

# 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

10.2%

Percent of Pennsylvanians are food insecure

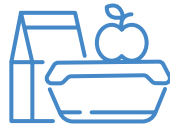
85%

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

## THE SNAP-ED SOLUTION



Help families make healthy food choices within a limited budget and choose physically active lifestyles



Introduce kids to fruits and vegetables through classroom education, healthier lunchrooms, after school programs, and school gardens



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



Increase access to affordable fresh produce and healthy recipes at farmers markets and produce stands



Encourage food pantry patrons to make healthy choices through informative product displays and food tastings

## THE RESULTS

### PA SNAP-ED WORKS FOR ADULTS AND FAMILIES



31% of adults ate a greater variety of vegetables each day



27% of adults were less likely to run out of food by the end of the month



43% of adults engaged in physical activity on more days of the week



80 community locations began or expanded farm-to-table programs

### PA SNAP-ED WORKS FOR KIDS



26% of students in 4th-6th grades ate leafy and green vegetables more frequently throughout the week



40% of students in 4th-6th grades ate vegetables of all types more often during the week



43% of students in 4th-6th grades consumed low-fat dairy products more frequently throughout the week



348 schools incorporated physical activity into the school day

# PA SNAP-Ed is Happening

52

Counties Served



19

PA SNAP-Ed Partners Delivered Programs



678

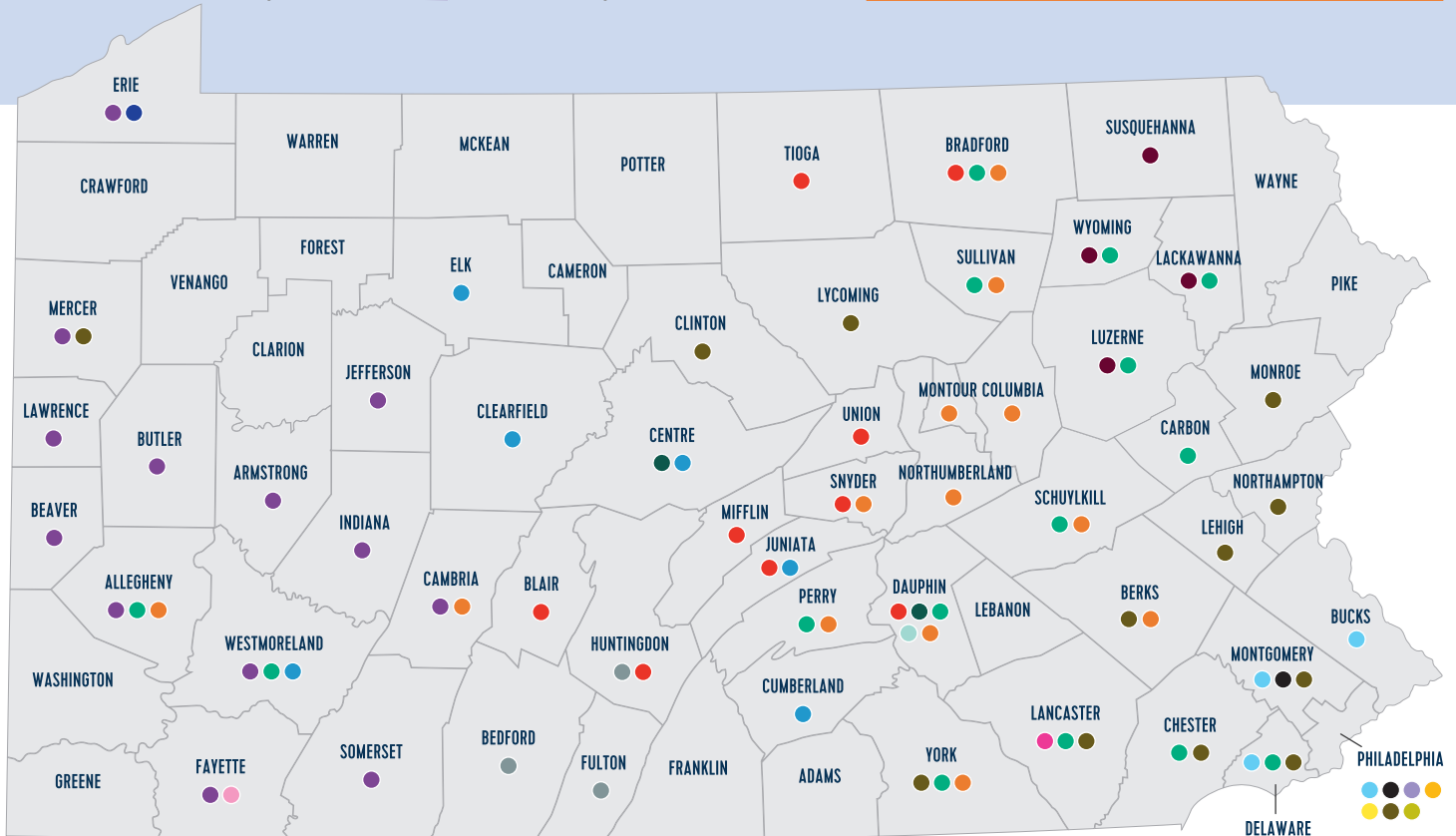
Community Partnerships



645,392

PENNSYLVANIANS REACHED

*\*In-person programming was paused and continued virtually after March 2020 due to COVID-19 pandemic*



## 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: Health Policy Administration (HPA)
- Pennsylvania Nutrition Education Network (NEN)
- Salvation Army Harrisburg Capital City Region (SAH)
- School District of Philadelphia (SDP)
- Vetri Community Partnership (VCP)

FOR MORE INFORMATION ABOUT PA SNAP-ED, VISIT:

[www.sites.psu.edu/pasnaped](http://www.sites.psu.edu/pasnaped)

