

CREATE BETTER HEALTH THROUGH SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

By Utah State University Food \$ense SNAP-Ed

7,757,549 INDIRECT IMPRESSIONS



508%
increase

10,786 ADULTS

Direct Education

After participating
in classes



have enough food to
last through the month



eat more fruits and
vegetables



shop with a list



eat family meals at least
three times a week

"I didn't know
I was such a
good cook."

"It's amazing what little
changes can do!"

"I have learned
different exercises
that can be used while
sitting or standing."

"It really
works!"

"We love getting good recipes
so our kids are excited to help
prepare healthy meals."

SOCIAL MEDIA

158%

increase in total number
of Twitter impressions

199%

increase of
YouTube views

More than
1 million reached



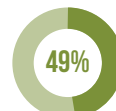
26,537 YOUTH

Direct Education

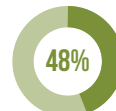
Parents report
an increased



intake of fruits
and vegetables



intake of
whole grains



intake of
low-fat dairy

NNCP National Nutrition
Certification Program

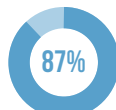


Over
97%
passing rate
(for those
who complete
the course)

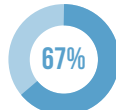
THUMBS UP FOR HEALTHY CHOICES

in Food Pantries (Policy, Systems, and Environment (PSE))

Food pantry participants



strongly agree/agree that making healthy
choices at the food pantry is important



strongly agree/agree they eat healthier
since Thumbs Up was introduced

22
pantries

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EXTENSION
UtahStateUniversity

FOOD
\$ENSE SNAP-ED