



CREATE SNAP-ED BETTER HEALTH™

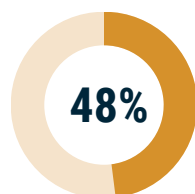
Create Better Health (Utah SNAP-Ed) Helps Utahns Combat Inflation

SNAP-Ed-eligible Utahns who attend Create Better Health classes gain skills to help them better manage their food dollars and make healthier food choices.

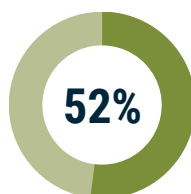
We did tacos with only half the amount of beef and added beans and corn. My family loved it! Plus, I was able to use that 1/2 pound of ground beef for another meal.

-Uintah County Participant

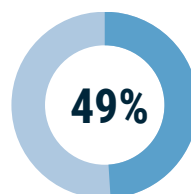
Of adult participants who completed a Create Better Health education series:



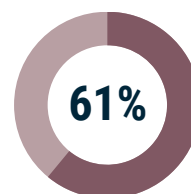
stretched their food dollars to last the month more easily.



adjusted meals to use foods on hand more often.



used a grocery list when shopping more often.



used MyPlate recommendations to make food choices more often.

During a direct education series at a Davis County high school, the students' teacher shared that she had followed the meal plan and grocery shopping tips from the lessons. At the end of her two-week meal plan, she had \$200 left over from her normal grocery budget. This was an impactful experience for her and great for her students to see the benefits of applying the Create Better Health curriculum in their lives.

-Davis County Create Better Health Ambassador

Working with partners such as Utah State University Extension master gardeners, Create Better Health helps Utahns be more self-sufficient by connecting them to gardening space, as well as, gain skills in growing and preparing their own food.



garden boxes



community gardens



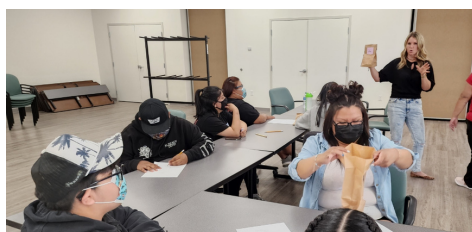
I made salsa today with tomatoes, mild peppers, green onions, and onions from our garden!

-Create Healthy Gardens participant

Create Better Health Extends Program Reach

Just as the program helps participants stretch their budgets, Create Better Health maximizes its own budget to reach as many SNAP-Ed-eligible Utahns as possible. Three of the strategies for extending the program's reach are more efficient education series, online courses, and additional funding sources.

1 More Efficient Series

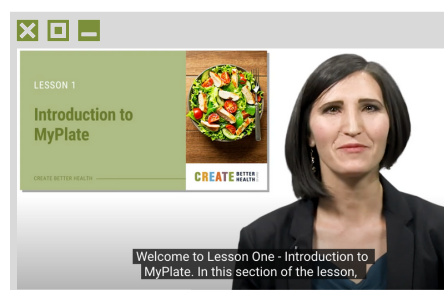


Utah State University researchers found no significant difference in behavior change among SNAP-Ed participants (n = 151) who attended four, five to seven, or eight or more SNAP-Ed classes. Create Better Health reduced the series to four sessions to improve program efficiency.

2

Online Course

Create Better Health provides a free, fully online SNAP-Ed course.



163
adults reached
since 2021.

I loved the recipes and the tips for making meals more economical.
-Online course participant

3 Additional Funding Sources

Create Better Health seeks additional funding to support SNAP-Ed programming.

Funding Source

Reach

FY	SNAP-Ed	Other	Total	Education	PSE Sites*	PSE Reach
2018	\$1,421,517	\$27,241	\$1,448,758	22,096	48	45,989
2019	\$1,544,689	\$17,575	\$1,562,264	16,022	35	42,000
2020	\$1,556,718	\$220,976	\$1,777,694	11,847	57	40,102
2021	\$1,549,251	\$30,000	\$1,579,251	7,327	94	143,115
2022	\$1,490,911	\$30,000	\$1,520,911	10,028	95	251,641

*Locations where SNAP-Ed supported policy, system, or environment (PSE) changes improving access to and appeal of healthy food.

Extension
UtahStateUniversity.



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