

# PA SNAP-Ed Works

HEALTHIER LIVES THROUGH NUTRITION EDUCATION



## THE CHALLENGE

17.1%

Percent of Pennsylvanians living below 125% of poverty

1.8M

Number of Pennsylvanians that are SNAP eligible

12.5%

Percent of Pennsylvanians are food insecure



Percent of Pennsylvania adults do not eat recommended daily amounts of both fruits and vegetables

## THE SNAP-ED SOLUTION

Make the healthy choice the easy choice in settings where low-income Pennsylvanians...

### SHOP

Help families stretch food budgets and choose healthy options.



### LEARN

Introduce kids to fruits and vegetables through classes, after school programs, and school gardens.



### LIVE

Connect low-income families with healthy resources in their neighborhoods and communities.



### EAT

Teach low-income families how to prepare healthy foods.



## THE RESULTS

### After participating in PA SNAP-Ed, adults and seniors:

- Increased the frequency and variety of **fruits and vegetables** in their meals
- Were more likely to prepare **healthier meals** by choosing low-fat protein sources and reducing sodium
- Reported reading the **Nutrition Facts label** more frequently when shopping to make healthier choices
- Rated their **eating habits** more favorably than before they participated in nutrition education
- Were more likely to drink **milk** as a beverage

### After participating in PA SNAP-Ed, students:

- **Students in grades 4-6** ate colorful red and orange vegetables such as tomatoes, peppers, carrots and squash more often.
- **Students in grades 8-12** reported eating vegetables more frequently than those who did not receive nutrition education.



# 2018 Statewide Reach

65

Counties Served



19

PA SNAP-Ed Partners Delivered Programs



660

Community Partnerships



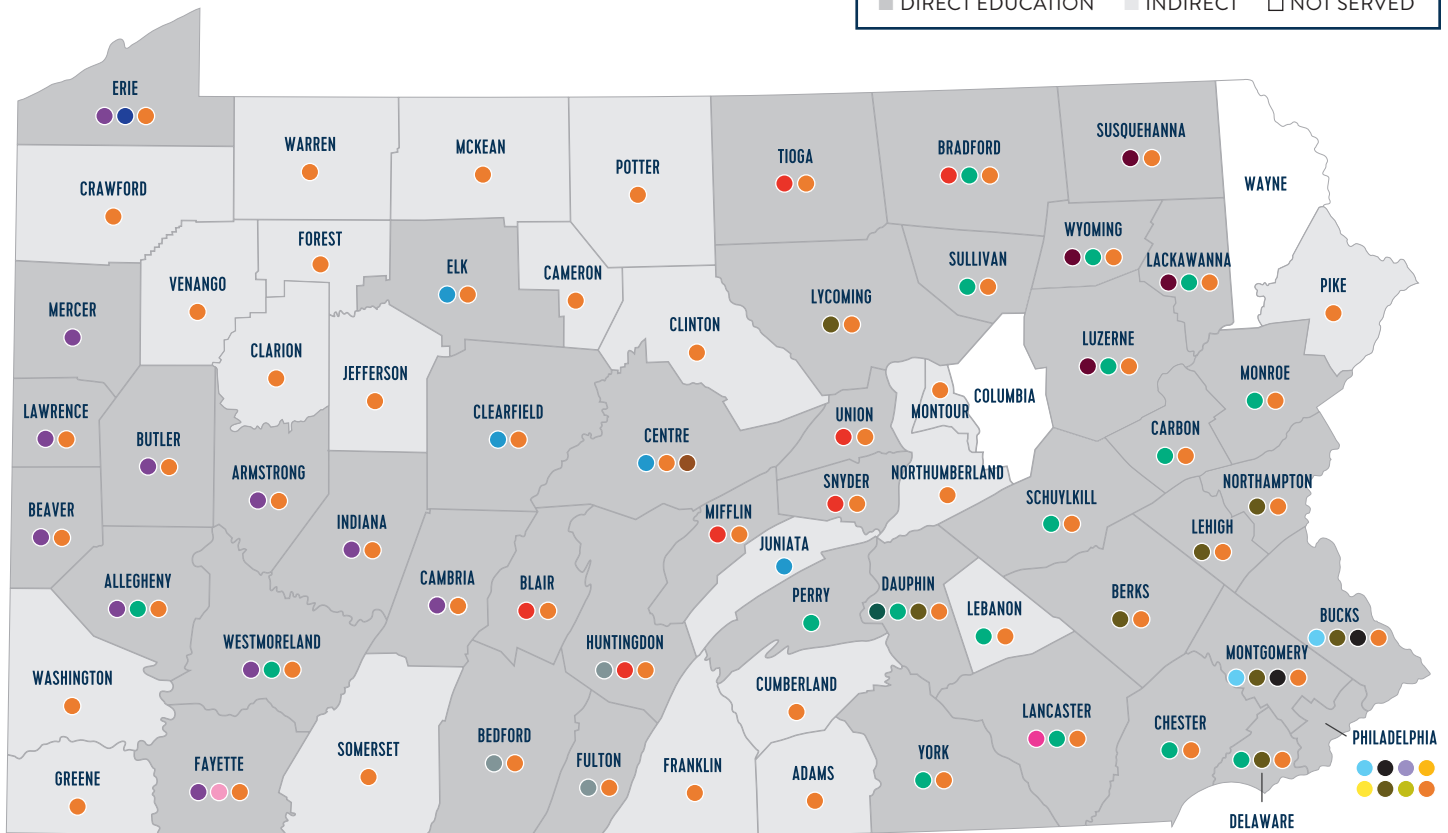
233,271

PA SNAP-Ed Participants

## PA SNAP-ED PARTNER PROGRAMMING

- Adagio Health (AHI)
- Agatston Urban Nutrition Initiative (UNI)
- Albert Einstein Medical Center (FUN)
- Center for Childhood Obesity Research (CCOR)
- Commission on Economic Opportunity (CEO)
- Common Threads (COM)
- Community Action Partnership of Lancaster County (CAP)
- Drexel University (DRX)
- Fayette County Community Action Agency (FAY)
- The Food Trust (TFT)
- Fulton County Food Basket (FUL)
- Health Promotion Council of Southeastern PA (HPC)
- Penn State Extension Nutrition Links (NLA)
- Penn State: Dr. Lori Francis (LAF)
- Penn State: Dr. Rhonda Belue (RBL)
- Pennsylvania Nutrition Education Network (NEN)
- Penn State Nutritional Sciences (NUTR)
- School District of Philadelphia (SDP)
- Vetri Community Partnerships (VCP)

■ DIRECT EDUCATION   ■ INDIRECT   □ NOT SERVED



FOR MORE INFORMATION ABOUT PA SNAP-ED, VISIT:  
<https://sites.psu.edu/pasnaped>

