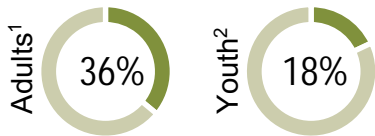
SNAC Highlights

In 2018 Colorado redesigned the structure of the State Nutrition Action Council (SNAC) which included crafting a mission and objective. The Colorado SNAC has representation from 13 agencies including four state departments and three nonprofit organizations who are all committed to maximizing nutrition education efforts for Coloradans.

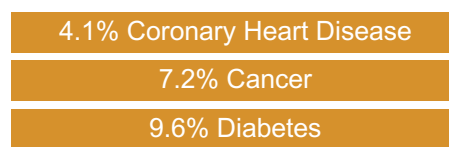
IOWA SNAP-ED CHALLENGE

With high rates of obesity and chronic disease, Iowa Supplemental Nutrition Assistance Program Education (SNAP-Ed) continues its effort to support SNAP-eligible Iowans through direct nutrition education and supports that make healthy choices easier. In partnership with Iowa Food Assistance, SNAP-Ed is delivered by the Iowa Department of Public Health and Iowa State University Extension and Outreach. Together, the implementing agencies support youth, adults and older adults in making healthy food choices and increasing physical activity through direct education classes, social marketing, healthy food access initiatives and building partnerships. Iowa SNAP-Ed plays a unique and essential role in promoting healthy choices among Iowans with low income.

Iowa Obesity Rates



Iowa Chronic Disease Rates¹



National Cost

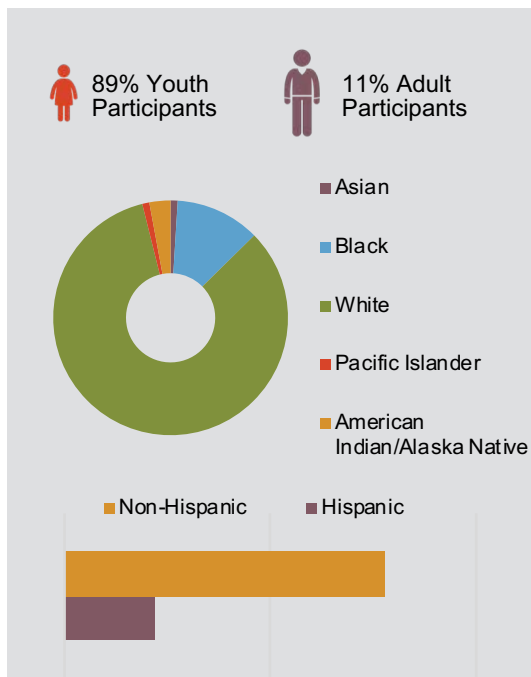
\$147-\$216 billion
spent nationally on obesity and chronic diseases a year.

IOWA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Schools



Group Classes



Meal Sites



Food Pantries



Farmers Markets



Gardens

Top Education Focuses

Adults – Buy. Eat. Live Healthy and Fresh Conversations

- MyPlate
- Fruits and vegetables
- Active lifestyles
- Healthy choices on a tight budget
- Cooking skills and food safety
- Healthy aging

Youth – Pick a better snack™

- Fruits and vegetables
- MyPlate
- Physical activity
- Gardening
- Food preparation skills

Community

Public health approaches complement individual education to reach large segments of the population. Community-based partnerships expand the reach and depth of SNAP-Ed programming.

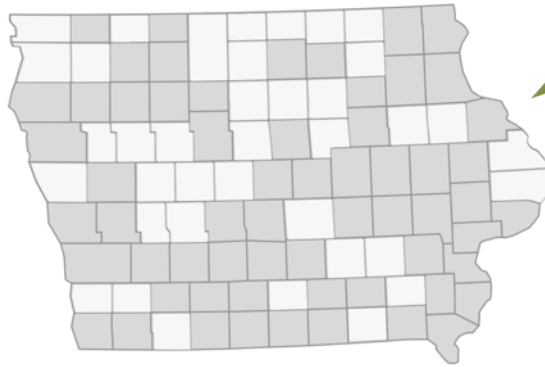
Top PSE Strategies

1. Social marketing
2. Farm to School
3. School wellness policies
4. Multi-sector partnerships
5. Produce box project
6. Growing Together Iowa – Healthy food access in food pantries
7. Spend Smart. Eat Smart. online tools
8. Double Up Food Bucks

IOWA SNAP-ED RESULTS

Success Stories

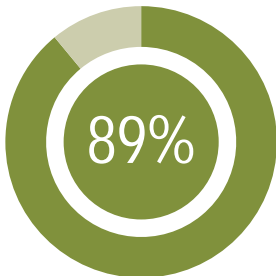
Kara and Jason are parents who came to a class in partnership with Our Kids Count. They loved that their daughter could learn and play while they were able to focus in class. Kara came to class every week with her goals accomplished and a smile on her face. She wanted to reduce their food expenses and make new, healthy recipes the whole family would enjoy. By the end of the lessons, and with the help of the Spend Smart. Eat Smart. mobile app, Kara and Jason had cut \$100 off their monthly food bill and Kara was making many new recipes at home.



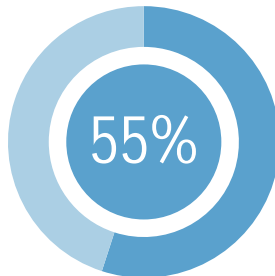
Highlights

- 53% of adult participants identified as an underserved race/ethnicity
- Growing Together Iowa teams grew more than 90,000 pounds of fruits and vegetables for Iowa's food pantries
- Reached over 1.4 million Iowans through multiple media channels with healthy food and physical activity campaigns
- Partnered with 264 organizations and individuals to deliver SNAP-Ed

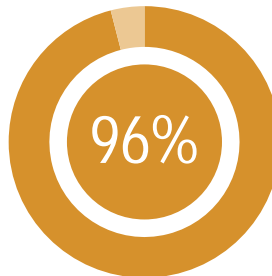
IOWA IMPACT DATA



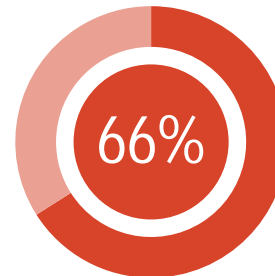
of adult program graduates reported improved resource management skills.



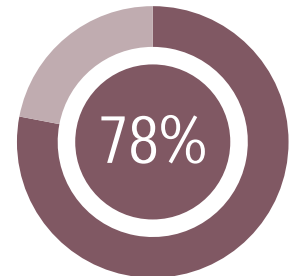
of adult program graduates reported increased food security.



of adult program graduates reported improved diet quality.



of Pick a **better** snack™ students participated in farm to school.



of *Fresh Conversations* participants reported drinking fewer beverages with added sugar³.

TOP PARTNERSHIPS

1. Food Banks and Pantries
2. County Extension
3. Iowa Department of Education – Child Nutrition Programs
4. Iowa Department on Aging
5. School Districts
6. Local Public Health Agencies
7. Area Agencies on Aging

TOP COALITIONS

1. Iowa Nutrition Network Partnership
2. Iowa Healthiest State Initiative - Double Up Food Bucks and 5210 Healthy Choices Count!
3. Iowa Regional Food System Working Group
4. Iowa Senior Hunger Partnership
5. Iowa Farm to School Network

¹ Behavioral Risk Factor Surveillance System, 2017

² National Survey of Children's Health, 2016-2017

³ Participant survey, 2018 (n=757)



Iowa Success Stories

Healthy Food Access: Growing Partnerships

“We have learned that there are extreme barriers to accessing fresh, local food. Cost, transportation, and even facilities all keep families from fresh produce and ways to prepare that food. However, given access, most families choose to eat in a healthy way. Additionally, there are geographically and culturally based produce that many cannot get access to, even at local stores. Much of this produce can be grown in our area and we are proud to do so in partnership with our food pantries.”

-Des Moines County Master Gardener

Adult Education: Eating Right When Money is Tight

Trina is a single mother to four daughters who was recently diagnosed with diabetes. Trina grew up eating very few fruits and vegetables and thought that “eating healthy is very expensive.” Trina worked on a meal plan using Spend Smart. Eat Smart. recipes that included fruits, vegetables, and beans. She also planned out snack ideas for her children. Trina began eating at least one fruit and one vegetable with each meal and giving her children fruits and vegetables for snacks. Another big success for Trina was becoming physically active. She struggled to be active in the beginning, but toward the end of the lessons, she was taking walks in the afternoons with her daughters.

-Carolyn Maschino, Webster County Extension Educator

School-Based Education: Pick a better snack™ program

“The kids really love learning hands-on. They want to eat foods that grow in the garden,” Sarah, nutrition educator in Black Hawk County, explained as she helped 4th grade students from Cunningham Elementary build garden beds for the school. The project was a collaborative effort involving Black Hawk County Public Health, Waterloo Public Schools, University of Northern Iowa industrial technology students and Iowa FoodCorps. Students who built the beds and harvested the vegetables also experience **Pick a better snack™** lessons in their classrooms.

-Sarah Steinmeyer, Black County Public Health

Community-Based Education at Senior Congregate Meal Centers: Fresh Conversations

Sue attends *Fresh Conversations* meetings because they are relevant to her life—and helpful. “This program covers topics that are of interest to people my age.” Thanks to the many discussions on label reading, Sue has a clearer understanding of what’s in the food she buys. “I had not realized that by eating certain foods I could help control my blood pressure.” Her numbers have improved and she gives *Fresh Conversations* plenty of credit. “I just turned 80 and I’m feeling great!”

-Fresh Conversations participant from Marion, Iowa



SNAC Highlights

SNAC Highlights

The Iowa Nutrition Network Partnership continues to serve as the foundation for Iowa's SNAC. The Iowa Department of Public Health maintains regular communication for the SNAC members through an email listserv. The partnership holds meetings and teleconferences to discuss nutrition education plans of the various partners and share resources. Examples of collaboration within the partnership include:

- Iowa State University Extension and Outreach collaborates with the Iowa WIC Program to amplify the success of their farmers market initiative. SNAP-Ed educators through ISU Extension and Outreach work with WIC families to encourage them to access and use their farmers market checks echoing the same messages the WIC program uses throughout the summer. In addition, SNAP-Ed educators are able to provide hands-on education related to using fresh produce in healthy meals and snacks to build confidence among WIC clients who may not have a lot of experience working with fresh fruits and vegetables.
- Spend Smart. Eat Smart., developed by ISU Extension and Outreach, is a shared tool used by multiple SNAC partners. The website, mobile app, weekly blog and social media are designed to be useful to a wide variety of people with limited resources who want to make the healthiest choices they can. It is promoted through the Iowa WIC Program, the Iowa Department of Public Health, the Iowa Department of Education and the Iowa Healthiest State Initiative. Spend Smart. Eat Smart. convenes a small advisory group composed of representatives from several SNAC organizations when new content or design changes are being considered.
- Fuel Your Fun is a social marketing campaign designed to encourage children and their families to eat more fruits and vegetables. While developed for the Iowa Department of Public Health's youth SNAP-Ed program, the campaign is also used by SNAC partners, including WIC and Iowa Team Nutrition, for expanded reach and impact.

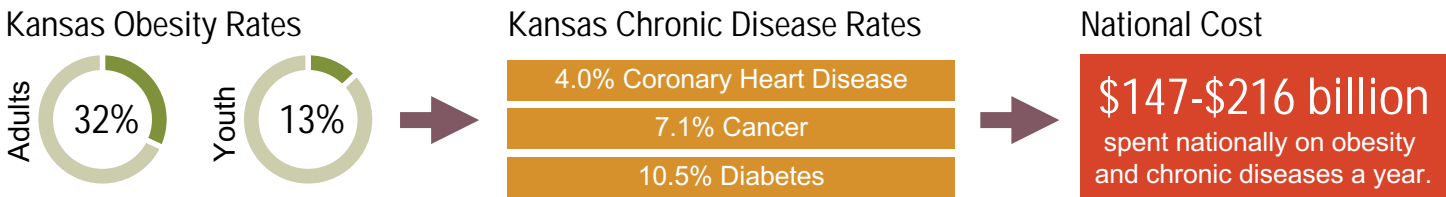
Iowa's SNAC membership includes representatives from the following organizations:

5-2-1-0 Healthy Choices Count
 Department of Education, Team Nutrition
 FoodCorps Iowa
 Healthiest State Initiative
 Iowa Area Agencies on Aging

Iowa Department on Aging
 Iowa Department of Public Health
 Iowa State University Extension & Outreach
 Summer Food Service Program
 Women, Infants, and Children Program (WIC)

KANSAS SNAP-ED CHALLENGE

Kansas has the 18th highest adult obesity rate in the nation. Although Kansas is referred to as the “Breadbasket of the Nation,” 375,360 Kansans were food insecure during 2016. Therefore, Kansas State University Supplemental Nutrition Assistance Program Education (SNAP-Ed), coordinated and delivered by Kansas State Research and Extension, uses multi-level interventions, including direct education, to reach its population in ways that are relevant and motivational, while addressing environmental, policy and social system constraints in the community.

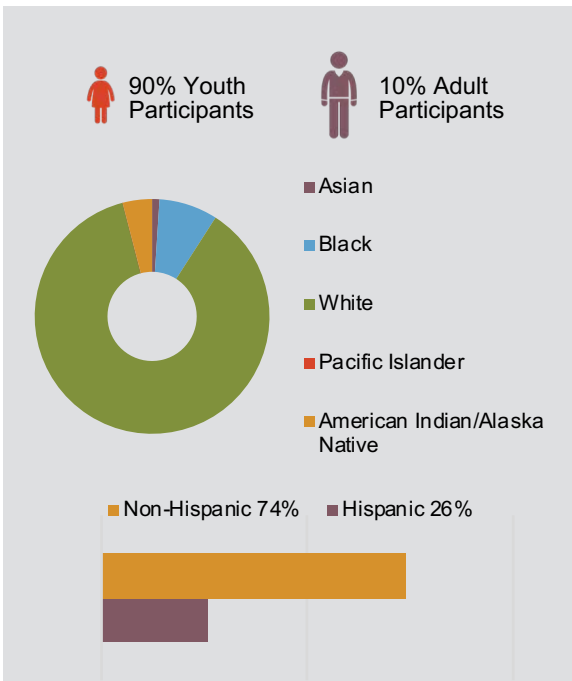


KANSAS SOLUTIONS PROVIDED BY SNAP-ED

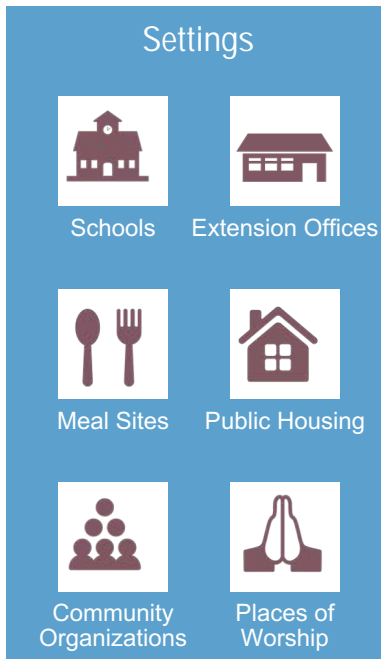
According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based and assist in changing healthy eating patterns across the lifespan.



Settings



Top Education Focuses

- MyPlate food groups and portions for a healthy eating pattern
- Fruits and vegetables
- Dairy
- Whole grains
- Food preparation/cooking and food safety
- Protein foods

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools and many others. Evidence through SNAP-Ed work has shown comprehensive impact.

Top PSE Strategies

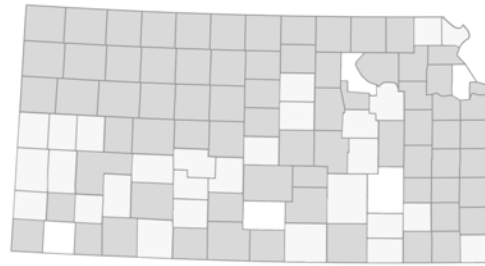
- Change in food purchasing specifications toward healthier foods
- Point-of purchase and distribution prompts
- Used posters, visual displays, taste testing, and live demonstrations
- Established or improved a nutrition policy
- Increase in fresh or local produce

Kansas SNAP-ED RESULTS

Success Stories

"My doctor told me my cholesterol was too high and medication would have to be ordered if I could not lower it by lifestyle change. I didn't know I had control over my cholesterol until I attended SNAP-Ed classes. I decreased my total cholesterol count to a more acceptable level, and I don't have to take any additional medication. My doctor was impressed!"

–Fort Scott Participant

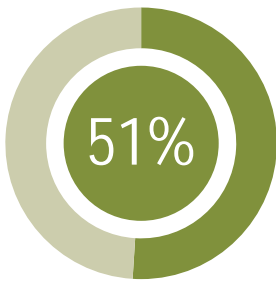


Highlights

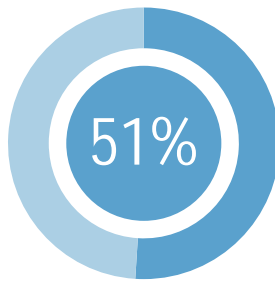
- Taught teenagers food resource management skills to ease transitions into adulthood.
- Partnered with the Kansas Tribal Health Summit Committee to initiate Native American community conversations for health.
- Identified Kansas senior adult needs and piloted Seniors Eating Well evidenced-based curriculum in two units.

Kansas IMPACT DATA

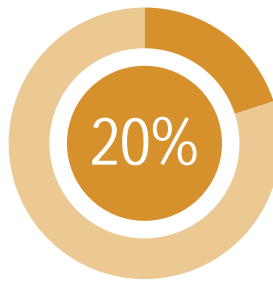
After participating in Kansas SNAP-Ed programs:



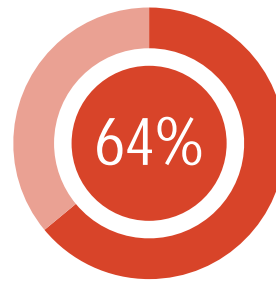
of adults ate more fruits.



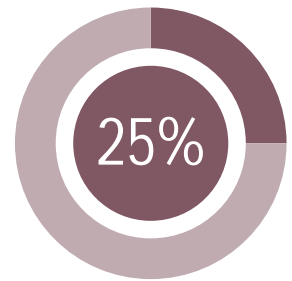
of adults ate more vegetables.



of youth became more physically active.



of adults used the Nutrition Facts Label to make healthy food choices more often.



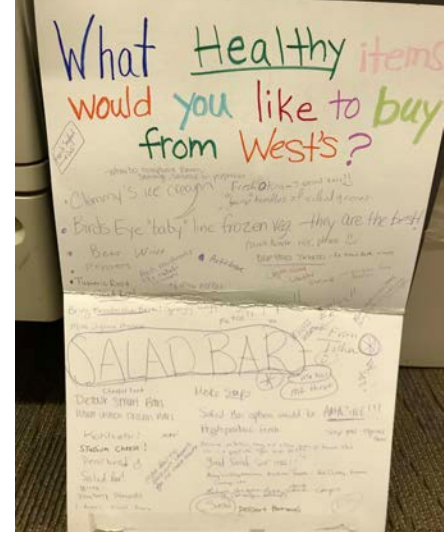
of older youth learned that preparing and using a grocery list will save money on food.

TOP PARTNERSHIPS

- Schools
- Government program
- Human services organizations
- Food banks and food pantries
- Public health organizations

TOP COALITIONS

- Kansas Food Security Task Force
- Kansas Tribal Health Summit Committee
- Western Prairie Food, Farm and Community Alliance



Kansas Success Stories

Stock Healthy Shop Healthy

Stores increased local access to healthy foods after participating in the Stock Healthy Shop Healthy (SHSH) program.

In 2016, Kansas State Research and Extension partnered with the University of Missouri Extension to implement the research-tested program to address food insecurity in the rural and frontier lands. Kansas SNAP-Ed staff received trainings and materials from the University of Missouri Extension. This program was well-received among the staff as it provided guidance on how to engage the community to create demands for healthy foods in the neighborhood. Also, staff learned how to pursue opportunities with store owners.

After the training, staff began to work with their communities. The Douglas County SNAP-Ed staff chaired the LiveWell Stock Healthy Shop Healthy coalition and received a \$9000 community grant to further support this program. The grant allowed the coalition to hire a community liaison and a communication coordinator. Several stores were identified, and owners agreed to support the program.

In Dickinson County, customers were asked which healthy foods they wanted to see in the store. They enthusiastically responded to the poster board survey by filling the entire board with their wishes (pictured above, right). This provided the owner with the types of foods that could be sold. They also partnered with a culinary school to lead the taste tests. The students interacted with many customers and shared their food samples. Geary County SNAP-Ed staff (pictured above, left) prepared several taste tests such as fruit and yogurt, fresh apple crisp, and beans and rice burritos. Customers who tasted the foods expressed interest in buying them in the future.

One store owner featured the fresh fruit basket (pictured above, middle) at the checkout counter where all customers could see it. The fruit looked bright, colorful, and appealing. Other stores hung up the shelf talker that provided healthy foods information to help those foods stand out.

At the end of the program, the store owners appreciated the activities that staff implemented and they continued including more healthy food options in their stores. While staff made some strides in this program, there is room for improvement to help increase community engagement. Continued support will be provided to sustain the SHSH program.



Community Garden

Roughly 495 pounds of fresh produce were harvested from the Medicine Lodge Community Garden last year.

The community garden is a community initiative to address food insecurity issues in the city (pictured above). SNAP-Ed staff has taken a lead role in fostering community engagement, providing training, implementation, and evaluation in this efforts.

Produce was distributed to senior housing, the summer feeding program, the local food bank, and school food service. Low-income residents also harvested for their personal use. The SNAP-Ed educator supported these efforts and helped maintain the garden. One family commented, "...because of the garden we were still able to eat fresh vegetables even though our SNAP benefits were reduced."

Barber County
Congressional District 4

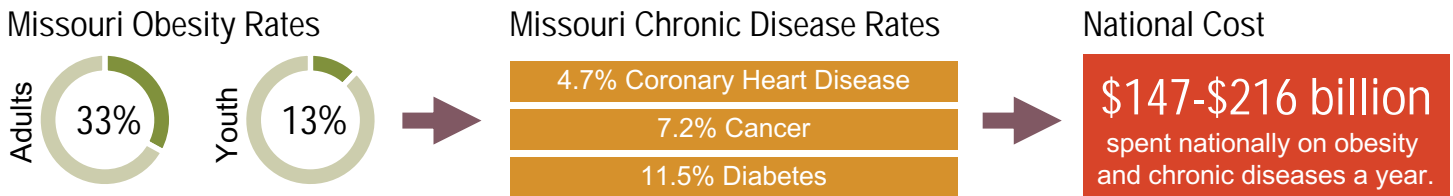
SNAC Highlights

Kansas SNAC stakeholders meet monthly as part of the Kansas Food Security Round Table. Those present at the table include Kansas WIC, Kansas Department of Education's Child Nutrition and Wellness team, representatives from Kansas Food Bank and Harvesters, KC Healthy Kids, K-State Research & Extension/SNAP-Ed, and Kansas Appleseed. Recent efforts include working to increase access to the Summer Food Service Program, and the development of nine newsletters for families and community members for a toolkit for School Wellness Policy implementation.

This institution is an equal opportunity provider.

MISSOURI SNAP-ED CHALLENGE

Whether in the classroom or the community, the goal of the Missouri SNAP-Ed delivery system is to help participants make behavior changes to achieve lifelong health and fitness.

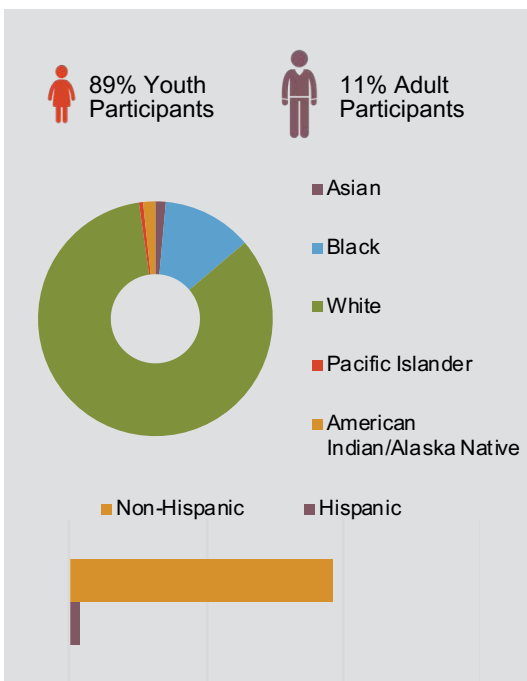


MISSOURI SOLUTIONS PROVIDED BY SNAP-ED

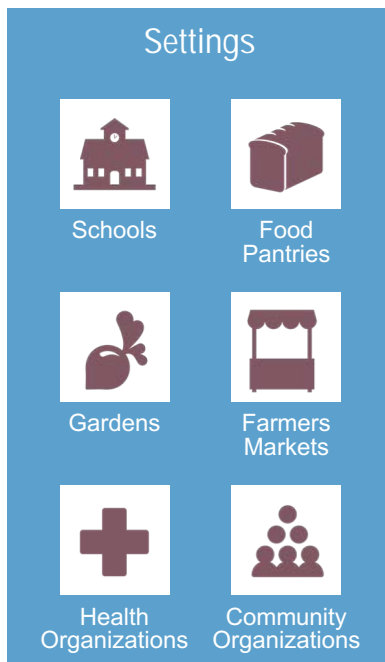
According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Top Education Focuses

- Follow a healthy eating pattern
 - Eat more fruits and vegetables
 - Choose whole grain options
 - Eat lean protein and low-fat dairy foods
- Be more physically active
- Stretch food dollars to select healthy foods on a budget

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, have shown the comprehensive impacts of SNAP-Ed.

Top PSE Strategies

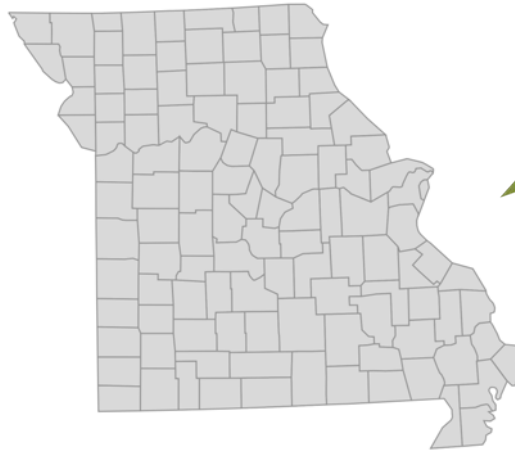
- 751 edible gardens were implemented at SNAP-Ed eligible sites throughout Missouri. These sites grew 9,041 pounds of produce, with a retail value of \$36,500.
- 143 school districts (27%) participated in farm-to school activities.
- 34 park systems improved the healthfulness of food service through *Eat Smart in Parks*

MISSOURI SNAP-ED RESULTS

Success Stories

I was at the grocery store when a child from one of my first-grade classes came up to me. She wanted me to see what her family was buying for supper that night. Their cart had foods from all five food groups. The mother said her daughter has taken the nutrition lessons very seriously and wanted her family to start eating healthier, so they came shopping tonight to pick up some healthier foods.

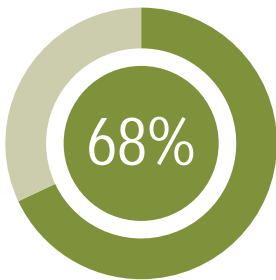
Submitted by Christi Jo Crisp, Nutrition Program Associate, Wright County



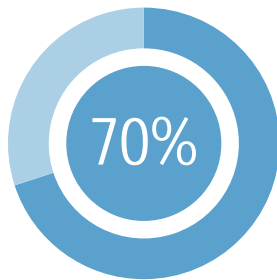
Highlights

SNAP-Ed is active in every county in Missouri, plus the city of St. Louis.

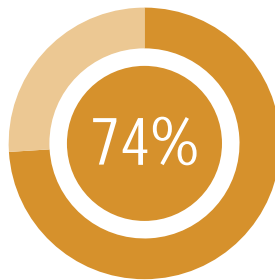
MISSOURI IMPACT DATA



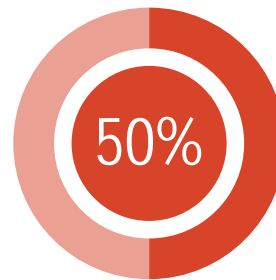
of adults ate more fruits or vegetables.



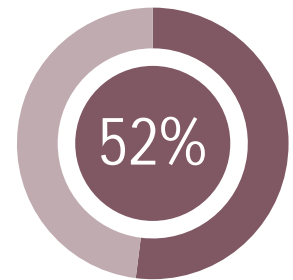
of adults used the Nutrition Facts more often to make food choices.



of adults ate meals with their children at least 5 days a week.



of youth ate fruit or vegetables every day.



of adults became more physically active.

TOP PARTNERSHIPS

The Missouri Council for Activity and Nutrition (MOCAN) is Missouri's statewide multisector SNAP-Ed partnership and is our state SNAC. There are over 70 organizational partners



Missouri Success Stories

Garden Club Grows into Community Effort

The Garden Club at Minnie Cline Elementary in Andrew County doubled its number of raised beds to six. The students wanted to make their garden more accessible to the Savannah community, so they wrote letters to request soil donations for their new raised beds. They also sent out a survey to find out what the community thought they should plant. This was a tremendous success, with over 80 responses. The students are now looking at seed packets, researching plants and using the survey responses to plan their garden beds. Thanks to Amie Whipple, fourth-grade science teacher at Minnie Cline, for her hard work and dedication. It is great to partner with agencies and bring the Eating From the Garden curriculum to them!

Submitted by Sue Robison, Nutrition Program Associate, Andrew County

Bank on Partnerships to Improve Outcomes

A local bank had money that they needed to use in the community and they wanted to partnership with us in order to use it. We enrolled 15 people in a Saturday morning class and we taught Plan, Shop and Save. The bank bought the ingredients for a crock pot recipe. The class worked together to make the recipe and then the bank provided each person with a crock pot, liners for the crock pot and the ingredients for the recipe to take home. This was a totally successful day and the bank asked if we could make this a yearly event.

Submitted by Sharon Sutherland, Nutrition Program Associate, Dunklin County

Knife Skills are Life Skills

I was doing Kids in the Kitchen with the seventh- and eighth-grade students. On my first visit, we talked about safety in the kitchen. During the lesson, knife safety was discussed and how to hand a knife from one person to another. About my third or fourth visit, the teacher informed me that late the week before an adult went to hand a knife to a student from class and that student informed the adult that the way they were handing her the knife was improper. The student explained to the adult the proper way to hand a knife to someone. The student not only explained it but also demonstrated the proper way and asked the adult to practice it with them.

Submitted by Dawn Hicks, Nutrition Program Associate, Maries County



SNAC Highlights

Through statewide partnerships, Missouri Council for Activity and Nutrition (MOCAN) professional organizations worked to begin and sustain several exciting efforts over the course of 2018. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN 2016–2020 Strategic Plan. MOCAN work groups collaborate to support healthy eating and active living in Missouri communities through consistent messages and policy, systems and environmental change.

Three work groups received funding from a partner agency to support initiatives in worksites, school and policy settings. While the Schools/Child Care and Policy Work Groups are in the planning stages of their projects, the Worksites Work Group has continued to host a Work@Health training and promote use of the WorkWell Missouri Toolkit by establishing a Missouri Workplace Wellness Award.

The Healthcare Work Group continued to implement recommendations from the Missouri Children's Services Commission that address childhood obesity. Specifically, members advanced the reimbursement of licensed professionals for training on providing family-centered, evidence-based weight management programs through Missouri Medicaid. In the fall of 2018, work group members hosted a training for licensed providers, and Missouri Medicaid released proposed rules to expand coverage. Two health care professionals received the seventh annual MOCAN Healthcare Professional Award. The awardees, a family physician in Eldon and a health educator in Barton County, presented their strategies for engaging rural residents in local health initiatives

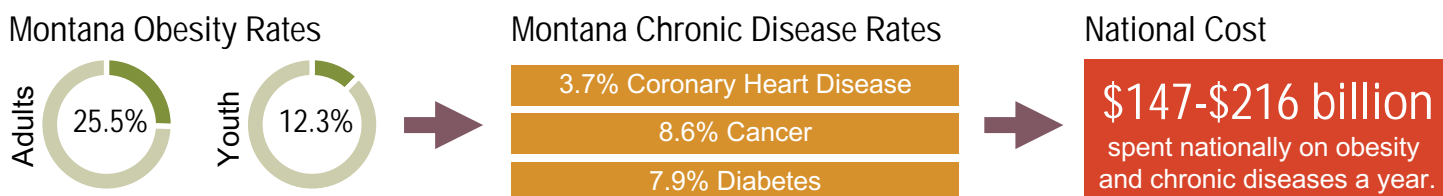
Members of the Physical Activity Work Group partnered with bicycle and pedestrian organizations to establish three Traffic Calming Lending Libraries in Kansas City, St. Louis and Springfield. The libraries are used to encourage development of safe and accessible routes for non-motorized users of the street in support of active living and transportation in communities

Schools/Child Care Work Group members partnered to revise the Missouri Move Smart Workbook in an effort to promote the use of this regional, evidence-based resource.

MOCAN membership continues to grow, with over 250 professionals representing more than 70 organizations. Sixty-one members completed a survey to evaluate member collaboration and professional/organizational support. Overall, members value the purpose and network opportunities of the council. Results indicate improvements are needed to strengthen communication across the network and increase membership diversity. MOCAN hosted one farm tour and three traditional council meetings in Columbia, with remote sites in Kansas City and Joplin. Professional development opportunities were provided during the council meetings, including sessions on evidence-based strategies in policy and program messaging, mindfulness in the workplace, addressing trauma-induced communities, engaging disabled populations and connecting with Missouri efforts to improve healthy eating and active living.

MONTANA SNAP-ED CHALLENGE

The increase of chronic disease and obesity in the United States is a public health concern. Montana State University Extension's Buy Eat Live Better Program, funded in part by the Supplemental Nutrition Assistance Program – Education (SNAP-Ed), continues its statewide effort to prevent obesity and other diet-related chronic diseases through approaches that work for Montanans. Montana's program enhances fundamental cooking skills, healthy food choices, and physical activity through education, social media, and local policy, systems and environmental (PSE) changes that make healthy choices easier.

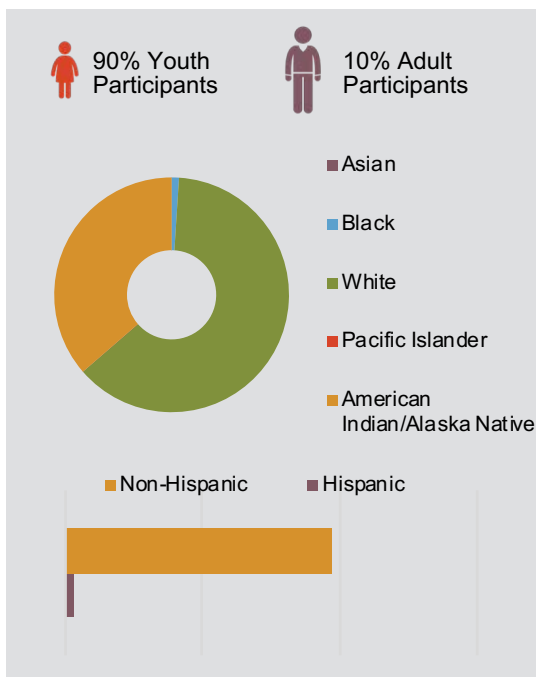


MONTANA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Top Education Focuses

- MyPlate food groups
- Reducing sedentary activities
- Fruits and vegetables
- Limiting added sugars
- Whole grains
- Limiting saturated fats

Community

SNAP-Ed's community and public health approaches reach a large segment of the population. Efforts are focused in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. SNAP-Ed has demonstrated comprehensive impacts from this work.

PSE Highlights

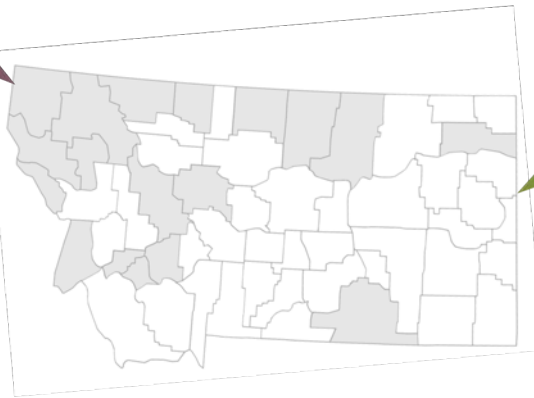
With assistance from SNAP-Ed, 86 nutrition and physical activity improvements were made to support health in SNAP-Ed counties or reservations including policy, system, environment, or promotional changes.

MONTANA SNAP-ED RESULTS

Success Stories

In Northern Montana, SNAP-Ed combined direct education with environmental change to encourage healthy food selections in the lunchroom.

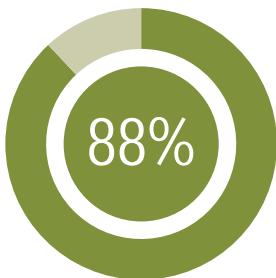
Youth nutrition classes were paired with a Smarter Lunchroom project in a rural school. Students helped to name the fruits and vegetables in the lunchroom with creative names, and signage was added in the lunchroom to promote the foods. The school food service staff reported more of the healthy items being selected as a result of SNAP-Ed's efforts.



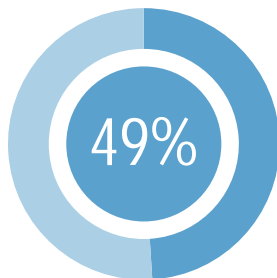
Highlights

- **183** partnerships with organizations where Montanans eat, live, learn, work, play, and shop
- **5,567** Montanans reached with nutrition and physical activity classes
- **86** policy, system, environment, or promotional changes to support health
- **22,873** Montanans reached with education and/or environmental changes that assist in making the healthy choice the easy choice

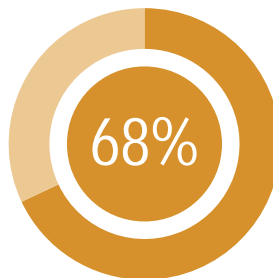
MONTANA IMPACT DATA



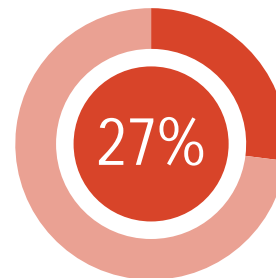
of adults improved one or more nutrition practices.



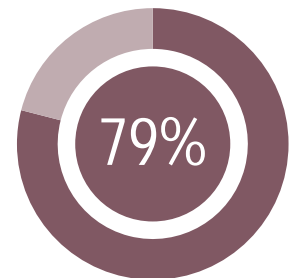
of adults were more physically active.



of adults improved food resource management practices.



of youth were more physically active or were more knowledgeable about physical activity.



of youth made healthier food choices.

TOP PARTNERSHIPS

1. Schools
2. Food banks/pantries
3. Healthcare organizations
4. Farmers markets
5. Human services organizations

TOP PSE STRATEGIES

1. Used posters, visual displays, taste testing to promote healthy choices
2. Increased awareness of PSE change by target audience
3. Took steps to encourage new food distribution sites
4. Improvements in layout or display of food (Smarter Lunchrooms)
5. Implemented price manipulations/coupons/discounts to encourage healthy choices

TOP COALITIONS

1. Montana Partnership to End Childhood Hunger
2. Eat Right Montana (State Nutrition Action Committee)
3. Montana Farm to School Leadership Team
4. Montana Food Security Council



Montana Success Stories

SNAP-Ed Increases Healthy Food Access at the Farmers Market

Community food access is enhanced by systems that reward healthy choices. SNAP-Ed partnered with a community farmers market to participate in a state-wide fruit and vegetable incentive program aimed at removing barriers many SNAP-eligible households face at the farmers market. During the summer, SNAP-Ed offered a variety of nutrition classes where participants learned how to shop and save at the farmers' market; participants currently receiving SNAP received a \$5 voucher per class, up to \$20 total to shop for fruits and vegetables at the farmers' market. The fruit and vegetable vouchers, paired with Double SNAP dollars and a market tour, helped SNAP-Ed participants shop with confidence at the farmers market and increase their consumption of whole fruits and vegetables using the skills they learned in the nutrition education classes.

Results from the Healthy Food Pantry Assessment Tool Prompt a Systems Change for a Rural Food Bank

Making the healthy choice became the easy choice for a local food bank in northern Montana this year. Food bank volunteers completed the Healthy Food Bank assessment with the assistance of the local SNAP-Ed Instructor. After reviewing the assessment results, the food bank board committed to working toward carrying out an action plan to make some healthy changes. The first change completed was submission of an application to join the Montana Food Bank Network. By joining the network, it allowed the food bank access to a variety of options for purchasing food at a reduced cost and also receiving some food at no cost, including fresh produce through federal food programs. The Montana Food Bank Network also provided an advocate to work with local grocery stores on grocery rescue operations. The local food bank didn't offer any fresh produce or dairy products to patrons prior to this change. Applying for membership with the Montana Food Bank Network has broadened the choices for those utilizing the local food bank.

Multi-Level Intervention Improves Healthy Eating Behaviors at Rural Elementary School

A SNAP-Ed Instructor was involved in a multi-level intervention at a rural elementary school. While the instructor taught the Youth Understanding MyPlate (YUM) nutrition and physical activity curriculum to third grade classes over a 6-week period, she also partnered with school nutrition staff to improve the environment in a way that supports healthier food choices in the lunchroom by using the Smarter Lunchrooms assessment tool. One of the many changes the team worked toward was creating names and displaying signage for fruits and vegetables. Eager third graders spent a fun-filled afternoon creating new names for typical fruits and vegetables served in their lunch meals. Together with the instructor, they narrowed down their choices for the Smarter Lunchroom Project. By the end of the session, items like green beans were renamed "green canoes" with enthusiasm. Signs were then designed to display the student names to hang in the cafeteria whenever the items were served. The school lunchroom director was thoroughly pleased to report that there had been a marked increase in the number of servings taken (and eaten) since the new names and other changes were initiated.

First Grade Student Helps Family Select Whole Grain Products

After attending a SNAP-Ed youth nutrition lesson in her school classroom, a first grader was able to identify what a whole grain was and how it is more nutritious than a refined grain. The student helped her mother choose healthy whole grain bread at the grocery store. The mother reported, "My daughter was able to choose whole grain options at the grocery store for us and know that they are the best choice when it comes to grains."



SNAC Highlights



Montana SNAP-Ed is an active member in the State Nutrition Action Coalition (SNAC), which focuses on sharing resources, networking, and communicating consistent messages statewide. The state SNAC in Montana is called the Eat Right Montana Coalition and houses the Action for Healthy Kids Program (ERM/AFHK). ERM/AFHK is a coalition with a long-term commitment to joint action in adopting nutrition or physical activity practices. In addition to sharing resources to support the health of Montanans, members work together on joint projects including promoting school wellness, farm to school efforts and other health related initiatives. ERM/AFHK also honors health heroes in the state through the annual Health Hero Awards. Award winners for 2018 are pictured below and include an elementary school principal, a community health advocate, a Blackfeet based non-profit promoting food access, and four school nutrition directors or food service managers.

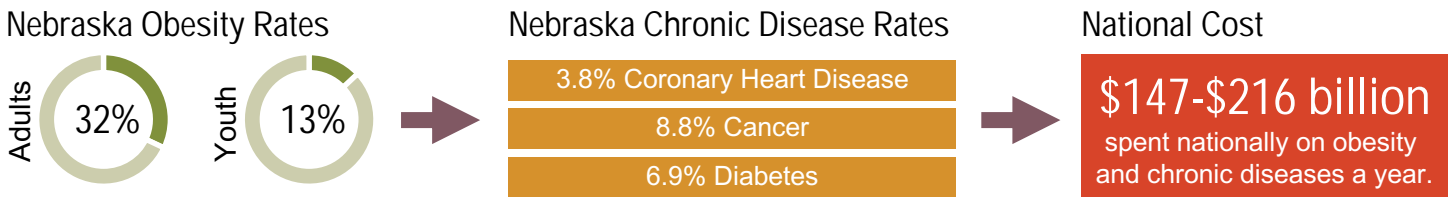


This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or <https://apply.mt.gov/>. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

NEBRASKA SNAP-ED CHALLENGE

The University of Nebraska – Lincoln’s Nutrition Education Program (NEP) continues its statewide effort to decrease obesity and other chronic diseases by promoting the current USDA Dietary Guidelines for Americans and MyPlate. Nebraska’s program teaches individuals how to make healthy choices and increase physical activity. Through policy, system and environmental strategies, NEP works in early childhood education, schools and food access settings to help make environmental changes to improve the health of the community members. NEP is partially funded by SNAP-Ed.

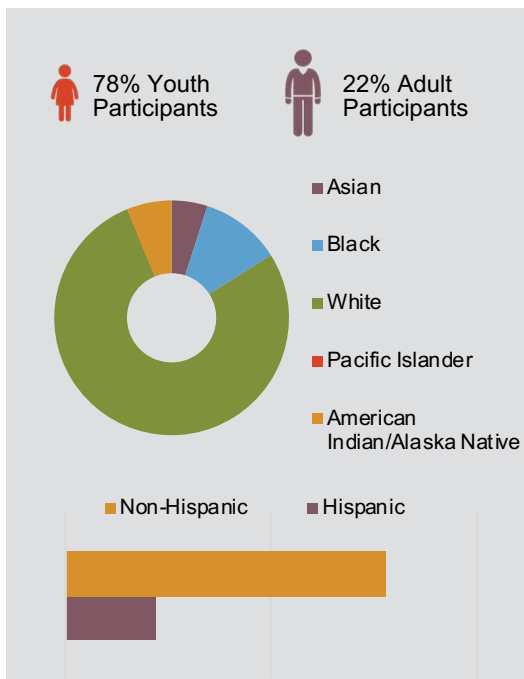


NEBRASKA SOLUTIONS PROVIDED BY SNAP-ED

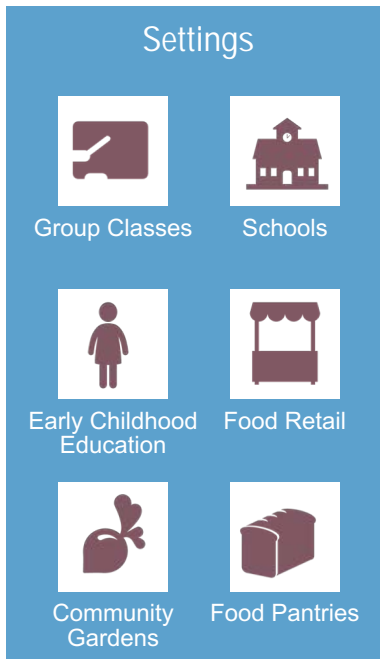
According to the USDA Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and decreasing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Policy, System and Environmental (PSE) Reach: 22,347

TOP PSE STRATEGIES

- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – Early Childhood
- School Wellness – School Health
- Double Up Food Bucks – Food Systems
- Community Donation Gardens – Food Systems
- Choose Healthy Here – Food Systems
- Teen Ambassador Program – School Health

Top Education Focuses

- Eat more fruits and vegetables
- Choose whole grains
- Eat enough protein and low-fat dairy
- Be more physically active
- Manage food dollars to select healthy foods on a budget

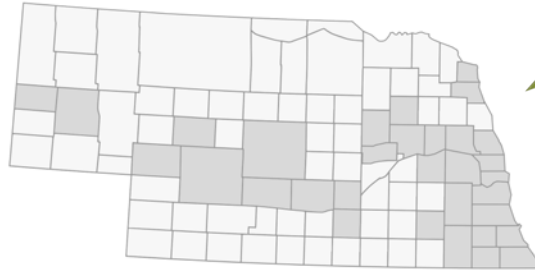
NEBRASKA SNAP-ED RESULTS

Success Story:

During an after school program for elementary students an NEP assistant taught students about MyPlate and the importance of good nutrition and exercise.

During the first class, the students were unable to identify the five MyPlate food groups. By the end of the summer program a majority of the class could name all five food groups and the foods associated with each group. Students were also able to identify go, slow, and whoa foods and beverages.

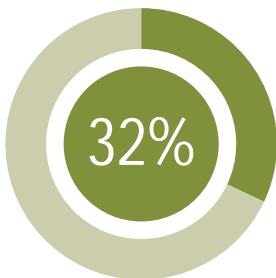
During one of the classes a student came up and told me about how his mom gave him money to get a pop from the gas station but the boy asked his mom if he could get water instead. When I asked the boy if his mom was surprised he said "Yes and she asked why I wanted water?" His response was, "Water is a go drink and that it is less expensive."



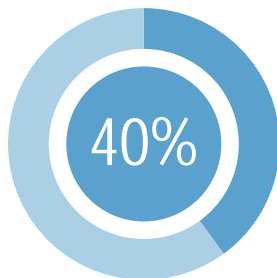
Community Highlights:

- The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) program improved the nutrition and physical activity best practices of 50 child care facilities, which impacted over 2,100 children.
- 12 teens partnered with SNAP-Ed to teach youth about healthy meals and snacks.
- Community Donation Gardens raised and donated over 31,000 pounds of produce.
- Choose Healthy Here collaborated with seven retail stores in five communities.

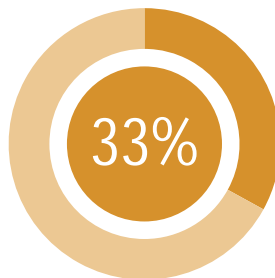
NEBRASKA IMPACT DATA



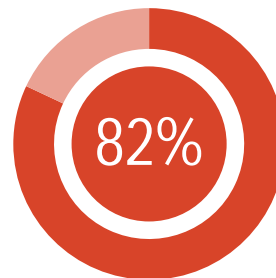
of adults increased their fruit intake.



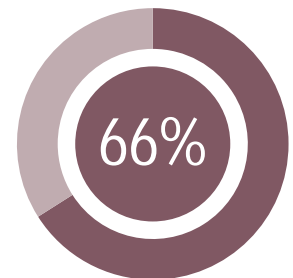
of adults increased their vegetable intake.



of adults increased their physical activity.



of youth gained knowledge about making healthy food choices.



of teachers noticed increased physical activity in students.

TOP PARTNERSHIPS

1. Schools
2. Rehabilitation Centers
3. Children's Center for the Child and Community
4. Nebraska Department of Agriculture
5. Nebraska Department of Health and Human Services

TOP COALITIONS

1. Community Nutrition Partnership Council



Nebraska Success Stories

Highlights from our Youth Program:

Before NEP, 49% of students reported they pay attention to how many sugary drinks they drink each day. After NEP, that number increased to 66% of students.

"Since I have stopped drinking pop, I do not really like the taste anymore. I would rather drink water. It is my favorite drink now." -6th grade student

Before NEP, 72% of students reported that they know how to follow a recipe to make something to eat. After NEP, that number increased to 86%.

"Guess what?! My Mom and I made the Mango Tango Salsa recipe together and we added some chicken to it and had it with our supper. It was so fun to cook with my mom!" -4th grade summer school participant

Highlights from our Adult Program:

Adult NEP participants plan their meals and shop with a grocery list significantly more often after NEP than before NEP.

"I hear your voice throughout the grocery store" -Women's shelter participant

"Changes I'm planning on making with the information that I received in this class are: Healthy choices, shop by unit price, portion sizes. I know what to eat. Foods I thought I wouldn't like or never tried, this class has really helped." -Male shelter participant

"I went home and planned my meals last week. I didn't know it could be so easy!" -Adult female participant

Highlights from our Childcare Provider Program:

Child care centers and homes achieved a 30% increase in best practices in nutrition, physical activity and breastfeeding after engaging with NEP.

"I love Go NAP SACC. Those goals were all things I wanted to eventually do, and this helped me to finally get them done." -Childcare provider

Highlights from our Teen Ambassador Program:

Extension professionals mentored teen ambassador volunteers. Fifty-four teens, including 12 teens that assisted with SNAP-Ed programs, spend more than 800 hours helping plan, prepare and deliver programs to youth in their communities. Teen ambassador survey respondents (n=48), reported giving their family healthy meal or snack ideas (60%) and learning about healthy food choices (91%).

"I am super happy to have had this opportunity and to spend some of my summer helping work with the kids." -Dodge County 4-H Healthy Habits Teen Ambassador



SNAC Highlights

The Community Nutrition Partnership Council (CNPC), led by Nebraska SNAP-Ed, is a group of 19 member organizations/agencies including 49 professionals that work with limited resource individuals and families throughout Nebraska. This Council has met at least twice a year for more than 15 years, and serves the role of the State Nutrition Action Coalition (SNAC). The relationships built within this Council impact not only the state-level partnerships, but also trickle down to impact local-level partnerships. Partnerships are crucial in reaching and serving low-income families to ensure services are not duplicated. The council meetings provide an opportunity for different agencies to share information about current projects and interventions, as well as issues affecting limited-resource families (e.g., specific agency programs, partnership opportunities, grant opportunities, professional development opportunities, and upcoming trainings and workshops). In 2018, two CNPC sub-committees were formed to guide the council: 1) internal communications and 2) strategic planning for next steps. The internal communications sub-committee finalized the development of the new [CNPC webpage](#) and the new CNPC graphic. The strategic planning sub-committee developed a new purpose, mission and vision statement, as well as new goals and a new impact report. The 2018 impact report highlighted council projects that involved two or more council partners. These projects included Double Up Food Bucks (DUFB) and Go NAP SACC. The 2018 CNPC Impact Report can be found using this link: <https://unl.box.com/s/5j0vdqkfbv07pkay3fo5dn22bppvktzk>

Future work within CNPC will continue to involve sub-committee and group discussion to engage in strategic planning and develop action steps to implement potential change and increase interactions among group members where needed.

Purpose: Providing time and space to collaborate between health and wellness organizations who serve limited resource populations throughout Nebraska, and to share science-based resources and enhance services for the clientele we serve.

Vision: Every Nebraskan lives a healthy life.

Mission: Making healthy living equitable for all Nebraskans.

Goals:

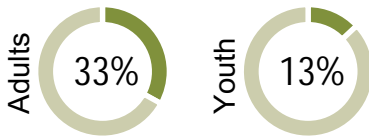
- To share resources.
- To engage in joint projects through joint funding opportunities.
- To enhance services for the clientele we serve.



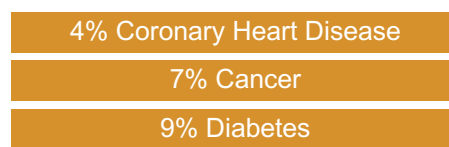
NORTH DAKOTA SNAP-ED CHALLENGE

Obesity is a public health crisis in North Dakota, with the 13th highest rate of adult obesity. Additionally, North Dakota is one of a few states where food insecurity continues to rise, despite the nationwide economic recovery. ND SNAP-Ed provides healthy lifestyle programming to eligible youth and adults and works with partners on policy, systems, and environmental supports to promote healthful behaviors. Families who participate in SNAP-Ed gain valuable skills and the support to eat healthfully for less and be more active. These efforts decrease health disparities and the collective health care costs of poor nutrition and inadequate physical activity.

North Dakota Obesity Rates



North Dakota Chronic Disease Rates



National Cost

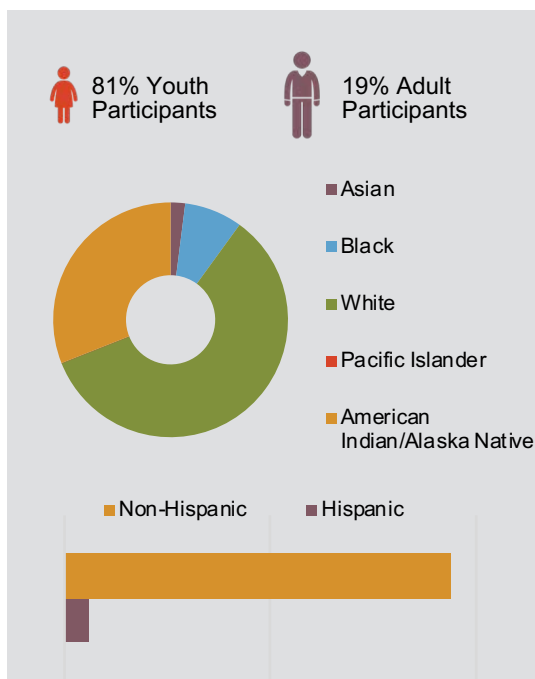
\$147-\$216 billion
spent nationally on obesity and chronic diseases a year.

NORTH DAKOTA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, implementing changes at various levels of the social-ecological model is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for ND SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating and physical activity patterns across the lifespan.



Settings



Schools



Food Pantries



Community Organizations



Early Childhood Education



Gardens



Farmers Markets

Top Education Focuses

Adults

- Fruits and vegetables
- Meal planning and cooking
- Daily physical activity

Youth

- Fruits and vegetables
- Healthy beverage choices
- Daily physical activity

Community

Community and public health approaches through SNAP-Ed benefit a broader segment of North Dakota's families with low-income. Community-focused efforts benefit schools, neighborhoods, grocery stores and entire rural communities. Evidence shows stronger impacts with comprehensive SNAP-Ed work.

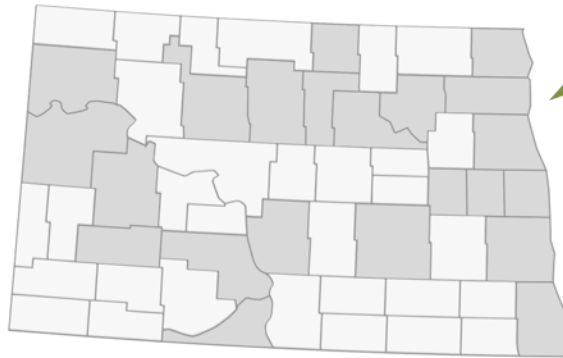
Top PSE Strategies

1. Smarter Lunchrooms Movement/School Wellness/Gardens
2. Healthy Food Pantries and Produce to Pantry Initiatives
3. SNAP Outreach and Incentives at Farmers Markets
4. Stock Healthy, Shop Healthy

NORTH DAKOTA SNAP-ED RESULTS

Success Stories

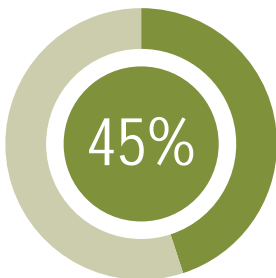
“To me, the Grand Forks Well Fed (SNAP-Ed) class has been enlightening; from saving seeds and gardening, to properly cooking easy and wholesome meals for the family. We learned such skills as identifying when produce is at its peak ripeness, the best way to consume them and even saving them for later using methods such as blanching. This ultimately helps us reduce food waste and save money.”



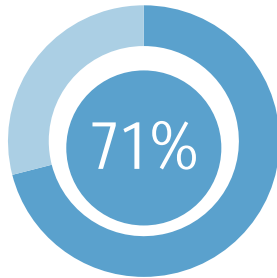
Highlights

- Empower youth and families to cook more at home, increase fruit and vegetable intake, balance healthful food with physical activity and get the most nutrition for the money.
- Collaborate with tribal communities to identify and develop culturally-appropriate tools and interventions.
- Work with settings serving low-income families and youth, including schools, food assistance sites and retailers, to improve access to healthful foods and physical activity opportunities through policy, systems and environmental change strategies.

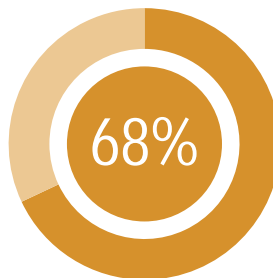
NORTH DAKOTA IMPACT DATA



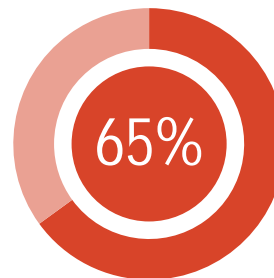
of youth eat more fruits and vegetables.



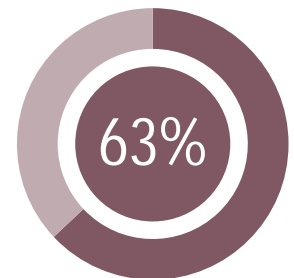
of adults usually or always use food budgeting strategies like making a grocery list.



of youth are physically active five or more days a week and 55% are physically active every day.



of adults exercise for at least 30 minutes, five or more days a week.



of youth drink more water and 53% drink less soda pop.

TOP PARTNERSHIPS

1. Schools
2. Food pantries and other food assistance agencies
3. Community action agencies
4. Tribal community partners and tribal colleges
5. Head Start and other Early Childhood Education sites

TOP COALITIONS

1. Creating a Hunger-Free ND Coalition
2. Cass Clay Food Partners
3. Go! Bismarck Mandan
4. Minot Area Team Wellness Coalition
5. GleaND



North Dakota Success Stories

The Jeremiah Program began in Minneapolis, MN, to help single mothers prosper in the workforce through a variety of strategic services and support. Due to great success and impact, the Jeremiah Program moved to several cities across the United States, including Fargo, ND. Hands-on cooking classes are taught by SNAP-Ed to Jeremiah Program participants as part of weekly Empowerment and Lifestyles programming. To start each class, participants discuss the benefits of preparing meals at home including better nutrition, saving money, as well as the opportunity to teach their kids to cook. Participants then divide into small groups for hands-on meal preparation. During the hands-on education they discuss how to make healthier choices with portion sizes, choosing whole grains, and incorporating more vegetables in their diets. At the end of the class each mother receives a take-home meal of the recipe (funded by the host program) and the recipe guide. In post-class surveys all participants indicated that they plan to eat more whole grains, eat leftovers, look in the refrigerator and cupboards for ingredients before shopping, not waste food, and compare food prices to save money. SNAP-Ed programs like these impact not just the participants, but the children they are trying to build a better and healthier life for.

In the summer of 2017, Winship English Learner (EL) students in Grand Forks, ND participated in *On The Move to Better Health Cooking School*, conducted by NDSU Extension – SNAP-Ed. The students enjoyed four sessions of hands-on cooking and were excited to bring the recipes home to make them with their families. The Winship EL teacher wrote, *“This summer, I had eight New Americans with limited English for my summer school program. We are so lucky to have had the opportunity to work with NDSU Extension. A majority of my students have come from a refugee camp and have little experience working with kitchen appliances and cooking experiences. They have learned so much...the language of cooking, safety, healthy eating, and an excitement for cooking. Thanks again for this opportunity...they will never forget it.”*

GleaND is a volunteer-powered food recovery network that works with local producers to secure donations of excess produce to be distributed at local charitable feeding organizations. It was developed out of a blueprint put forward by the Cass Clay Food Partners in September 2017. In order to move the project forward, a task force was created that consisted of representatives from Fargo Cass Public Health, NDSU Extension Service – SNAP-Ed, Great Plains Food Bank, and a local farmer serving as a community representative. A grant from the North Dakota Department of Health provided initial funding to set-up the pilot program. GleaND participated in a number of outreach events throughout the year to spread awareness of the program and recruit volunteers. In the pilot summer of 2018, GleaND worked with local growers and volunteers to donate 7,092 pounds of fresh produce to local food assistance sites.



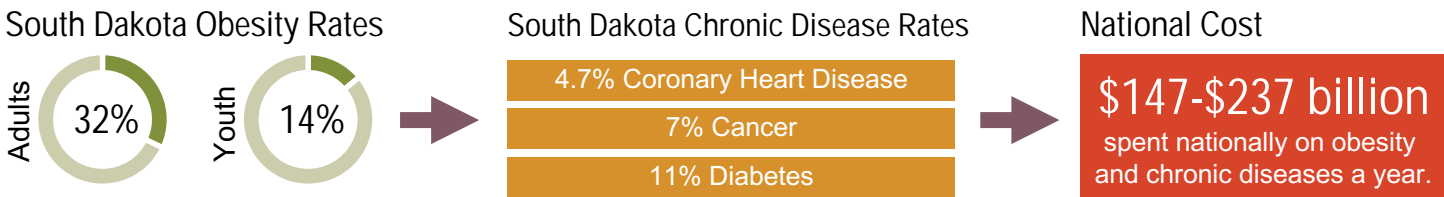
The 21st Century Community Learning Center MOST Summer Afterschool at Washington School in Jamestown, ND partners with SNAP-Ed to teach kids where food comes from and how to build healthy eating habits. In the summer of 2018, NDSU Extension – SNAP-Ed and MOST offered a sixth annual gardening program. A Junior Master Gardener grant was used to fund supplies including gardening tools, seeds, transplants and soil for the project. Throughout the summer weekly classes consisting of gardening and nutrition lessons were conducted for 30 youth in grades 3rd – 5th. One student shared, *“I learned about being healthy and that gardening is fun....you need to take care of it if you want to eat the vegetables that you grow.”*

SNAC Highlights

In the spring of 2018, the Creating a Hunger-Free North Dakota Coalition met to finalize a strategic plan. The strategic planning committee included key partners from ND Department of Human Services - SNAP, ND Department of Health – WIC, ND Department of Public Instruction - Child Nutrition and Food Distribution Programs, ND Department of Agriculture, North Dakota Farmers Union, North Dakota Economic Security and Prosperity Alliance, Great Plains Food Bank, USDA Rural Development and NDSU Extension SNAP-Ed. Other coalition partners include United Tribes Technical College, ND Community Action Partnership, ND Association of Rural Electric Cooperatives, USDA Human Nutrition Research Center, ND Department of Human Services – Aging Services, AARP North Dakota, Midwest Dairy Council, North Dakota Nutrition Council, North Dakota Academy of Nutrition and Dietetics and the North Dakota Chapter of American Academy of Pediatrics. The coalition also held monthly calls in 2017-2018 to work on common projects like a statewide hunger study, Summer Food Service Program support and Farm Bill advocacy and education. The coalition also began planning a Hunger Summit for 2019, the coalition’s 10-year anniversary.

SOUTH DAKOTA SNAP-ED CHALLENGE

South Dakota communities are working on dealing with issues that impact the health and well-being of their residents, such as obesity, poverty, poor nutrition, lack of physical activity opportunities, and limited access to healthy foods. The rural nature of the state, along with these issues, present unique challenges for SNAP recipients for maintaining a healthy lifestyle. SNAP-Ed is focused on providing nutrition education, creating community wellness coalitions to improve healthy behaviors, and to increase the number of community-wide practices that promote access to and improve behaviors associated with healthy foods and physical activity.

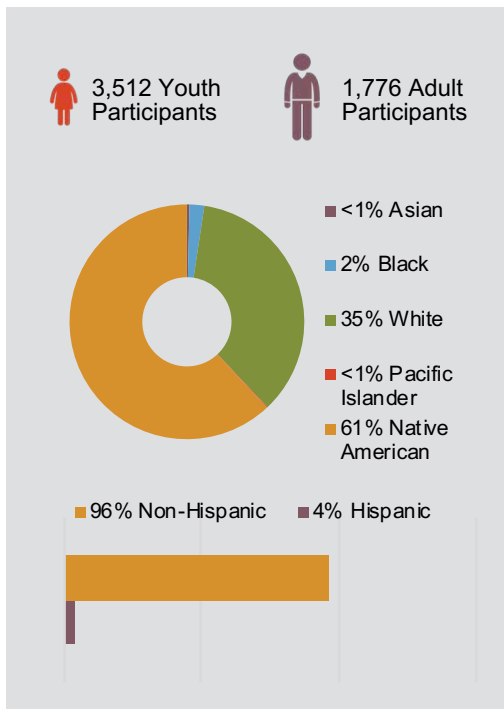


SOUTH DAKOTA SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings

- Schools
- Grocery Stores
- Group Classes
- Gardens
- Community Organizations
- Food Pantries

Top Education Focuses

- Adults**
- Dietary Guidelines for Americans
 - Stretching food dollars
 - Fruit and vegetable consumption
 - Physical activity recommendations
 - Food safety
- Youth**
- Fruits and vegetables
 - Whole grains
 - Lean proteins
 - Low-fat dairy
 - Physical activity

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

Top PSE Strategies

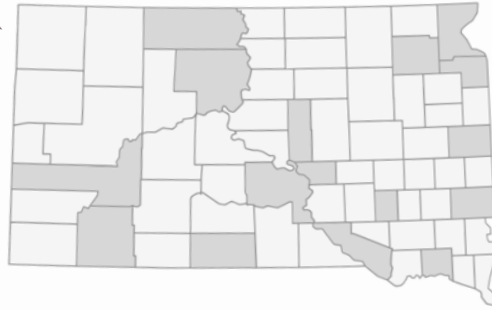
1. School & Community Gardens
2. Healthy Food Retail - Stock Healthy, Shop Healthy
3. Traditional Native Games
4. Walk & Bike-Ability
5. School Environment Changes (Farm to School, Fuel Up to Play 60, etc.)
6. Pop-Up Play

SOUTH DAKOTA SNAP-ED RESULTS

Success Stories

Leveraging SNAP-Ed and 1,416 Centers for Disease Control & Prevention (CDC) funds, SD communities were able to highlight the impacts their community gardens provide. From harvesting food for their own families, to donating to local food pantries, a five minute video can be found on YouTube titled "Growing Healthy Food, Families and Communities Across South Dakota".

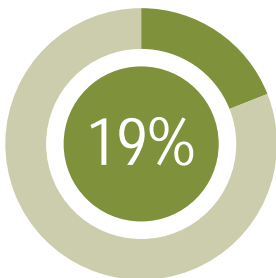
At the beginning of the *Eating Smart, Being Active* program, an adult participant shared that they would eat less or skip meals in order for their family to eat. By the end of the program, they shared that they no longer needed to do this as they had successfully learned how to stretch their family's food dollars!



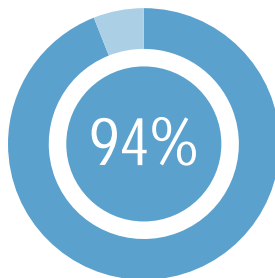
Highlights

- 8 stores implemented the *Stock Healthy, Shop Healthy* program resulting in an increase of 49 feet of shelf space dedicated to healthy foods!
- 13 community and/or school gardens produced over 6,000 pounds of fresh produce. The average garden size increased 572 square feet from last year.
- \$1.4 million was leveraged from outside sources and in-kind donations from FY15 to FY18.
- 7 community Pop-Up Play events were held.

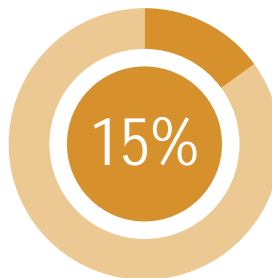
SOUTH DAKOTA IMPACT DATA



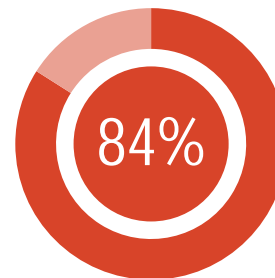
increase in Community readiness to implement Policy, System, and Environmental Changes related to nutrition and physical activity.



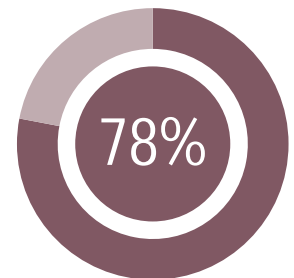
SNAP-Ed Wellness Coalition Community Champions reported they were very satisfied / satisfied with what their coalitions had accomplished.



increase in activity-friendliness of communities with SNAP-Ed wellness coalitions.



of SNAP-Ed Wellness Coalitions reported having completed implementation tasks.



of youth made healthier food choices.

TOP PARTNERSHIPS

1. SD Department of Social Services (state level & county level SNAP Offices)
2. Tribes and tribal communities
3. SD Department of Education and Schools
4. SD Department of Health
5. Local food retailers
6. We have over 154 active statewide partnerships

TOP COALITIONS

1. SD Department of Health, Healthy Stakeholders Advisory Council
2. SD Farm to School Network
3. SD Chronic Disease State Partners
4. Local Community Wellness Coalitions (13 active coalitions)
5. Traditional Native Games State-wide Coalition



South Dakota Success Stories

Pop-up Play

Pop-up play is an opportunity for community members to enjoy access to physical activity in their own neighborhoods free of charge. Pop-up play consists of recurring events with a long term goal for community engagement and increased physical activity. For maximum health benefits, pop-up play should take place outside when possible. Three of four school aged children do not meet the Physical Activity Guidelines of at least 60 minutes of physical activity per day, and about one in five do not participate in any physical activity in a given week.

Through partnerships, North Side Pops was created to offer monthly pop-up play events at elementary schools in North Rapid City. The focus of each pop-up event varies, from yoga, a MyPlate relay race to encourage healthy eating, and parachute play. Each student receives a healthy snack, a jump rope and three students per school won a gift card (funded by external dollars) to a local water park and trampoline park to encourage further physical activity.

SNAC Highlights

South Dakota has many different advisory groups, such as the Farm to School Network, Healthy SD Stakeholders Advisory Council, Chronic Disease Partners, etc. that meet regularly to share information, resources, and work on joint projects. Thus, South Dakota does not have an active SNAC at this time as SD SNAP-Ed is represented on all of these various advisory groups.



South Dakota Success Stories

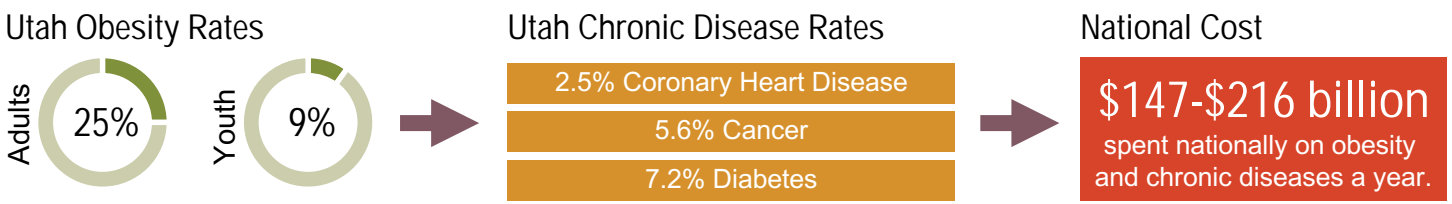
Smarter Lunchrooms

Helping children develop healthy habits is an important part of maintaining a healthy weight, preventing overweight and obesity, and minimizing chronic disease risk in the long-term. School-wide programs provide a fun way to engage school students and staff in chronic disease prevention efforts.

At the beginning of the 2017-2018 school year, Crow Creek Tribal School participated in the Smarter Lunchrooms program. This national “movement” uses behavioral economics in school lunchrooms to make the healthy food choice the easy choice. The Food Service Director gathered a team of students and lunchroom staff to implement the program. They purchased red paint and vinyl decals of their Chieftains logo to brighten up the lunchroom. They held a high school-wide vote where students voted on a name for their lunchroom – “Chieftain’s Chow House” won by a landslide and students and staff enjoy using the new name! The Smarter Lunchroom team also purchased a new menu board to display the daily menu, a “fruit tower” to display fruit in a visually appealing way, healthy signs to place above their salad bar, new water coolers with fruit diffusers to encourage students to drink more water, and two smoothie machines to start serving smoothies for breakfast on Fridays. Funding was leveraged from South Dakota Team Nutrition for purchasing the supplies.

UTAH SNAP-ED CHALLENGE

American diets fall short of recommendations for good health and contribute to excess rates of preventable chronic disease. Obesity rates are high and other serious problems like type 2 diabetes, heart disease, and hypertension are climbing in low-income groups. Utah is no exception. Food \$ense, Utah’s Supplemental Nutrition Assistance Program—Education (SNAP-Ed), continues to fight food insecurity and decrease obesity and other chronic diseases among low-income individuals. Food \$ense classes teach basic cooking skills, how to prepare nutritious meals using more fruits and vegetables, and the importance of physical activity. Through a combination of direct education, marketing, policy, systems, and environmental support, this program is improving food security and sparing Utah low-income families’ health problems. Food \$ense teaches people and supports the systems necessary to achieve a healthier lifestyle and improve self-reliance.

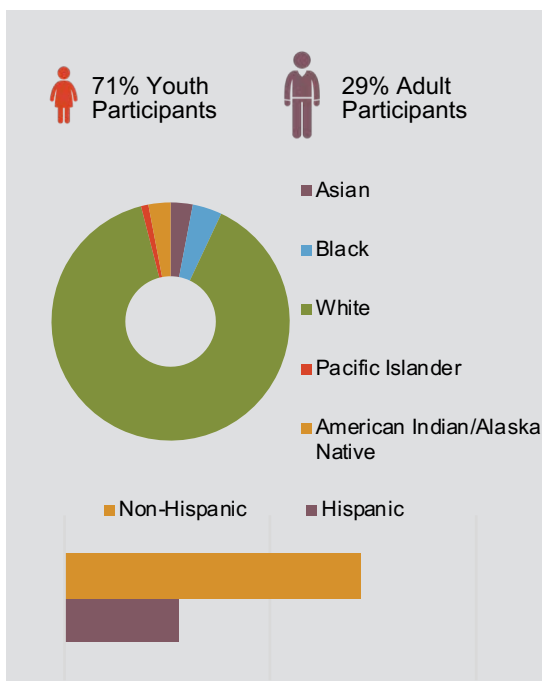


UTAH SOLUTIONS PROVIDED BY SNAP-ED

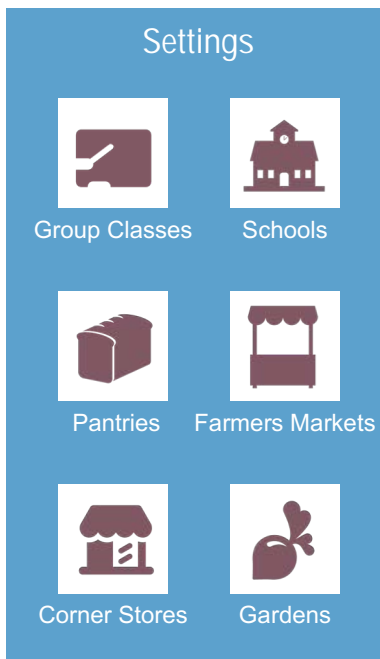
According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Settings



Top Education Focuses

- Adults – Create Better Health Curriculum**
- Dietary Guidelines for Americans
 - Physical activity recommendations
 - Stretching food dollars
 - Food safety
 - Cooking skills to make healthy meals with foods already on hand
- Youth**
- Fruits and vegetables
 - Whole grains
 - Low-fat dairy
 - Lean protein
 - Physical activity

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

Top PSE Strategies

- Improved appeal, layout or display of foods to encourage healthy selections and discourage unhealthy selections.
- Used posters, visual displays, taste testing, live demonstrations, etc.
- Include fresh produce in food pantry offerings.
- Collecting excess wholesome food to donate to charitable organizations.
- Use of standardized, healthy recipes.

UTAH SNAP-ED RESULTS

Success Stories

"My wife and I have started to sit down to make a menu plan. We look at the MyPlate handout to make sure we are getting enough of everything"

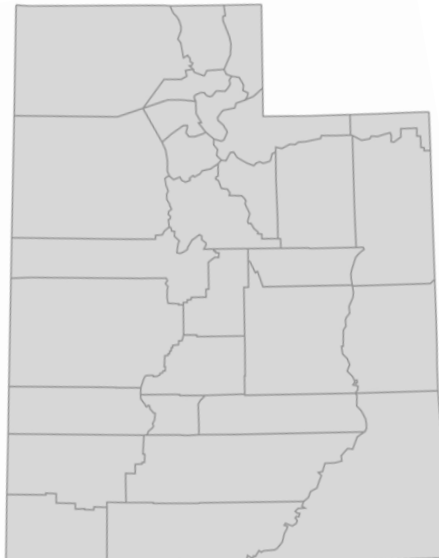
– Create Family Meals Participant

"The other morning my boys told me that they didn't have anything from the vegetable group on their plate so I gave them a few carrots to go with their breakfast."

- Food \$ense SNAP-Ed Participant

"Thank you for showing me how to eat better so I can be the fun grandma, instead of the tired old grandma."

– Create Better Health Participant



All counties in Utah receive SNAP-Ed programming

Highlights

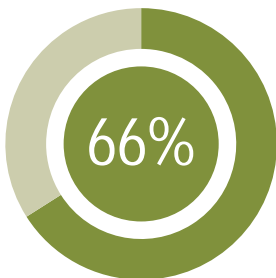
Teach life skills to help families manage their food dollars and be more fiscally responsible with their resources.

Encourage families to make healthy choices on their own.

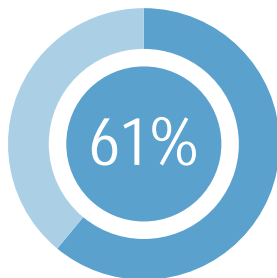
Work with refugees, immigrants (Latino programming), and intergenerational poverty families.

Partner with USU researchers to conduct statewide needs assessments to find the best methods to meet those needs.

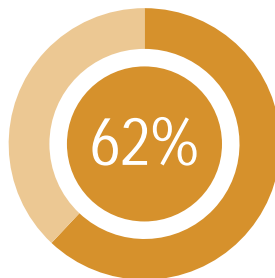
UTAH IMPACT DATA



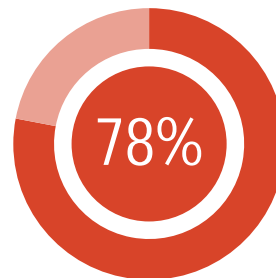
of adults reported an increase in using MyPlate to make food choices*.



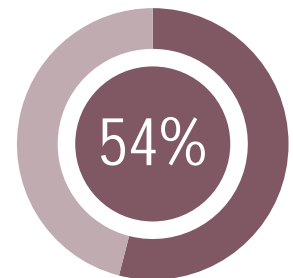
of adults reported an increase in eating 2.5-3 cups of vegetables daily*.



of adults reported an increase in eating 2 cups of fruit daily*.



of parents of youth reported an increase with their intake of fruits and vegetables.



of parents of youth reported an increase with their intake of whole grains.

*Percentages shown reflect the data collected from a 6-month follow up survey of the Food \$ense Program.

TOP PARTNERSHIPS

1. Department of Workforce Services
2. Extension offices
3. Food pantries
4. Schools
5. Utah State University, NDFS Extension

TOP COALITIONS

1. SNAC – State Nutrition Action Coalition
2. UPIC – Utah Produce Incentive Collaborative
3. UBET – Utah Breakfast Expansion Team
4. Hunger Solutions Institute

National Health Care Costs for Obesity and Chronic Disease Range Yearly from \$147 - \$210 BILLION. Obesity and Chronic Disease Data is provided by CDC. Programmatic data for state/region is provided by individual agencies and/or PEARS. Information Definitions from 2018 FNS SNAP-Ed Guidance.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can teach them to buy nutritious foods for a better diet.



Utah Success Stories

"At the beginning of the 2018 growing season, we met with community garden coordinators and reviewed evaluations of the previous year's community garden experiences. It was determined that a huge concern of participants was eliminating food waste. We brainstormed and determined to conduct a food drive with gardens willing to participate to keep donation boxes on site where participants can place their excess produce during the harvesting season. Weekly we would gather the donation bins and take the excess produce to the Bountiful Community Food Pantry to disperse to participants there. We logged an estimated donation total of 500 lbs. of produce." – **Utah, Davis County Nutrition Education Assistant**

"I am a new parent, a single parent. Sometimes I struggle with coming up with new ideas on how to interact with my little one so that they will stay interested in what we are doing together. So far, already, this program has given me healthy ideas to do as a family and I just love the creative snack ideas we can build together. Thank you for taking the time to help me be a better, more involved parent." - **Food, Fun & Reading Participant**

"That is what I want my family to do! My family has never eaten together. My dad usually goes out to whatever restaurant he wants to go to and then my mom and I would go to a different restaurant. We have never sat down as a family together. I would love for my family to prepare a meal at home and sit down and eat together. This class has helped my family and myself to see how important having dinner together is. We have enjoyed taking the class and have learned a lot from it. I hope you can keep teaching it to others. Thank you!" – **Create Family Meals Participant**

"We partnered with Clearfield Community Garden and Youth Can Cook to cultivate two garden boxes. Our youth interns helped to plant and tend to the garden. This was successful in getting the youth excited about watching produce grow and trying new varieties they were not familiar with. We then donated the produce to the Bountiful Community Food Pantry. We donated a total of 87 lbs. from the garden boxes. We were able to advertise for a Creates Farm Fresh class for the other garden participants to come and take part in." – **Utah, Davis County Nutrition Education Assistant**



SNAC Highlights

Utah's SNAC group continues to work together to improve nutrition access for all Utahns. The group meets quarterly to identify statewide needs, foster partnerships, and share resources. During 2018, SNAC included representatives from

- SNAP-Ed
- Department of Workforce Services
- EFNEP
- Get Healthy Utah
- Utah State University Extension
- Utah State University Dietetic Internship
- Utah Department of Health
- Utahns Against Hunger
- WIC

SNAC Partnerships have resulted in:

- The Utah Breakfast Expansion Team (UBET) which works to increase participation in the School Breakfast Program to ensure more students start their day with a healthy breakfast.
- Support and promotion of the Double Up Food Bucks farmers market incentive program
- Healthy retail initiatives making the healthy choice the easy choice in small retail settings.
- Provision of nutrition and food budgeting education to families in a cycle of intergenerational poverty.

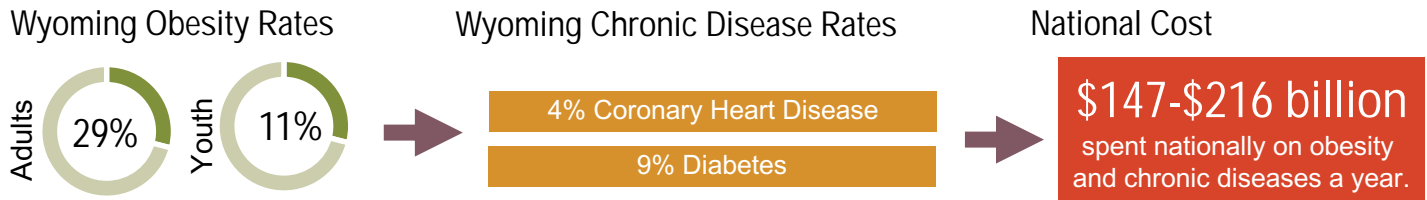
New Project: Fruit and Vegetable Marketing Competition

- SNAC coordinated a Fruit and Vegetable Marketing Competition for students at three Utah universities. Students were challenged to create marketing materials promoting the consumption of fruits and vegetables. Using the Utah Health Values Study, teams identified a target audience and created messaging that would appeal to their health values. The winning team's materials are available for use by any SNAC member and have been used by Utah Department of Health to promote fruit and vegetable consumption during National Nutrition Month.



WYOMING SNAP-ED CHALLENGE

With high rates of obesity and chronic disease, University of Wyoming Supplemental Nutrition Assistance Program Education (SNAP-Ed) continues its statewide effort to decrease obesity and other chronic diseases promoting current USDA Dietary Guidelines and MyPlate. Wyoming's program provides opportunities for positive change in nutrition and physical activity for the limited resource audience through education, multi-level interventions and community engagement. Education through SNAP-Ed is essential to improving the health and lifestyle of low-income individuals and families.

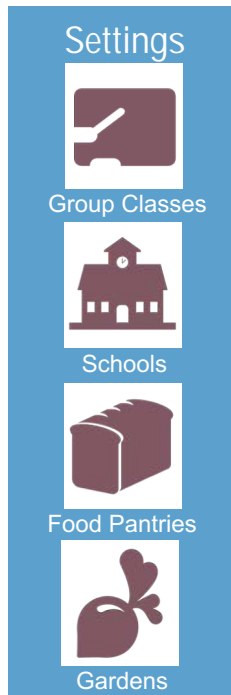
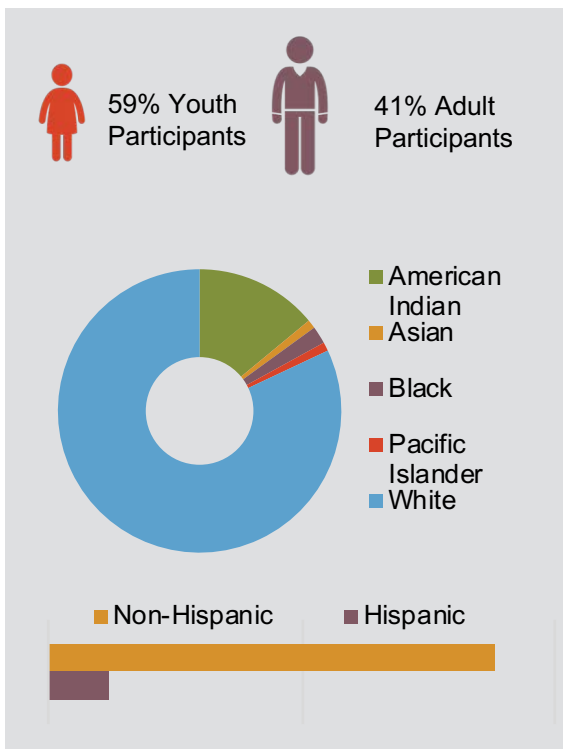


WYOMING SOLUTIONS PROVIDED BY SNAP-ED

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity.

Individual

Activities conducted at the individual and interpersonal levels have been a traditional delivery approach for SNAP-Ed and remain important today. These activities are evidence-based, and assist in changing healthy eating patterns across the lifespan.



Top Education Focuses

- MyPlate
- Physical Activity
- Food Resource Management
- Food Safety

Community

Community and public health approaches through SNAP-Ed are efforts that affect a large segment of the population. Community-focused efforts are in neighborhoods, communities, other jurisdictions, grocery stores, schools, etc. Evidence through SNAP-Ed work has shown comprehensive impacts.

Top PSE Strategies

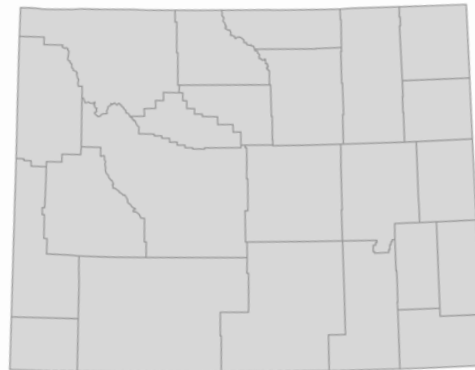
179 nutrition/physical activity supports adopted

1. Marty Moose: School nutrition and physical activity supports
2. Gardens: Donations of local produce
3. Healthy Food Pantry Project: Nutrition supports
4. Written agreements with partners
5. SNAP-Ed referral system

WYOMING SNAP-ED RESULTS

Success Story

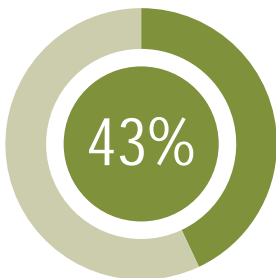
Uinta County participant:
 "Before I took the [Wyoming SNAP-Ed] classes I would run out of money for food. Now I'm not buying convenience foods anymore. I am buying ingredients to cook healthy meals for my family and I have saved \$200 a month on food. I have been planning meals instead of eating out."



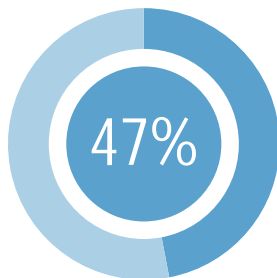
Success Story

Sheridan County participant:
 "This class was the missing link to the information that I received from my doctor and dietitian. Actually cooking and talking about why certain foods are better choices instead of just being handed a list of what not to eat has helped so much. I am eating more meals at home and saving time and money."

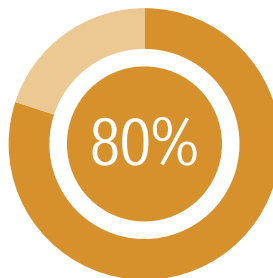
WYOMING IMPACT DATA



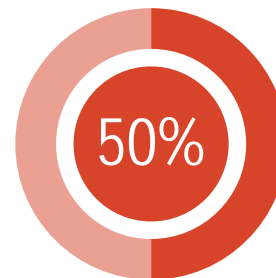
of adults ate more fruits.



of adults ate more vegetables.



of adults improved in at least one food resource management practice.



of adults increased their physical activity.



average amount saved on food per month.

Impacts based on 1,366 adults completing pre/post surveys.

TOP PARTNERSHIPS

Total number of partnerships: 346

Top Partnerships by type:

- Schools
- Human Services Organizations
- Government Program/Agency
- Food Banks/Food Pantries
- Agricultural Organizations

State Nutrition Action Coalition (SNAC):

- Wyoming Department of Family Services
- Wyoming Department of Education
- Wyoming Department of Health-Chronic Disease Prevention
- Wyoming Department of Health-Division on Aging
- Women, Infants, and Children (WIC)
- UW Extension Nutrition and Food Safety
- UW Cent\$ible Nutrition Program (EFNEP and SNAP-Ed)



Wyoming Success Stories

477 Gardening Project | Wind River Indian Reservation

Wyoming SNAP-Ed partners with the Eastern Shoshone 477 Program on the Wind River Indian Reservation (WRIR), providing nutrition education to help clients make choices that lead to healthier lifestyles. In 2017, the partnership expanded to encompass a gardening project, which was fully established in summer 2018. Wyoming SNAP-Ed worked with the University of Wyoming Extension to receive and build a hoop house for the garden. To date, 12 families are involved with the project, which will help increase food security and provide access to local, fresh produce.

Key Highlights

- Partnerships with WRIR 477 Program and UW Extension
- Community garden established
- Hoop house donated and built by UW Extension
- Harvested produce reached 28 people

Playground Stencils | Statewide

In 2018, Wyoming SNAP-Ed worked with youth partners to implement physical activity interventions in the form of playground stencils. This stencil project, made possible by a partnership with the Wyoming Department of Health- Chronic Disease Prevention Program, aims to encourage more physical activity by providing a variety of activities that kids can do on their own and with friends.

Key Highlights

- Partnerships with local schools and youth agencies, and the Wyoming Department of Health
- Five sites with stencils to encourage more physical activity



Little Free Pantries Project | Campbell County

In Campbell County, Wyoming SNAP-Ed, the Gillette Saturday Farmers Market, and the Council for Community Services (Gillette) came together start the Little Free Pantries program. Little Free Pantries help make food more accessible and access more discreet. The pantries are stocked by community members, the Council for Community Services' Food Pantry, and through food drives. Wyoming SNAP-Ed helps maintain the pantries.

Key Highlights

- Partnerships with the Gillette Saturday Farmers Market and the Council for Community Services (Gillette)
- Five Little Free Food Pantries
- 130 pounds food donated (July-October, 2018)

Donations Through Local Food Efforts | Statewide

Wyoming SNAP-Ed works with a variety of partners to increase access to local food through farmers' markets, donations from local producers, hoop houses, community gardens, and food pantries. In 2018, Wyoming SNAP-Ed partnered with the University of Wyoming Extension to establish three new hoop houses in the state and to establish a new garden in one previously built. Hoop houses provide an opportunity for hands-on learning, extend Wyoming's short growing season, and increase donations of fresh food to food pantries.

Key Highlights

35 local food partners around the state
Over 2,300 pounds of produce donated
1,100 people reached through local food efforts

SNAC

The Wyoming SNAC consists of SNAP-Ed/EFNEP, Wyoming Department of Family Services, Wyoming Department of Education, Wyoming Department of Health (WDH)-Chronic Disease Prevention Program, WHD-Aging Division, WIC, and University of Wyoming Extension's Nutrition & Food Safety. The team meets regularly to share information, resources, and work on joint projects.



Supplemental
Nutrition
Assistance
Program