

Mountain Plains Region
and Southwest Region
SNAP-ED

Nutrition Education
Success and Impact Report:
A Cross-Regional Approach
to Program Outcomes



2021



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WELCOME

Welcome to the 2021 Supplemental Nutrition Assistance Program-Education (SNAP-Ed) Cross-Regional Impact Report. The Mountain Plains Region (MPR) and the Southwest Region (SWR) extend appreciation to all states for their hard work to create the third edition of the Cross-Regional Impact Report. The work of SNAP-Ed is grounded in the commitment and dedication of nutrition education professionals, ensuring communities across our country have resources to reduce hunger and adopt healthy habits. At no time in recent history has this work been more relevant. This report demonstrates that commitment, while also showcasing the innovative educational strategies used during the COVID-19 pandemic. Please join the team in celebrating SNAP-Ed's success.

The MPR and SWR would also like to acknowledge the following individuals and workgroups for their support in creating and editing this report. Without their dedication, this report would not be possible: Olivia Yeip, LaCee Jimenez, Amalia Larson, Heidi LeBlanc, the Mountain Plains Regional Data Workgroup, and the Program Evaluation and Reporting System (PEARS).

EXECUTIVE SUMMARY

The Supplemental Nutrition Assistance Program (SNAP) is the nation's largest domestic food and nutrition assistance program for Americans with low income. SNAP-Education, commonly referred to as SNAP-Ed, is the nutrition education arm of SNAP benefits. SNAP-Ed aims to help individuals stretch their food budgets wisely while working to make healthy living as easy as possible.

Due to the crises brought on by COVID-19, federal nutrition programs such as SNAP have become a critical component of the nation's recovery. SNAP participation rose to an average of 42.5 million people per month in the second half of fiscal year (FY) 2020, and while rates remain high, preliminary numbers for 2021 appear to be dropping.^{1,2} In addition to these participation changes, SNAP benefit amounts have been permanently adjusted to provide 40 cents more per person, per meal.² This change represents an improvement to the nutrition security of SNAP participants.

During federal fiscal year (FFY) 2021, SNAP-Ed also experienced changes in program participation. In the Mountain Plains Region (MPR) and Southwest Region (SWR), direct nutrition education participation declined due to the lack of in-person programming related to COVID-19. Even with these challenges, the two regions served over 458,000 people through direct nutrition education services, both online and in person. All states incorporated innovative educational approaches, such as virtual learning, into their service model. Utilizing multilevel interventions including direct education, social marketing and public health approaches, SNAP-Ed in both regions reached SNAP-Ed participants an estimated 28,737,429 times. While the regions recognize this number represents an estimated count likely capturing an individual more than once, it also represents the

influential role population-level interventions have in expanding services for the community. This outcome emphasizes the outstanding success and flexibility of the program.

Also, during this fiscal year, the SNAP-Ed community examined programmatic strategies for reaching communities most underserved. Health equity practices were prioritized and each state within this report captured efforts to ensure equitable access for all. States conducted a variety of strategies from listening sessions to help inform programmatic changes to creating taskforces with a diversity, equity and inclusion focus. An equity lens will continue to be integrated into everyday programmatic and organizational practices for SNAP-Ed agencies.

Coordination and collaboration between federal, state, and local partners has continued to be a critical component of SNAP-Ed's success. These efforts were increased during the pandemic. State Nutrition Action Councils (SNACs) continued to serve as models for coalescing state programs around nutrition education and obesity prevention efforts. Within MPR and SWR, SNAP-Ed partners reported 8,690 partnerships during 2021.

Throughout this report you will find an overview depicting the impact of each state within their region. This information includes reach, partnerships, coalitions, and program activities. Success stories have also been incorporated to illustrate positive outcomes. We are excited to highlight two new sections of the Cross-Regional Impact Report: Equity Practices and SNAP-Ed Tribal Partnerships. Please join the MPR and SWR in celebrating the important role SNAP-Ed plays in supporting nutrition security through education and evidenced-based interventions.

¹ Economic Research Service. (2021, October 8). *Emergency allotments, participation increase led to 66-percent increase in SNAP benefits in second half of FY 2020*. U.S. Department of Agriculture. <https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=102273#:~:text=SNAP%20participation%20rose%20to%20an%20average%20of%2042.5%20million,the%20first%20half%20of%20October%202019%20to%20March%202020%29>.

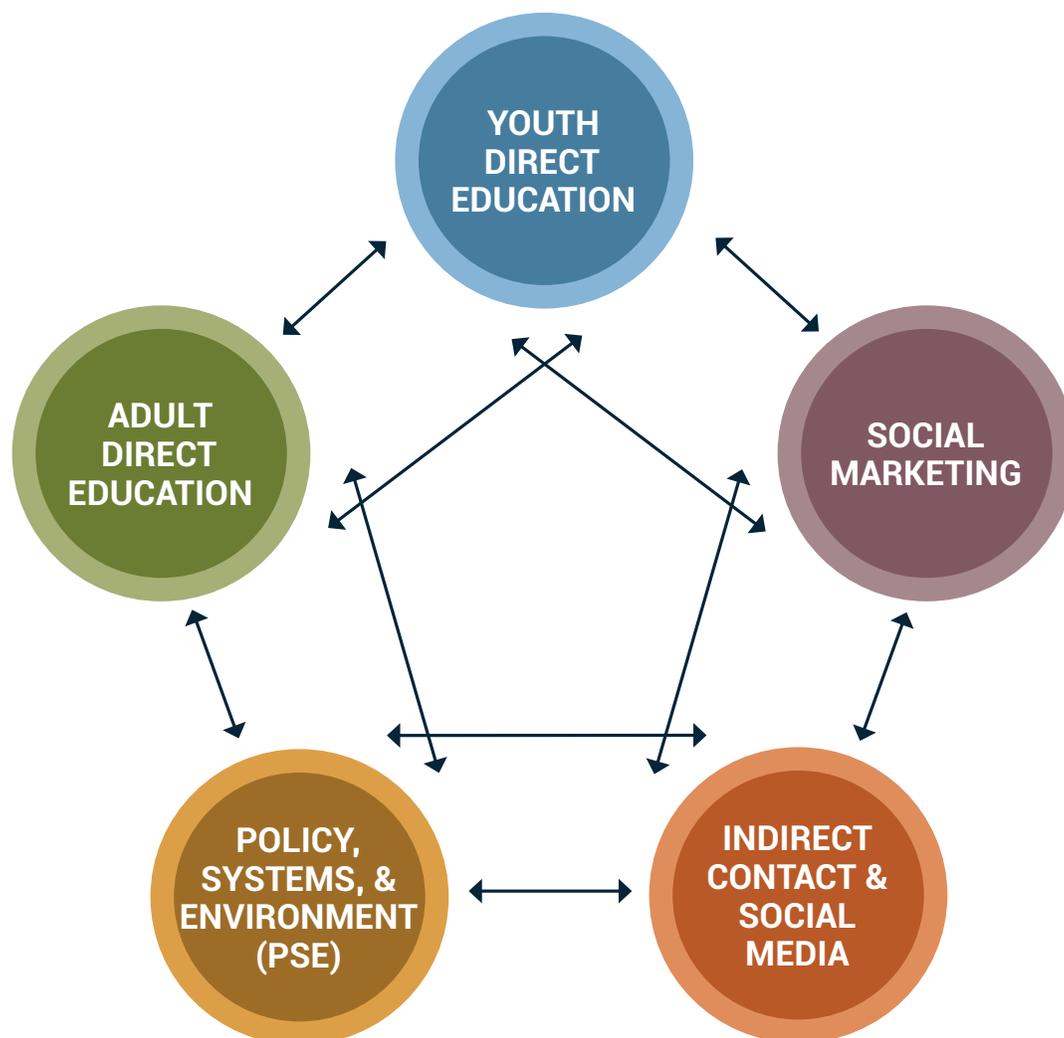
² Food and Nutrition Service. (2022, March 4). *SNAP data tables*. U.S. Department of Agriculture. <https://www.fns.usda.gov/pd/supplemental-nutrition-assistance-program-snap>

THE SNAP-ED APPROACH

In the Mountain Plains and Southwest Food and Nutrition Service (FNS) regions, states use innovative practices and approaches including:

- 1 Individual, group, and family nutrition education interventions along with physical activity promotion;
- 2 Comprehensive, multi-level interventions positively affecting participant environments; and
- 3 Community and public health approaches reaching a large segment of the population.

The chart below demonstrates the connection between interventions and the need for a comprehensive SNAP-Ed program. Each approach to nutrition education provides an opportunity to affect multisector levels. Annually, each state provides a comprehensive plan to address SNAP education and outreach efforts. These endeavors meet the needs of participants through diverse educational approaches.



STATE AGENCIES

Mountain Plains Region

COLORADO

State Agency

Colorado Department of Human Services

Implementing Agencies

Cooking Matters | Integrated Nutrition Education Program, Culture of Wellness in Preschools, University of Colorado - Denver

Social Marketing Agency

Rescue Agency, Public Benefit

KANSAS

State Agency

Kansas Department for Children & Families

Implementing Agency

Kansas State University Research & Extension

MISSOURI

State Agency

Missouri Department of Social Services

Implementing Agency

University of Missouri Extension

MONTANA

State Agency

Montana Department of Public Health & Human Services

Implementing Agency

Montana State University Extension

NEBRASKA

State Agency

Nebraska Department of Health & Human Services

Implementing Agency

University of Nebraska - Lincoln Extension

NORTH DAKOTA

State Agency

North Dakota Department of Human Services

Implementing Agency

Family Nutrition Program, through North Dakota State University Extension

SOUTH DAKOTA

State Agency

South Dakota Department of Social Services

Implementing Agency

South Dakota State University Extension

WYOMING

State Agency

Wyoming Department of Family Services

Implementing Agency

Cent\$ible Nutrition Program, University of Wyoming Extension

Southwest Region

ARIZONA

State Agency

Arizona Department of Economic Security

Implementing Agencies

AZ Health Zone - Department of Health Services | Coconino County Health and Human Services | Gila County Health Services | Maricopa County Department of Public Health | Mohave County Department of Public Health | Navajo Department of Health | Yavapai County Community Health Services | Yuma County Health Services District | University of Arizona Cooperative Extension

ARKANSAS

State Agency

Arkansas Department of Human Service

Implementing Agencies

University of Arkansas Cooperative Extension | University of Arkansas at Pine Bluff | Arkansas Coalition for Obesity Prevention

LOUISIANA

State Agency

Louisiana Department of Children and Family Services

Implementing Agencies

Louisiana State University Agricultural Center | Southern University Agricultural Center | Feeding Louisiana

NEW MEXICO

State Agency

New Mexico Human Services Department

Implementing Agencies

Cooking With Kids, Inc. | Department of Health, ONAPA | Kids Cook! | Las Cruces Public Schools | New Mexico State University Cooperative Extension | University of New Mexico Prevention Research Center

OKLAHOMA

State Agency

Oklahoma Department of Human Services

Implementing Agencies

Chickasaw Nation - ITO | Oklahoma Tribal Engagement Partners | Oklahoma State University | University of Oklahoma, College of Public Health

TEXAS

State Agency

Texas Health and Human Services Commission (HHSC)

Implementing Agencies

Texas A&M University AgriLife Extension Service | Feeding Texas | San Antonio Food Bank | Common Threads | UTHealth School of Public Health - Brownsville Regional Campus | It's Time Texas | Migrant Health Promotion (MHP) Salud | HHSC Aging Services Coordination (ASC) Texercise | HHSC Special Supplemental Nutrition Program for Women, Infants and Children | Department of State Health Services (DSHS), Health Promotion and Chronic Disease Prevention Section | DSHS, Office of Border Public Health (OBPH), Region 8 | HHSC Early Childhood Intervention | Texas A&M University Colonias Program

UTAH

State Agency

Utah Department of Workforce Services

Implementing Agency

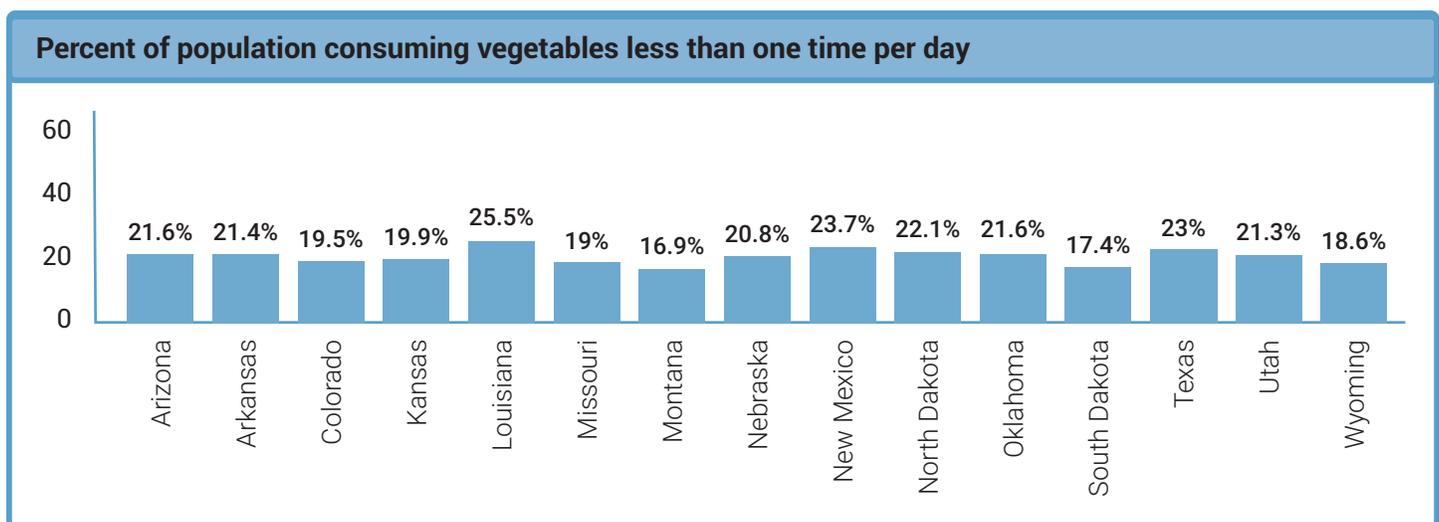
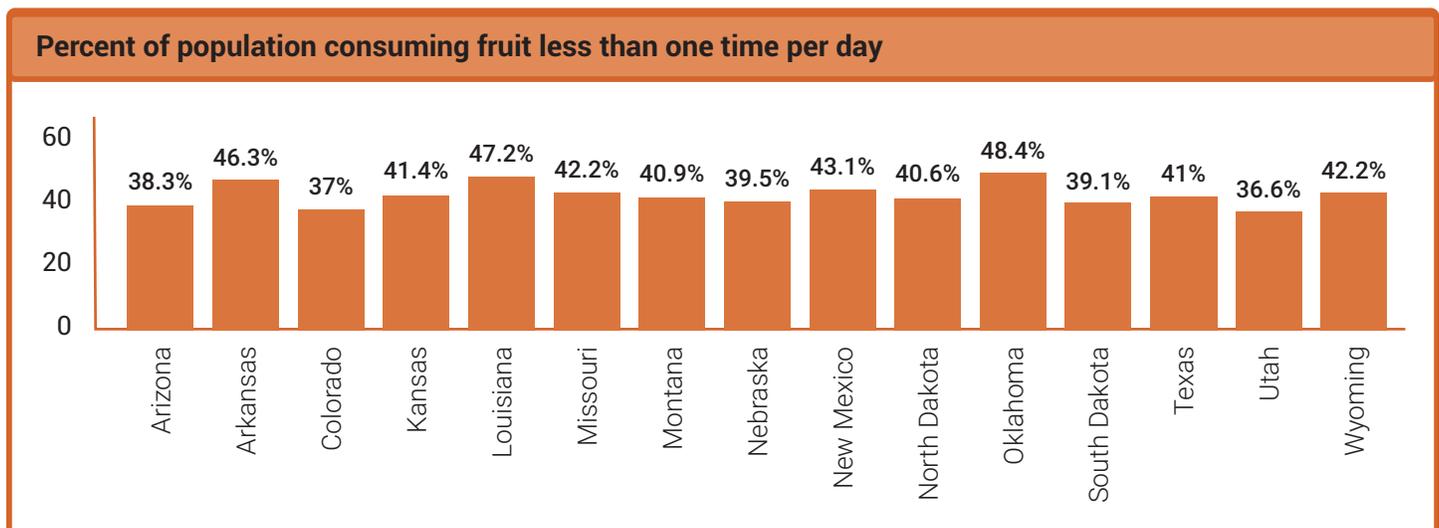
Create Better Health SNAP-Ed, Utah State University Extension

SUMMARY

The SNAP-Ed Challenge

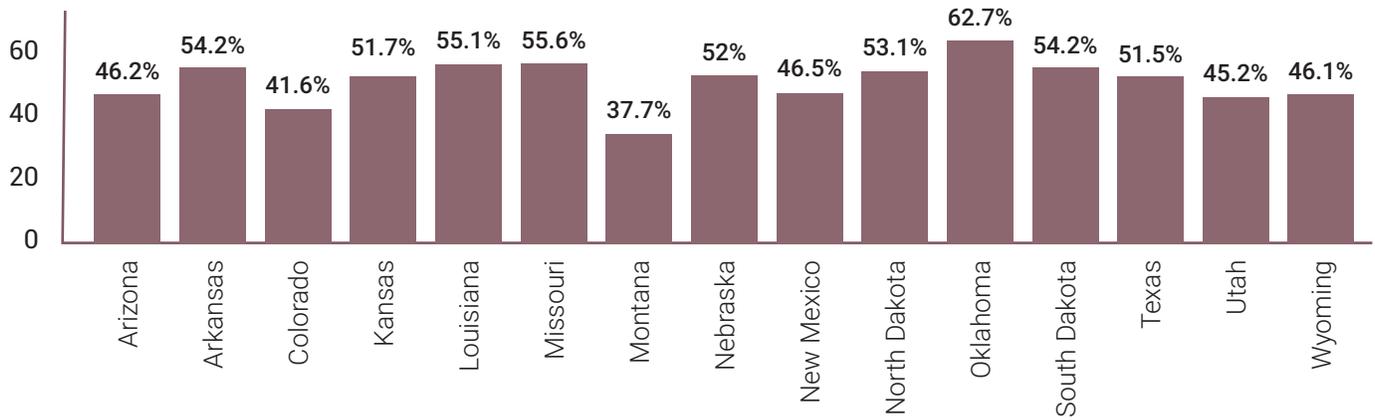
The Mountain Plains Region and Southwest Region offices work with our partners to provide food and nutrition education to people in need. We collaborate to inspire public confidence and support American agriculture. The SNAP-Ed goal is to improve the likelihood persons eligible for the Supplemental Nutrition Assistance Program (SNAP) will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current United States Department of Agriculture (USDA) Dietary Guidelines for Americans and the USDA food guidance system, MyPlate. Demonstrating program success involves sharing stories of those participating in SNAP-Ed, while also highlighting positive program outcomes at the state and regional levels.

Selected Health Indicators

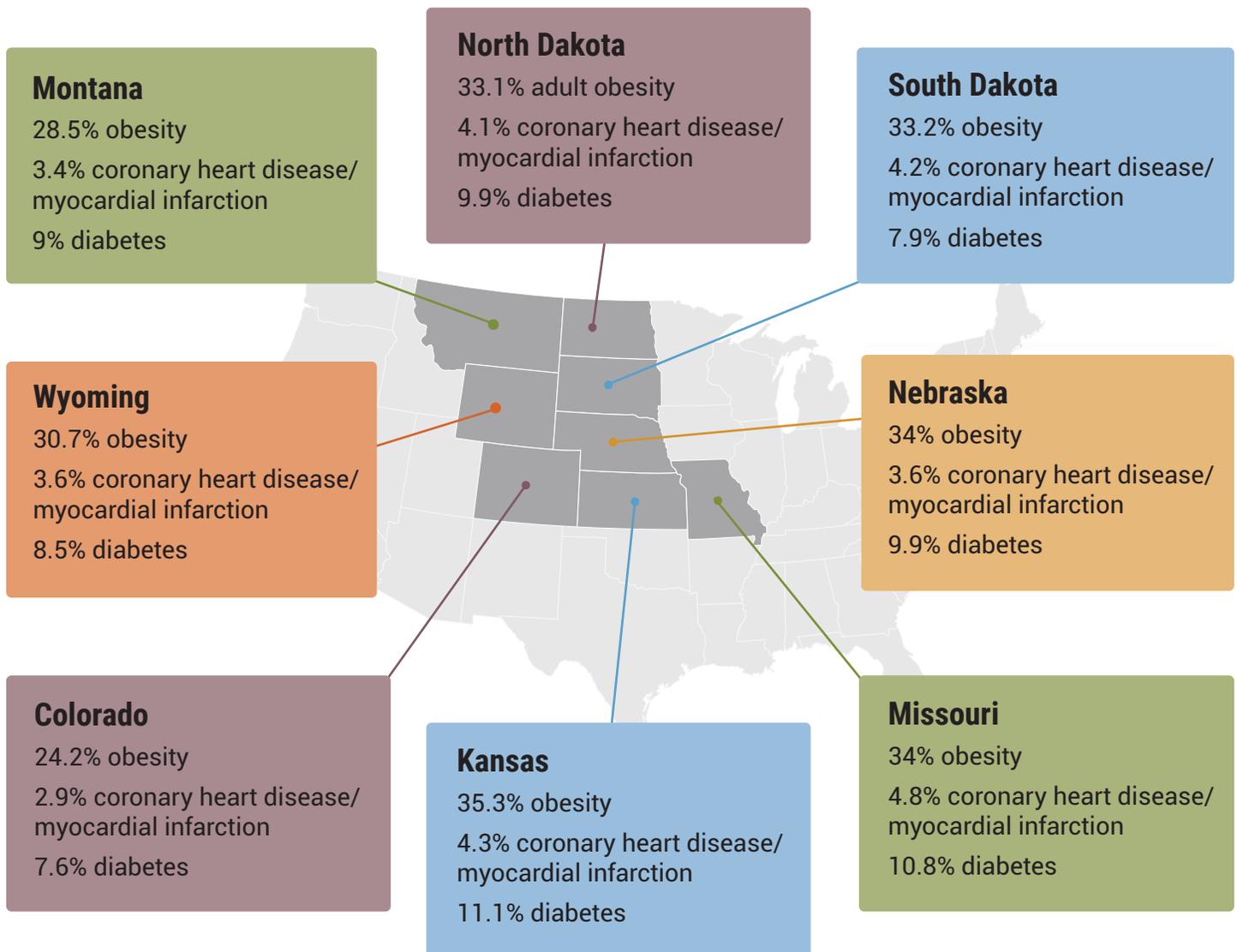


Data for pages 6-8 from: Centers for Disease Control and Prevention (2017, September 13). *BRFSS prevalence & trends data*. U.S. Department of Health and Human Services. <https://cdc.gov/brfss/brfssprevalence/>.

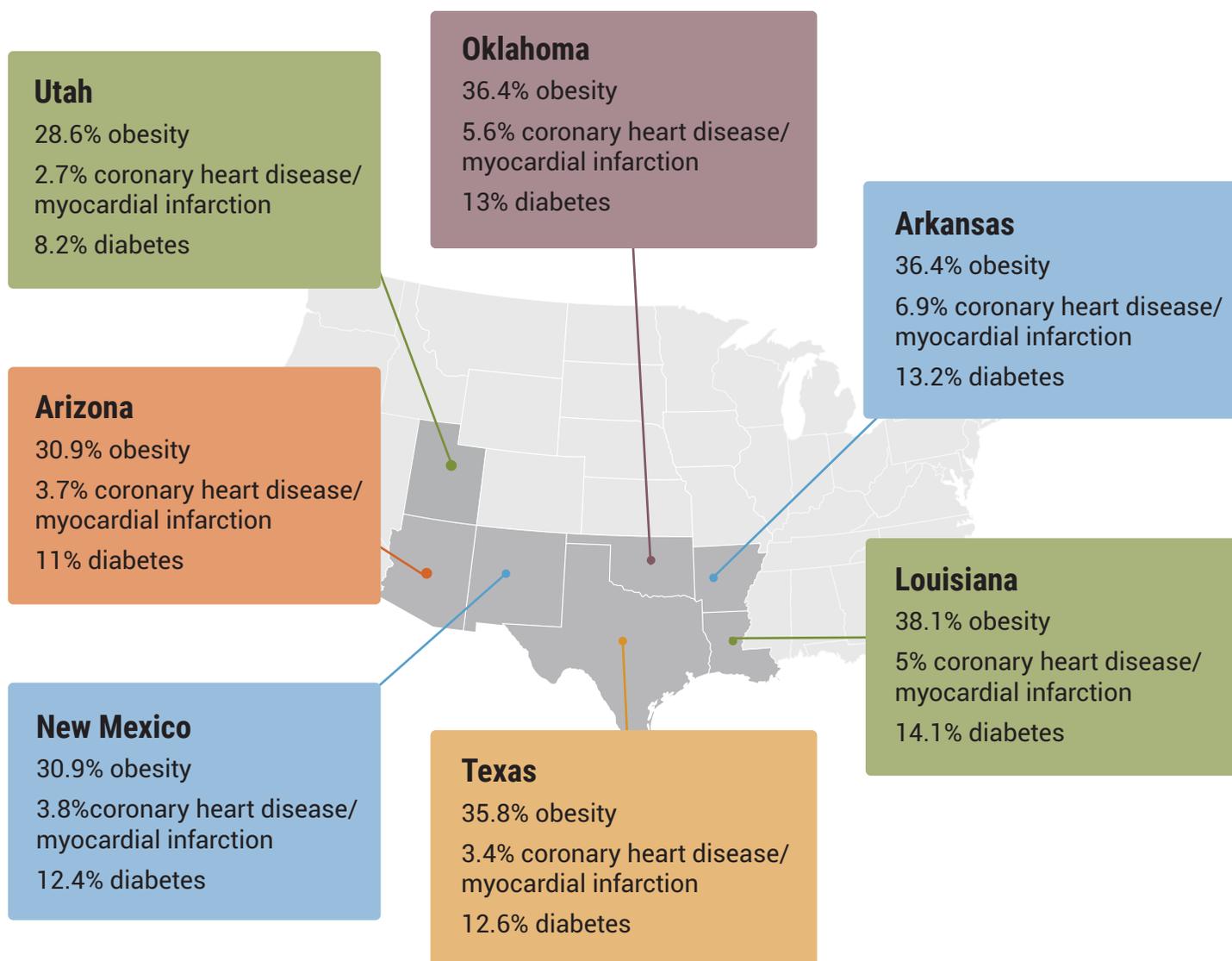
Percent of population not participating in 150 minutes of aerobic physical activity per week



Mountain Plains Region Obesity and Chronic Disease Rates



Southwest Region Obesity and Chronic Disease Rates



The SNAP-Ed Solution

SNAP-Ed is an evidence-based program helping people lead healthy, active lives. Through evidence-based nutrition education, it teaches people how to make their SNAP dollars stretch, shop for and cook healthy meals, and stay physically active. SNAP-Ed partners with state and local organizations to meet people where they are. SNAP-Ed initiatives include nutrition education classes, social marketing campaigns, and efforts to improve policies, systems, and the environment of communities. Both the MPR and the SWR work closely with states to identify and track common indicators between SNAP-Ed implementing agencies to tell a uniform story of SNAP-Ed's impact. Throughout this report, you will learn how SNAP-Ed makes the healthier choice the easier choice.

Aggregating Impacts for the Mountain Plains Region

The aggregation of data for MPR has been a five-year long process. A data workgroup subcommittee from the MPR states identified commonalities in participant survey tools, as well as core questions best representing the work of the region's SNAP-Ed programs. Five states, including Colorado, Kansas, Montana, Nebraska, and Wyoming reported data from the survey tool for each question where data was available. The aggregated data listed below is from a subset of MPR states where data could be matched between pre- and post-survey responses. Because not all states provided data, the figures are not representative of the entire region but rather indicative of trends within the region. On the subsequent pages, each state shares outcomes for direct education and community impacts.

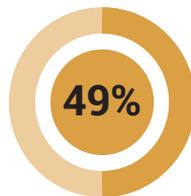
Mountain Plains Region Key Aggregated Individual Impacts

The MPR SNAP-Ed programs focus on empowering individuals to increase fruit and vegetable consumption, increase physical activity, and stretch food dollars. Nutrition education participants learn how to plan healthy meals, create grocery lists, compare food prices, and cook healthier meals on a budget—all with the goal of **increasing nutrition security through education and evidence-based interventions.**

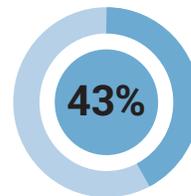
The data below is an aggregation of multistate data from within the region focused on these key areas of behavior change of adult participants:



increased the number of times they consumed fruit daily.



increased the number of times they consumed vegetables daily.

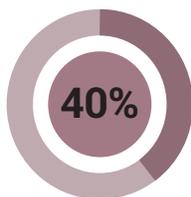


increased the number of days they exercised for at least 30 minutes per week.

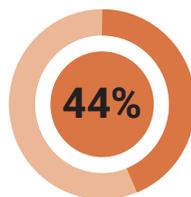


increased their food security.*

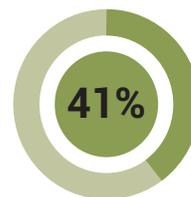
**Food security measure only includes WY and MT due to changes in program survey tools.*



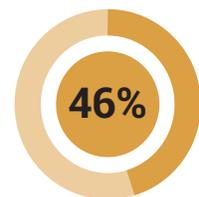
increased the number of days a week they cook dinner at home or make meals from scratch.



increased comparing food prices when shopping.



increased making and using a grocery list before going shopping.



increased planning meals.

ARIZONA SNAP-ED IMPACTS Southwest Region

Arizona's Approach

The AZ Health Zone is an evidence-based, equity-focused health engagement program that integrates community engagement and trauma-informed approaches. It works by contracting local implementing agencies (LIAs) to carry out community-level interventions to build resilient and healthy communities. The LIAs work in all 15 counties to support behavior change. In 2021, the AZ Health Zone dedicated time and space to begin incorporating trauma-informed approaches in implementation, outreach, and evaluation. AZ Health Zone's programming utilizes trauma-informed approaches to meet people where they are at, avoiding harm and supporting positive health and well-being journeys.

Key Individual Impacts



43% of participants reported increased use of nutrition information on food labels.*
p < 0.05, d = 0.38



39% of participants reported an increase in their preparation of balanced meals based on nutrition advice.*
p < 0.05, d = 0.39



37% of participants ate more whole grain breads and tortillas and **27%** of participants ate more whole grain quinoa, oatmeal, rice, and pasta.*



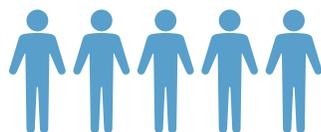
25% of participants increased their "yesterday" water intake.*



25% of participants drank fewer sugary drinks per week.*

**SNAP-Ed participants who completed a lesson series*

Additional Individual Impacts



Adults were reached.



Youth were reached.

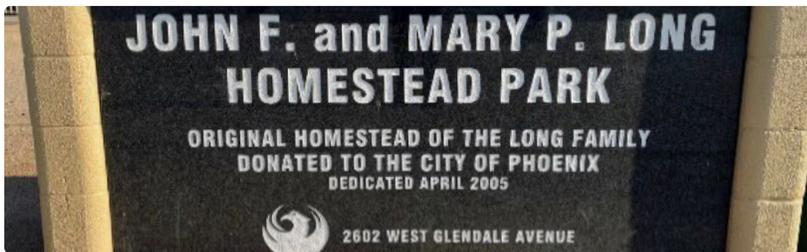
Community Impacts

The AZ Health Zone’s primary program goal is to increase healthful nutrition and physical activity behaviors among SNAP participants and eligibles through policy, systems, and environmental (PSE) approaches supported by complementary educational outreach. It has worked to assess and influence multiple settings, including places where people play, learn, and shop.



Increase usability and access to physical activity resources and community programming.

AZ Health Zone assessed the usability of and access to physical activity resources in lower-income census tracts with the Physical Activity Resources Assessment (PARA). (ST5; MT6; MT10)



28

parks

&

4

trails

were evaluated for features, amenities, and incivilities.

Of the 62 communities where LIAs reported SNAP-Ed activities,

39 (63%)

were reached with active living support.

Among the 26 communities where the PARA was used,

23 (88%)

were also supported with PSE activities.

Of the 39 communities reached with active living support, LIAs engaged

35 (90%)

in PSE activities. LIAs provided the other four communities with non-PSE support in the form of direct education, social media engagement, and/or materials distribution.



There were no statistically significant changes in PARA scores from FY 2017–2021 ($n = 11$). There were also no significant changes in mean scores from FY 2019–2021 ($n = 19$).

Equity Gap Scores*

Urban medium and large parks

2.1

Rural medium and somewhat rural large parks

2.7

Difference of these two scores

1.3

*The ideal score is 1.0, denoting no difference between groups. A value greater than 1.0 indicates a potential equity gap.



Support the development, implementation, and evaluation of policies that promote nutrition and physical activity in early care and education-based systems.

Arizona assessed early care and education (ECE) policies, systems, and environments (ST5, MT5, MT6) using the online version of the Go Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC) tool from the University of North Carolina at Chapel Hill.

LIAs supported

5

LIAs worked in ECE-based systems across 13 of Arizona's 15 counties.

276

Go NAPSACC assessments across all six modules.

The Go NAPSACC includes

7

self-assessment modules that provide feedback on PSE strengths and areas for improvement.

In FY 2021, the AZ Heath Zone adopted

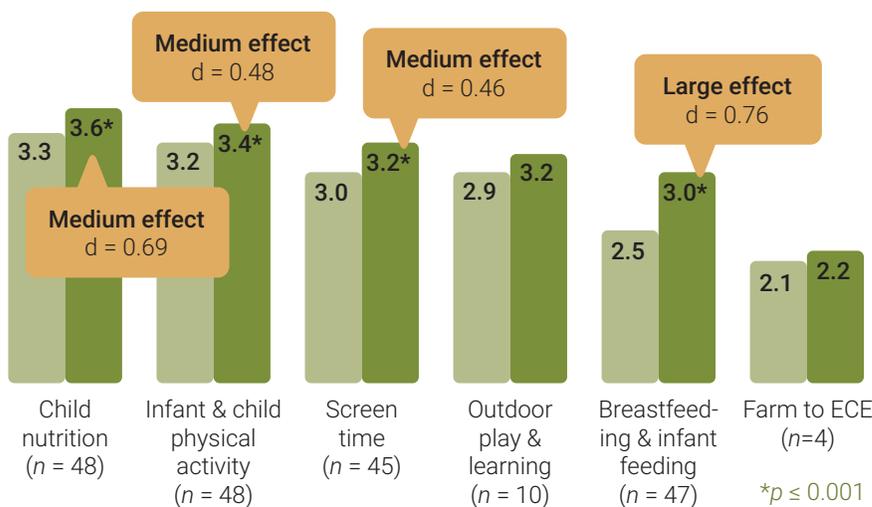
6

SNAP-Ed related modules.

Mean scores increased from pre to post across all six Go NAPSACC topics [MT5a-d, MT6a-d]. These increases were statistically significant for all modules except Farm to ECE and Outdoor Play & Learning.

In FY 2021, mean total Go NAPSACC scores increased from PRE to POST across the six topics assessed.

Scores ranged from 1 (weakest practice) to 4 (best practice).



All but one Go NAPSACC module had pre and post equity gap scores close to 1.0. The ideal score is 1.0, denoting no difference.

For the Farm to ECE module, the most urban ECEs had higher mean scores than the most rural at both pre and post.

A value greater than 1.0 could indicate a potential equity gap.

1.34

pre equity gap score

1.54

post equity gap score

Other Highlights

State Nutrition Action Committee Impact

The Arizona SNAC has a mission to align nutrition and physical activity efforts across programs to ensure that Arizonans have access to resources that support increased knowledge and cultivate the environment to live a healthy lifestyle. The Arizona SNAC represents the following: ADHS- SNAP-Ed & WIC program; ADES, the Dairy Council® of Arizona; and ADE- Child Nutrition Programs. The SNAC had several successes as they continued to navigate the pandemic:

1. The SNAC Steering Committee created a two-year action plan for FYs 2022–2024.
2. The Consistent Messaging Workgroup issued weekly, then monthly, newsletters during the pandemic with updates from each federal nutrition program.
3. The Summer Food Service Program (SFSP) Workgroup continued aligning messaging and outreach plans. The group created a mapper to help identify underserved areas and areas where participation drops in July, and created a parent advisory group to receive direct feedback on new branding and marketing for SFSP.

Success Stories

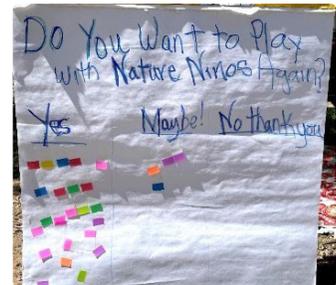
Yavapai County Expands Social Support Networks for Active Living

The Nature Niños collaborative works to ensure that all families have supportive opportunities to engage in nature through healthy outdoor recreation, exploration, and play. The goal is to identify (and promote) trails in our community with family-friendly amenities. The collaborative chose 12 local trails with amenities like bathrooms and drinking water, places to rest, and no/low parking fees.

We promoted Nature Niños on multiple social media platforms. A huge win was the new Nature Niños page on the City of Prescott website (in English and Spanish), which allows us to reach parents and future partners.

Nature Niños family events encourage outdoor physical activity and support a culture of play and connection to nature. Our kickoff took place on September 4, 2021, with 105 parents, caregivers, and children that attended the two-hour event.

- UA Cooperative Extension, Yavapai & Yavapai County Community Health Services



In Apache County, UA Cooperative Extension paired Eat Smart Live Strong classes with a walking group. "The walking group gave immediate focus to our curriculum and deepened our relationships with one another...Participants agreed the walking group's benefit was that it created accountability to one another."

-UA Cooperative Extension, Apache

ARKANSAS SNAP-ED IMPACTS

Southwest Region

Arkansas' Approach

Arkansas SNAP-Ed continues to reach adults and youth with virtual and in-person direct education, indirect education, and new PSE projects impacting the health of Arkansans in a myriad of ways. Arkansas SNAP-Ed partnered with local community organizations and agencies to give families the knowledge and skills needed to make healthy behavior changes toward a healthy diet/lifestyle, saving money and feeding their families with a limited budget. Amid the challenges of COVID-19, the state's SNAP-Ed implementing agencies, University of Arkansas Cooperative Extension, University of Arkansas at Pine Bluff, and Arkansas Coalition for Obesity Prevention, used creative strategies to engage the SNAP-Ed eligible population, support positive behavior change, and improve health.

Key Individual Impacts



54% of adults reported eating more fruit.



58% of adults reported eating more vegetables.



55% of adults reported increased physical activity.



82% of adults adopted one or more food safety practices.



84% of adults reported saving money on groceries.

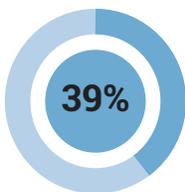
Additional Individual Impacts



27,045 individuals were reached.



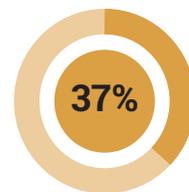
293,592 contacts were made.



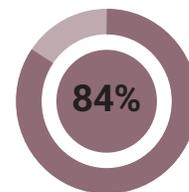
39% of youth reported eating more fruit.



30% of youth reported eating more vegetables.



37% of youth increased physical activity.



84% of youth intend to follow MyPlate recommendations.

Community Impacts

Arkansas SNAP-Ed works with multiple partners, coalitions, and sites to support healthy food and physical activity choices in the state through PSE interventions. It engages with farmers markets, schools, commodity distribution sites, food banks, food pantries, early childhood care providers, and more. Implementing agencies engaged with local communities and used innovative ways to promote healthy choices.



Arkansas Coalition for Obesity Prevention Double Up Food Bucks Initiative



Double Up Food Bucks enables SNAP customers to receive a one-for-one dollar match when purchasing locally grown fruits and vegetables.

11,572

SNAP transactions

OVER 30

farmers markets, farm stands, and grocery stores

66%

increase compared to 2020 farmers market season

OVER 600

views on interactive map of participating locations



University of Arkansas Coalition for Obesity Prevention's Go NAPSACC Program

This is an online tool offered to early childhood care providers. Go NAPSACC not only makes the tools available online for free but also provides personal support with designated teaching assistants assigned to each facility. Each provider can choose which health outcomes they would like to focus on.

150

early child care providers



University of Arkansas Division of Agriculture Extension SNAP-Ed PSE Work

2,379

youth

622

adults

220

older adults

10

childcare centers

31

schools

21

agencies

28

other community sites

Agents reported **20** SNAP-Ed sites where at least one change was made in writing or practice.



Central Arkansas Development Council Partnership

Partnering with the Central Arkansas Development Council, University of Arkansas Extension SNAP-Ed distributed over

24,000

newsletters to Arkansans receiving commodity food.



University of Arkansas - Pine Bluff SNAP-Ed Program

OVER 2,000

newsletters distributed to our partnering agencies

900

educational sessions

2,200

contacts for the year

Success Stories

University of Arkansas Division of Agriculture Extension Main Street Learning Park

An exemplary SNAP-Ed PSE project implemented at the county level during FY 2021 is the Main Street Learning Park (MSLP) in Harrisburg (Poinsett County). MSLP was created through a resolution drafted by the FCS agent and SNAP-Ed PSE coordinator and passed by the county quorum court. The FCS agent serves as grant writer and chair of the MSLP Coalition, a multi-sector partnership between the county, city, and private businesses. The property, owned by Poinsett County, is located beside the Extension office. MSLP will consist of a walking trail and demonstration garden and is in the first phase of construction. MSLP's focus will be on physical activity (i.e., walking), educational opportunities, civic engagement, and economic development. It will be a venue for SNAP-Ed programs such as "Gardening for Older Adults" and school gardening programs. In-kind gifts and volunteers were secured for site preparation. Through the efforts of the MSLP Coalition members, a special revenue fund was set up in the county treasury to accept financial gifts and grant funds for park development. To date, over \$10,000 in donations have been received for park improvements (benches, signage, and demonstration gardens) and for educational programs for adults and youth. It is anticipated that programs will begin in early spring of 2022.

One of the most significant impacts our program made was providing face-to-face experimental nutrition sessions that provided life and cooking skills, encouraging youth to eat healthier meals. As a result of these sessions, 390 youth participated. They returned home with knowledge on healthy recipes, kitchen safety, the importance of measurements, the nutritional content of different foods and beverages, and physical activity.



Family and Consumer Sciences SNAP-Ed Nutrition Program Helps Families Stretch Food Dollars

The Extension program family and consumer sciences (FCS) aides with the SNAP-Ed nutrition program provided participants with tips and healthy recipes they could prepare with their families and save money in the process. For the 2021 program year, 82% of participants showed improvement in one or more food-saving practices (i.e., cook dinner at home, compare food prices, and plan meals before shopping) at the end of the class sessions. Participants also learned ways to take pantry inventory, create a grocery list, and research local circulars to save money.

During a session, one class participant praised the SNAP-Ed program aide for her superb teaching and spoke about curriculum, including the lessons *Plan: Know What's for Dinner* and *Shop: Get the Best for Less*. The participant reported that both lessons taught him to regularly check his pantry and make an accurate shopping list of what he needed to purchase. The participant continued to report that he learned it's better to check the unit prices to see what food items are better for him and his family without going over budget. The participant was so thankful for the program and how it helped him apply what he learned to make wise spending choices to feed his family.

Arkansas Farmers Market Association

University of Arkansas Coalition for Obesity Prevention's Arkansas Farmers Market Association supports local markets, growers, and economies by providing resources and communications for the state's 100-plus farmers markets. Our Facebook page serves as a "news ticker" for what's happening with Arkansas markets. We produced a series of "Market Talk" videos profiling individual markets and vendors. Our Arkansas Farmers Market Association website has interactive maps of market locations and an array of resources. Our commitment to farmers markets helps insure access to healthy fruits and vegetables.

Downtown Newport Farmers Market

We went to Jackson County to see how the folks at the Downtown Newport Farmers Market were doing this year. The answer... just fine. The Saturday morning of our visit was HOT. Heat advisories kept a few vendors and shoppers home, but the vegetables available were absolutely perfect. In this "Market Talk" we get a little history and hear how they promote their venue.



COLORADO SNAP-ED IMPACTS **Mountain Plains Region**

Colorado's Approach

Colorado's implementing agencies Cooking Matters Colorado and the University of Colorado - Denver (UCD) continue to deliver flexible programming and education to reach families and individuals of all ages in the second year of the COVID-19 pandemic. Alongside these efforts, the Eat Better Together social marketing campaign and the Fresh Conversations program, allowed the opportunity to extend the reach of nutrition education in Colorado. While the pandemic continues to disrupt in-person programming, through innovative and technology-driven mechanisms, Colorado continued to strengthen partnerships and provide healthy eating and physical activity education and PSE to our communities.

Key Individual Impacts



58% of adults and children reported eating more cups of fruit per day after participating in UCD's parent wellness workshops.

MT1l



62% of adults and children increased their servings of vegetables per day after participating in UCD's parent wellness workshops.

MT1m



75% of participants report being somewhat to very confident that they can feed their family healthy foods with money available.

MT2a



57% of participants report intention to compare food labels to make healthy choices after participating in the Cooking Matters at the Store Tour.

MT2b



57% of adults and children increased their physical activity.

MT3a

Additional Individual Impacts



adults were reached.



youth were reached.



participants were reached through online programming.



participants were reached through in-person programming.



participants were reached in hybrid programming, where educators were virtual and participants were gathered in person.

Cooking Matters Colorado virtual programming



Community Impacts

The promotion of community resources relied heavily on digital marketing and social marketing campaigns. Both UCD and CMCO leveraged community partnerships to craft creative ways to reach and provide interactive learning opportunities for families. UCD partnered with the Village Exchange Center to host a harvest and cooking event for 11 participants. CMCO partnered with food pantries to develop a model that combined PSE principles with traditional food skills education. It provided five food prep demonstrations, leading to an increase in client selection of TEFAP foods that were previously not taken. CMCO soon recruited another pantry to continue this program.



Leveraging Technology to Provide Food Skills Education

368,342

views on Facebook

270,021

impressions through text messaging and social media



Text2LiveHealthy

1,579

1,010 English

569 Spanish

year 3 subscribers that completed the third year of the intervention

91%

of subscribers selected to remain engaged with T2LH

90%

of subscribers responded “yes” to the following question: **Are you drinking fewer sugary drinks because of these texts?**

90.6%

of subscribers responded “yes” to the following question: **Are you drinking more water because of these texts?**

87.6%

of subscribers responded “yes” to the following question: **Are you eating more fruits and vegetables because of these texts?**

81.6%

of subscribers responded “yes” to the following question: **Are you more physically active because of these texts?**



Making or Sustaining Healthy Eating and Physical Activity PSE Changes Where People Eat, Live, Learn, Work, Play, or Shop

8,294

children

2,477

adults

380

PSE changes sustained from prior years, and no new PSE changes made

MT5, MT6



Double Up Food Bucks Engagement

Food skills education messaging materials were sent to

70

FM across the state.



Produce Prescription Program (combined with DE)

70

families enrolled

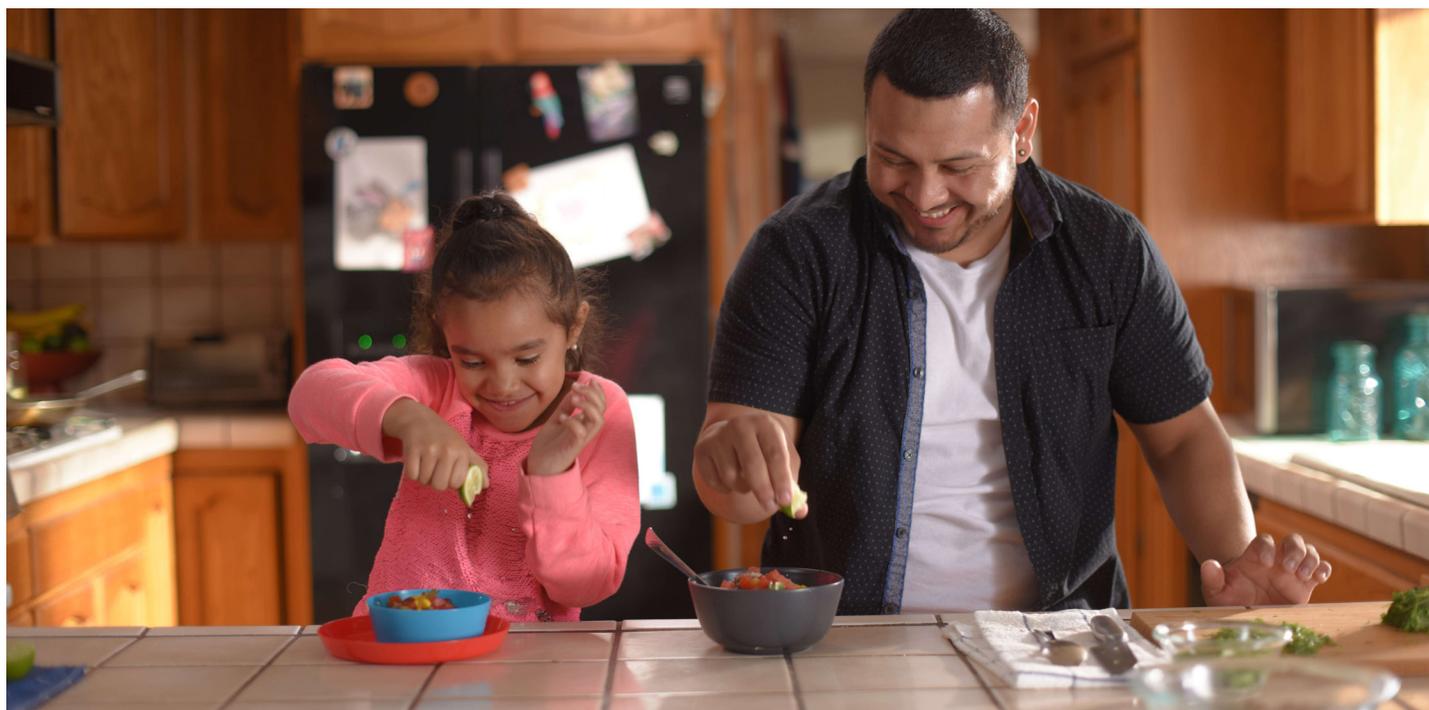
Other Highlights

State Nutrition Action Council Impact and Cross-Program Collaboration Efforts

The Colorado SNAC continued to meet virtually in FFY 2021 and strengthened partnerships in order to meet the needs of the community during the public health crisis. Partners shared resources and collaborated on strategies to address equity, diversity, and inclusion in all aspects of state programs. Colorado Department of Human Services (CDHS) SNAP-Ed invited University of Minnesota Extension SNAP-Ed to present on participatory grantmaking to the SNAC team. This presentation was well received and helped SNAC members strategize on ways to adapt their current grantmaking process to be more inclusive of the community voice. In FFY 2022, the SNAC will conduct a needs assessment among the team to determine the next focus for Colorado's SNAC.

State Equity Impact

To address and ensure Colorado's SNAP-Ed continues to apply a racial equity lens and delivers culturally relevant programming to our communities, CDHS hired a consultant to conduct a needs assessment with IAs and provide us with recommendations for SNAP-Ed. The consultant met with implementing agencies, reviewed community-facing materials (curricula, recruitment tools) and provided Colorado SNAP-Ed with recommendations. In FFY 2022 and beyond, CDHS will continue to work with partners to utilize these recommendations to improve programming to deliver the highest quality nutrition education to communities in Colorado. Implementing agencies continue to include community voice in programming and evaluation. CMCO completed listening sessions with WIC refugee clients and co-created five videos in Somali and Arabic to support utilizing their Women, Infants, and Children (WIC) benefits. UCD worked to ensure and increase equitable access to their SNAP-Ed programming. UCD shared local food access resources through their texting program and partnered with the State Unit on Aging to adapt this program for older adults. CMCO and UCD continue offering staff equity training.



Success Stories

Physical Activity Supported by Direct Education and Social Marketing

At the end of a Create Better Health class series, a participant shared her experience with completing the complementary social marketing health challenge: "I stretched every day and went on numerous hikes with [a friend]. I even added on my non-working days a 2-mile walk with my mother. I loved adding the stretching each day. I do them in the morning and in the evening now. I rented yoga videos from the library that I really enjoy as well."

Cooking Matters Colorado and RMPRC School Wellness Programs Healthy Corner Store Partnership

The Healthy Store Partnership engaged with three corner stores in North Denver to pilot an education campaign focusing on "step-by-step recipe frameworks" and offering supportive education and practical examples for a flexible approach to recipes that resonate with community members. The partnership sought feedback from store owners and community members to design the campaign.

The "step-by-step recipe framework" campaign was well-received by community members, text message platform subscribers, and store owners.

"A mi en lo personal me a ayudado mucho. Yo asistí a la clase de nutrición en la escuela y les cuento a los clientes y también se interesan en tomar clases."

[Personally, it has helped me a lot. I attended the nutrition class at the school and I tell clients about it and they also get interested in attending the workshops.]

"A los clientes les gusta las recetas que dejan y se los llevan y también muchos me preguntan por los posters, me gusta este programa. Gracias por ayudar."

[Clients like the recipes cards, they usually grab one, and many also ask me about the posters, I really enjoy this program. Thank you for helping.]

RECIPES AS FRAMEWORKS

Have you ever read over a recipe and decided against it because one or two ingredients are too expensive, not on your kitchen shelf, or not a family favorite? No problem! Most recipes are flexible and can be adjusted for your budget, needs, and preferences!

Kickstart your thinking about recipes as frameworks:

- Soup/Stew:** ingredients cooked on stove top slowly in a broth
- Casserole:** ingredients cooked slowly in the oven
- Salad:** cold vegetables and fruits tossed with a dressing
- Stir Fry:** ingredients cooked on stove top quickly with oil

Types of ingredients to choose from: Vegetables and Fruit (colorful variety), Protein (meat, beans, legumes), Grains (rice, pasta, barley), Dairy (cheese, milk, yogurt) and don't forget seasonings, sauces, and dressings.

When planning your meal start with the basic parts of the recipe and choose ingredients based on your family's preferences, budget, and health goals.

Thinking of recipes as frameworks allows you to be creative and flexible in the kitchen!

MyPlate.gov

USDA's MyPlate is a visual guide that helps remind us how to build healthy eating habits around the 5 food groups. MyPlate can help you break down the ingredients in your meal into food groups and consider any changes to ingredients or food group. Like adding in extra veggies and taking out excess protein or dairy.

The benefits of healthy eating add up over time. bite by bite. Small changes matter. Start Simple with MyPlate: <https://www.myplate.gov/eat-healthy/what-is-myplate>.

COOKING MATTERS COOKING MATTERS IS A FREE SERVICE

For more visit: <https://bit.ly/CMCRecipes> www.cookingmatters.org/resources

SNAP-Ed Department of Health & Human Services

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.



Kansas' Approach

Kansas SNAP-Ed, implemented by Kansas State University Research and Extension, supports low-resource Kansans by making the healthy choice the easy choice through a dual focus on nutrition and physical activity education and partnering with local and statewide organizations to improve policies, systems, and environments (PSE) that support healthy behaviors. Kansas SNAP-Ed focuses on preventing nutrition and activity-related chronic disease by implementing evidence-based strategies that improve food security and reduce health disparities. Kansas SNAP-Ed serves over 50 counties and four federally recognized tribes.

Key Individual Impacts



47% of adult participants reported eating fruits more times per day.



40% of adult participants reported eating vegetables more times per day.



45% of adult participants reported exercising more days for at least 30 minutes.



45% of adult participants reported making a grocery list more often.



53% of adult participants reported planning meals more often.

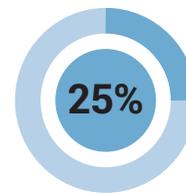
Additional Individual Impacts



709 adults were reached with direct education.



2,806 youth were reached with direct education.



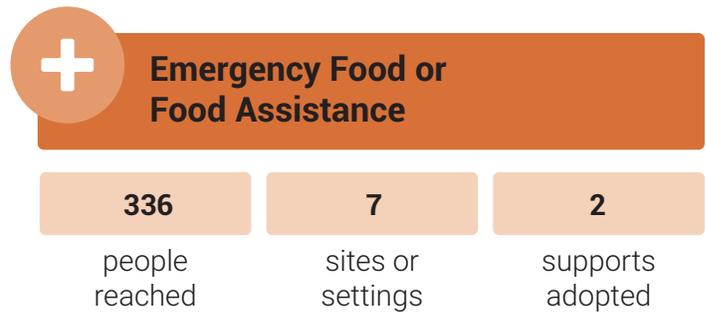
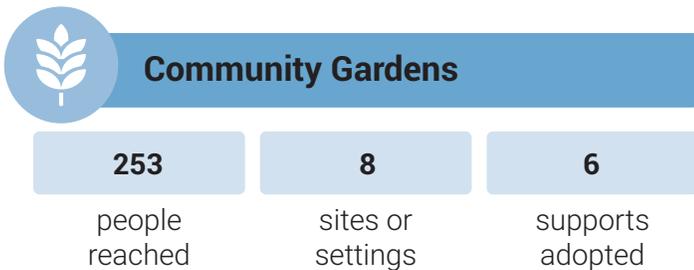
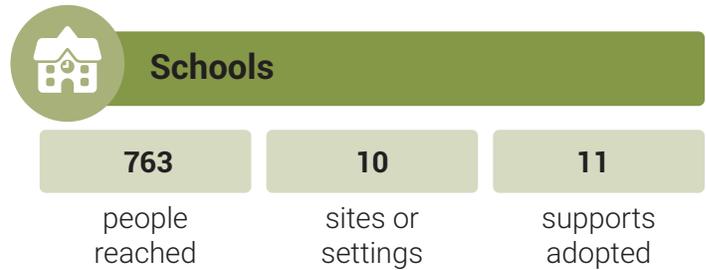
25% of adult participants washed their hands before preparing foods more often.



30% of adult participants have enough money or other way to get food more often.

Community Impacts

Kansas SNAP-Ed utilizes community and public health approaches that reach a larger segment of the population. Efforts are focused in food pantries, food retail, schools, farmers markets, and community gardens. SNAP-Ed staff have worked with stakeholders and clients to increase affordable healthy food by implementing evidence-based solutions to reach community members.



Other Highlights

State Tribal Impact

Kansas SNAP-Ed in collaboration with the American Heart Association and the Sunflower Foundation support direct nutrition education and food system initiatives on or near the reservations of the four federally recognized tribes in Kansas. Community gardens help provide local foods when options are limited. Tribal Food Systems staff collaborated with interested tribes to provide raised garden bed materials, soil, seeds, and technical and planting support for gardens. Members and staff of the four Kansas federally recognized tribes planted and harvested produce from their community-based gardens and learned how to use the produce by canning salsa and learning about food preservation safety.

State Equity Impact

A member of the Kansas SNAP-Ed implementing agency team participated in the Kansas State Research and Extension's (KSRE) Diversity, Equity, and Inclusion (DEI) Task Force. This group developed a land acknowledgement video for KSRE local units to use at meetings and events. The Kansas SNAP-Ed coordinator is part of KSRE administration's DEI Workgroup which is looking for DEI professional development opportunities for all KSRE staff, which includes SNAP-Ed staff. The state SNAP-Ed implementing agency staff participated in the Intercultural Development Inventory assessment. The team developed a plan to help build their intercultural competence and in turn, better serve the SNAP-Ed audience.

Success Stories

Free Locally Grown Fruits and Vegetables for Johnson and Wyandotte Residents

Over 290 low-income Johnson and Wyandotte residents received 2,600 pounds of leafy greens, cherry tomatoes, hot peppers, cucumbers, and watermelon. This was made possible by a new partnership between the Kansas SNAP-Ed program, K-State Olathe Horticulture Center (OHC), and After the Harvest (ATH), a nonprofit organization that rescues fresh produce from waste. OHC coordinated with volunteers and ATH to plant, maintain, and harvest the produce. Produce from the garden was donated to ATH for distribution in food pantries, shelters, and community kitchens, increasing locally grown fresh produce access.





Transportation Provided for Wichita SNAP Users

Wichita SNAP users got free bus rides to and from Old Town Farm and Art Market and Kansas Grown! Farmers Market. Free bus rides were funded by the City of Wichita Transit. Riders showed their SNAP/EBT cards to receive the free ride to one of the markets. Once they arrived, they could use their SNAP/EBT cards to purchase SNAP-eligible foods and receive up to \$25 in additional benefits through the Double Up Food Bucks for locally grown fruits and vegetables. Then, they showed the cards to get a free ride back home.

This is a partnership between the Sedgwick County Extension SNAP-Ed program, Wichita Transit, and Sedgwick County government.

Double Up Food Bucks Debut in Cowley County

SNAP recipients can now double their benefits up to \$25 per market visit at the Ark City Farm and Art Market and Walnut Valley Farmers Market. Cowley Farmers Market Association, with leadership from a SNAP-Ed agent and the Double Up Food Bucks coordinator, launched this Double Up Food Bucks (DUFB) program during COVID-19. A total of \$5,574 was distributed through SNAP-EBT and DUFB tokens and \$4,632 were redeemed. The program benefits the markets, customers, vendors, and community.

For sustainability, the Cowley Farmers Market Association signed a pledge to continue the DUFB program for 5 years through the Pathways to a Healthy Kansas grant from Blue Cross Blue Shield of Kansas. The group received a \$5,000 grant to support and promote the Double Up Food Bucks program.



LOUISIANA SNAP-ED IMPACTS

Southwest Region

Louisiana's Approach

The Louisiana's SNAP-Ed program aims to improve the SNAP-eligible population's access to healthy foods and safe spaces for physical activity and increase their engagement in healthy eating and physical activity behaviors. In accordance with the Dietary Guidelines for Americans and Physical Activity Guidelines for Americans, these goals occur through direct education, social marketing, and PSE change initiatives. Feeding Louisiana, Louisiana State University, Market Umbrella, and Southern University provide SNAP-Ed services at many locations including: community centers, food banks, pantries, farmers markets, soup kitchens, FSP/TANF offices, Head Start centers, schools, WIC centers, transitional housing facilities, shelters, and retail outlets. From farmers market outreach to increasing access to nutritious foods at food banks, Louisiana's SNAP-Ed program provides nutrition education and other interventions to improve health outcomes for low-income Louisianans.

Key Individual Impacts



72% reported consuming more fruits and vegetables.



77% reported trying a new fruit or vegetable.



79% reported purchasing more fruit and vegetables.

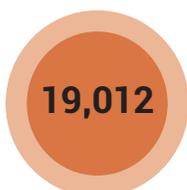


81% increased variety in purchasing of fruits and veggies.

Additional Individual Impacts



912
program activities



19,012
program participants



34,910
total estimated reach



86
total adopted changes



Community Impacts

Louisiana SNAP-Ed supports healthy eating and active living in local communities. Through the Louisiana Healthy Communities Initiative (LHCI), SNAP-Ed community forums identified priorities for PSE change and built coalitions to address those priorities. In FY 2021, LSU AgCenter built or maintained 698 partnerships and 98 coalitions, resulting in PSE changes at 68 different locations. The Southern University Ag Centers provided virtual nutrition education, physical activity, and gardening lessons to support healthy choices. Market Umbrella provided interactive, digital, and virtual resources to help SNAP-Ed shoppers become more comfortable shopping at farmers markets while promoting Louisiana’s best local, fresh produce. Feeding Louisiana served 11 parishes, supporting partnerships with 26 organizations, including schools, libraries, area Councils on Aging, and food pantries.



Market Umbrella

Market Match: It's a SNAP!



5,371

SNAP-Ed shoppers with partners

3,993

SNAP-Ed shoppers - Market Umbrella only

900,000

social media impressions



Southern University SNAP-Ed



34,910

estimated reach

31

PSE changes adopted

3

C.H.E.F camp sites

45

active growing healthy garden sites



Feeding Louisiana



55

PSE changes adopted

6,519

youth participated in Pick a Better Snack

75

food bank pantry partnership sites



Louisiana State University AgCenter SNAP-Ed



18

physical activity stenciling sites

16

community gardens

5

food system focused PSE sites

3

physical activity focused PSE sites

3

school nutrition focused PSE sites

Other Highlights

State Equity Impact

Louisiana's SNAP Ed program is working to improve its service to African Americans and other populations at increased risk of obesity and food insecurity through the application of the transformative evaluation paradigm. In accordance with the paradigm, the evaluation of the SNAP-Ed program specifically addresses whether the program meets the needs of African American participants by disaggregating evaluation data and conducting qualitative focus group discussions to uncover any suggestions for improvement to better serve African Americans. According to the qualitative investigation, the SNAP-Ed program will need to be adjusted to specifically address African American history and culture and to adjust staffing to better reflect the diversity of our target audience. This research was conducted in FY 2021, and Louisiana SNAP-Ed's projected plans address these issues in upcoming fiscal years.

Success Stories

Rural Farmers Market Accepts SNAP/EBT Benefits

To change behavior and promote healthy eating, the St. Helena Parish Healthy Communities Coalition is increasing access to healthy foods in the Greensburg area, where over 40% of citizens reside. In partnership with the Louisiana Initiative for Empowerment (L.I.F.E.), the St. Helena Healthy Communities Coalition established a new farmers market in Greensburg, Louisiana. Since the St. Helena farmers market opening in November 2017, more than 100 residents have visited to purchase produce from five local vendors. All booths were attended by small farmers, bakers, and canners. Vendors report nearly selling out of their produce, which has encouraged them to continue participating in the weekly farmers market.



Pick a Better Snack

Greater Baton Rouge Food Bank SNAP-Ed staff regularly visited Seventh Ward Elementary School in Livingston Parish to deliver Pick A Better Snack lessons. Research has shown that children need multiple interactions with a new food before incorporating it into their regular diet, and staff has found this to be true. Through their visits, the lessons introduced children to fruits and vegetables, such as strawberries, carrots, and cucumbers, and demonstrated several ways these foods could be prepared and consumed in a healthy manner. Students and teachers provided positive feedback on the lessons and their carryover into consumption at school and at home.



Keep It Simple

During the Sunday market at City Park, the Market Umbrella Programs Krewe hosted an activity about the five food groups and making healthier food choices. Market shoppers were provided information about MyPlate tips, "spotlight foods" and offered handouts to assist in meal planning. We asked people to weigh in on sweet potatoes (an item available and in season at the market), a "go slow, woah!" food. The crowd was eager to learn more and vote. This format created a great opening to educate people about spotlight foods and making the healthiest food choices. This particular item challenged people; it's considered a slow food and many people were often torn when voting. We had lots of great discourse, and a couple of people were excited to share this newfound information with their partners, who loved sweet potatoes and learning something new, too!

MISSOURI SNAP-ED IMPACTS **Mountain Plains Region**

Missouri's Approach

University of Missouri (MU) Extension is dedicated to providing research-based nutrition education to Missouri's SNAP recipients and eligibles. Using the socio-ecological model to prompt behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri. Whether reaching out to youth and adults through classroom education or working with communities to promote healthy PSE, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. Along with statewide education, MU Extension coordinates the Missouri Nutrition Network activities through the Missouri Council for Activity and Nutrition (MOCAN) and collaborates with Operation Food Search to expand nutrition education throughout the state.

Key Individual Impacts



76% of adults ate more fruits or vegetables.*



56% of adults reported 30 minutes of daily exercise.*



78% of adults planned meals or shopped with a grocery list.*

Additional Individual Impacts



6,750 adults were reached through direct education.



55,826 youth were reached through direct education.



75% of youth ate fruits or vegetables most days or every day.**



54% of youth reported at least 1 hour of physical activity in at least 6 of the past 7 days.**



78% of youth reported almost always washing their hands before eating.**

*statistically significant improvement, retrospective pre-post: $p < 0.05$

**statistically significant improvement, pre-post: $p < 0.05$

Community Impacts

Missouri's SNAP-Ed program is active at places where SNAP recipients and eligibles eat, learn, live, play, shop, and work. In each of these settings, SNAP-Ed helps participants to establish healthy eating habits and a more physically active lifestyle. Participants also learn ways to manage their food resources, which reduces reliance on emergency food systems and increases food security. MU Extension SNAP-Ed works to prevent or reduce the incidence of overweight, obesity, and other nutrition-related conditions.



Eat

31,956

people reached

87

elderly service centers
(senior centers, senior
nutrition centers)



Live

271,075

people reached

34

churches
or places of
worship

30

public/
community
health centers

18

public housing

17

shelters

14

community action
agencies

7

adult rehabilitation
centers



Learn

206,770

people reached

313

schools

80

afterschool or
other youth
education sites

43

Head Start programs

11

libraries

4

extension offices

2

WIC programs



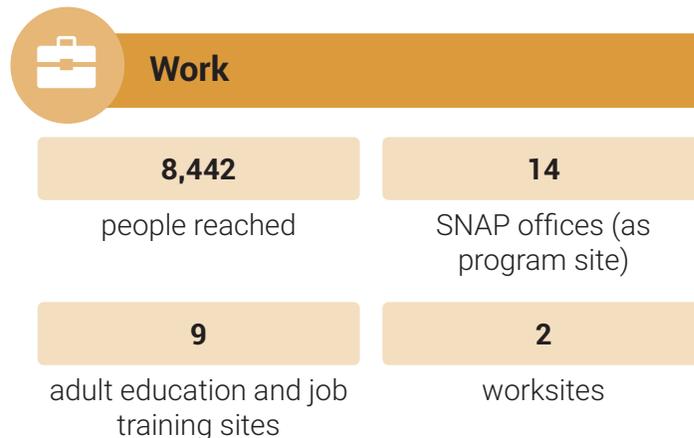
Play

26,824

people reached

21

community centers,
recreation centers, and
parks



Other Highlights

State Nutrition Action Committee Team Impact

The Missouri Council for Activity and Nutrition (MOCAN) is a partnership organization that supports physical activity and nutrition statewide and at the regional level in Missouri. MOCAN serves as the SNAP-Ed Nutrition Network through implementation of the MOCAN Strategic Plan. Over 250 professionals representing more than 100 organizations are members of MOCAN.

In addition to quarterly meetings, MOCAN members can participate in the following workgroups:

- Food systems
- Policy/communications
- Child care
- Healthcare
- Schools
- Worksites
- Physical activity

Members of each MOCAN workgroup collaborate to support healthy eating and active living in Missouri communities through consistent messaging and supporting PSE changes. Many of Missouri’s SNAP-Ed projects, such as workplace and child care wellness efforts, are conducted in conjunction with MOCAN workgroup activities.

For more information, please visit <https://extension.missouri.edu/programs/mocan>.

Success Stories

Healthier Options at Parks

Work with the Rolla Parks Department on an Eat Smart In Parks project began in October 2019. The COVID-19 pandemic delayed the project until fall of 2020, when a food preference survey was conducted in October for patrons of the Splash Zone swimming facility. In February 2021, plans were made to implement multiple changes to the Rolla Parks Splash Zone. Marketing improvements were discussed, including sandwich boards, new menu boards, and press releases. The recreation supervisor also requested recommendations for food safety training for seasonal staff to increase comfort in serving fresh foods and reduce food waste for fresh menu items, and in summer 2021, the Rolla Parks Department put two of their coworkers through ServSafe training. New menu items added to the Splash Zone menu included sweet potato fries, fresh fruit, whole grain pretzels, and juice options. External funding was secured that allowed the Splash Zone manager to purchase equipment needed to provide fresh fruit options. The manager has since shared that the sales were good enough to keep the menu options in future seasons.

- Rachel Buenemann, Phelps County

Nutrition Education for All Ages

Adults and children alike are showing that they are taking away important information from the lessons. The Healthy Change Workshop for adults and Show Me Nutrition classes for children are bridging the learning throughout Lafayette County. During lesson three of the Healthy Change Workshop series, information about the Nutrition Facts label was being shared with a participant at the Helping Hands of Odessa Food Pantry. When the lady was asked if she was familiar with nutrition facts labels on food products her reply was, "We are now because my granddaughter learned about it in the nutrition class at school." Further conversation found that the "nutrition class at school" was a SNAP-Ed Show Me Nutrition class. She laughed and said that her granddaughter told her that they had to watch the fats and sugars in their foods. It is a positive impact when families are having conversations about healthy eating and how to read nutrition facts labels because of programming being done at schools and agencies.

- Linda Florence, Lafayette County

MONTANA SNAP-ED IMPACTS **Mountain Plains Region**

Montana's Approach

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 SNAP-Ed program, 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 in addition to working within a network of partnerships to improve healthy food access and physical activity access through changes to local and statewide PSE.

Key Individual Impacts



49% of adult participants increased daily fruit consumption.



44% of adult participants increased daily vegetable consumption.



49% of adult participants were more physically active.



76% of adult participants improved food safety practices.



81% of adult participants improved food resource management practices.

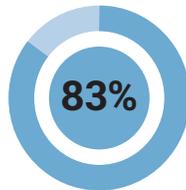
Additional Individual Impacts



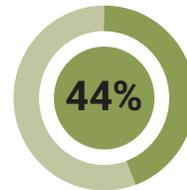
187 adults were reached.



2,496 youth were reached.



83% of youth improved their knowledge or ability to choose healthy foods.



44% of youth improved their physical activity knowledge or practices.



58% of youth improved their food safety knowledge or practices.

Community Impacts

According to the Dietary Guidelines for Americans, evidence shows that implementing multiple changes at various levels of the socio-ecological model is effective in improving eating and physical activity behaviors and changing the risk and rates of chronic disease and obesity. Activities conducted at the individual and interpersonal levels have been a traditional approach for SNAP-Ed and remain important today. 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 and layers these efforts with individual-level efforts.



Farmers Market Partnerships

14

sites

6,933

people reached

\$2,180

in free fruit and veggie coupons provided to SNAP-Ed class participants



Community Garden Partnerships

28

partnerships

8,195

people impacted

5,379

pounds of produce donated



Food Bank Partnerships

21

partnerships



Harvest of the Month Promotion

16

school-based partnerships

1,017

youth impacted



Multi-Sector Partnerships for a Healthier Montana

Montana Partnership to End Childhood Hunger
 Montana Food Security Council
 Montana Farm to School Leadership Team
 Double SNAP Dollars Network, Eat Right Montana

Other Highlights

State Nutrition Action Committee and Cross-Program Collaboration Efforts

One major policy change is making a difference. A cross-program collaboration between the Montana Food Security Council's Nutrition Workgroup and Montana Food Bank Network resulted in a new policy adopted by the Montana Food Bank Network. The policy will aid local food pantry staff across the state in procuring more healthy options for their food pantry clients.

State Tribal Impact



of mini grant funds for community garden projects that served Montanans with low income were awarded to tribal communities or organizations that served tribal communities.

Equity Impact

Higher numbers of Montana SNAP-eligible persons reside in counties that overlap with Native American Indian Reservations. Additionally, these regions are often food deserts. To equitably distribute SNAP-Ed funding to areas that need it the most, over



of SNAP-Ed instructor time and support was allocated to these seven overlapping reservation and county regions.

Success Stories

Montana Food Bank Network Policy Project Spotlight

This year, a collaboration between Montana SNAP-Ed, Montana State University faculty, the Montana Food Security Council's Nutrition Workgroup, and Montana Food Bank Network (MFBN) resulted in a statewide effort to provide more nutritious foods for all Montanans to have the quantity and quality of foods needed for good health.

The first step in this effort was accomplished in FY 2021 when the Food Security Council's Nutrition Workgroup and MFBN drafted a new nutrition policy, which was then adopted by MFBN's Board of Directors. Before adopting this new policy, 27% of MFBN's available foods met healthy food guidelines as defined by Healthy Eating Research Nutrition Guidelines for the Charitable Food System (HER). The new policy aims to increase the amount of healthy food choices procured and distributed that meet HER guidelines to 40% of the available options by 2023. The policy will aid local food pantry staff in purchasing more healthy choices while the MFBN continues to increase the percentage of foods that meet healthy food guidelines.

SNAP-Ed Promotion of Double SNAP Dollars and Coupons

Double SNAP Dollars allow farmers market shoppers to stretch their SNAP dollars, increase their fruit and vegetable consumption, and support local agriculture. SNAP-Ed nutrition classes offer coupons to be exchanged for additional Double SNAP Dollars at participating markets, which allows class participants to purchase even more fruits and vegetables and put into practice what they learn in class. This partnership increases the Double SNAP Dollars' impact while incentivizing attendance at SNAP-Ed nutrition classes—a win-win!

In FY 2021, SNAP-Ed, the Expanded Food and Nutrition Education Program (EFNEP), and the Community Food and Agriculture Coalition (CFAC) worked together to distribute \$2,180 in coupons to SNAP participants across the state while supporting 14 farmers markets in accepting both Double SNAP Dollars and the nutrition class coupons. Here is a success shared by a SNAP-Ed instructor in Montana:

A topic that is often discussed at SNAP-Ed classes is the affordability of fresh fruits and vegetables. It was no different at a class held at a small treatment center in a rural Montana town. After discussing ways of saving money on produce, class participants were excited to receive Double SNAP Dollar Coupons to be used to buy fruits and vegetables at their local farmers market. Later, they shared that they ate more fresh produce as a direct result of having access to an affordable option. Even their children were excited about trying the new veggies they picked out at the market!



Staying Active Through the COVID-19 Pandemic

During the COVID-19 pandemic, virtual SNAP-Ed nutrition classes in Montana expanded participation and supported residents in new regions. A socially isolated woman living in western Montana connected to online SNAP-Ed nutrition classes that were hosted in a neighboring county. After learning about the benefits of physical activity in the class, she started to regularly meet a friend outdoors, where they could safely walk together and enjoy each other's company.



Nebraska's Approach

SNAP-Ed reached 14,878 Nebraskans during 2020–21, including 1,934 adults and 12,944 youth. Adults participated in Eating Smart Moving More classes, which resulted in improvements in daily diet frequencies and nutrition/physical activity-related behaviors. Youth participated in nutrition/physical activity-related programs and showed positive intentions, knowledge, and behavior changes in nutrition and physical activity. Virtual programs for adults (The Dish: Real Talk About Food) and youth (Marathon Kids, CATCH Kids Club), and childcare providers were available. PSE strategies were offered through Go NAPSACC, Growing Together Nebraska, and Double Up Food Bucks.

Key Individual Impacts



28% of adult program graduates increased fruit intake.



26% of adult program graduates increased vegetable intake.



24% of adult program graduates increased physical activity.



50% of adult program graduates improved using the Nutrition Facts label to make food choices.



59% of adult program graduates increased meal planning.

Additional Individual Impacts



1,934 adults were reached.



12,944 youth were reached.



50% of youth plan to eat the recommended amount of fruits and vegetables.



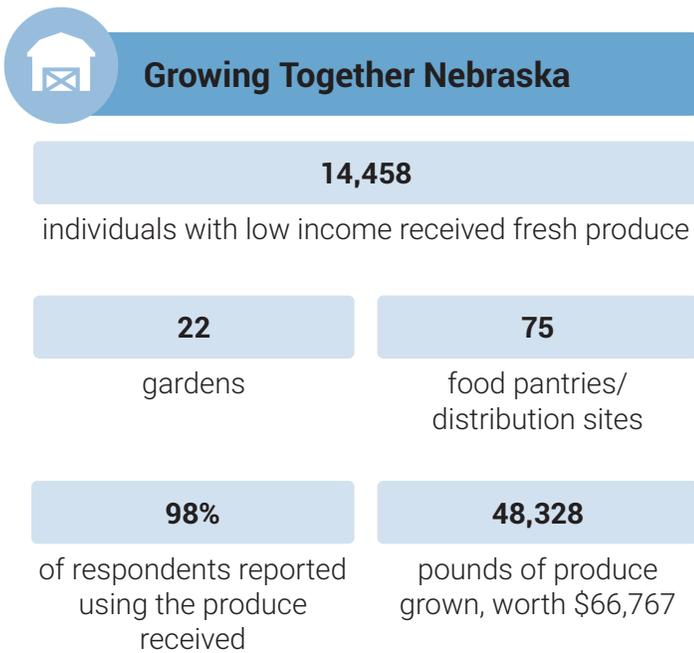
44% of youth plan to drink less sugary drinks.



75% of youth plan to stay physically active.

Community Impacts

Nebraska SNAP-Ed works with community-based environmental projects within three main areas. The Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC) project is centered on improving nutrition, physical activity, and infant feeding best practices in early care and education. The Growing Together Nebraska project increases access to fresh fruits and vegetables in food pantries. The Double Up Food Bucks program is focused on food access in Nebraska and helps SNAP participants extend their food resources by purchasing additional SNAP-qualifying foods. SNAP-Ed reached 19,874 Nebraskans through PSE work and an additional 12,782 Nebraskans through indirect education.



Other Highlights

State Tribal Impact



Nebraska continues to progress in work with Native American tribal organizations in the state. We collaborated with the Nebraska Extension Regional Food Systems Team throughout the year on initiatives involving Double Up Food Bucks and Farm to School. SNAP-Ed is also involved in the Well Connected Communities Project. This project involves work with the Ashita Thewathe (Let's Go Outside) Program team and partnering with Nebraska tribal communities in rural and urban areas to help them grow healthy traditional food for the benefit of their families.

Success Stories

Double Up Food Bucks: A Win for Families, Farmers, and Communities

The Lincoln Mediterranean Market (LMM) was a new Double Up Food Bucks site in Lincoln for 2021. This partnership was created as a result of connections, including a local market within the Arabic community. As a result, materials were translated into Arabic and made available statewide. Within the first month, they distributed nearly \$4,000 worth of Double Up Food Bucks. For most of our locations, that would take months to complete. LMM started selling produce in January of 2021 and saw a large increase in their sales because of the nutrition incentive program.

They have a high percentage of customers that receive and use SNAP at their store, making it a perfect fit for Double Up Food Bucks. They currently source 10% of their produce from local farmers and are looking to increase that. Their store is in the heart of downtown, where there is a high concentration of refugees and very limited food access. This partnership is a great opportunity to increase fruit and vegetable consumption and improve food access.





Local Gardens Improve Access to Fresh Produce

The Dodge County GTN team completed their third year of growing and donating fresh produce to individuals and families living with limited resources in Fremont. Lisa O'Connell, an Extension Master Gardener Volunteer in the community, helps coordinate volunteers and actively seeks support from local partners. Lisa shared, "The gardens have made a huge impact in the Fremont community. 2021 [was] an awesome season, as we provided produce to families who can't afford healthy and fresh produce." Important aspects of this three-year project include raised beds, over 2,600 pounds of fresh produce donated to 1,300 individuals, volunteer engagement,

nutrition education and food demonstrations. Additionally, the support of local community partners is key to the project's continued success. The raised beds improve access and inclusivity for all who wish to be involved, including young adults with disabilities who find therapeutic and skill-building benefits through volunteering with this project. Looking to the future, Dodge County GTN hopes to recruit additional youth volunteers, increase produce rescue efforts, explore new partnerships and expand education opportunities.

Virtual Produce Series Motivates Participants to Enjoy Fresh, Local Produce

The Dish: Real Talk About Food helps improve health, well-being, and resilience by providing real talk about food. Short online lessons offer life tips to plan meals, save money, and shop and eat healthier. To complement the Growing Together Nebraska project, *The Dish* focused on a 3-month live series on fresh produce, called "The Dish: Real Talk About Food - Seasonal Produce Series," found at <https://food.unl.edu/nutrition-education-program/dish-videos>.

The series highlighted seasonal produce items that were easily available at local gardens, markets, pantries, and grocery stores. Each series provided information on nutritional value and offered tips on how to harvest, select, prepare, and store the highlighted produce item. Innovative online teaching techniques and live food demonstrations were used to encourage participants to engage during the sessions as well as motivate them to use the knowledge in preparing and enjoying more fresh seasonal produce.



NEW MEXICO SNAP-ED IMPACTS

Southwest Region

New Mexico's Approach

New Mexico SNAP-Ed's priority is to promote healthy eating and an active lifestyle, specifically among low-income populations around the state. The target audience is quite large as approximately 20.6% of New Mexicans fall below the poverty line. In FFY 2021, New Mexico had six implementing agencies delivering programming around the state to audiences ranging from youth to seniors. They also collaborated in a statewide social marketing campaign and PSE efforts to deliver programming throughout schools, senior centers, WIC clinics, CSFP locations, TEFAP distribution sites, etc. Due to the ongoing COVID-19 pandemic, virtual program delivery was greatly enhanced and allowed for a larger reach.

Key Individual Impacts



1,666,826 were exposed to SNAP-Ed, up by **769,380** from 2020. This is an **86%** increase.



75 family cooking night events were held with **2,440** participants (moving to a completely virtual platform).



Over **40** school and community gardens were operational with SNAP-Ed resources.

Additional Individual Impacts



32,545 DE virtual and in-person classes were delivered, in spite of the pandemic.



785 people registered for Seed to Supper classes.



300 individuals were trained to deliver SNAP-Ed.

Community Impacts

New Mexico SNAP-Ed exposure grew significantly in 2021 in large part because of the need for a virtual platform with the ongoing pandemic and closures. As the world adjusted to a digital environment, SNAP-Ed reach in New Mexico increased by 86%! Over 1.6 million individuals were touched by New Mexico SNAP-Ed through means of DE, PSE, and social marketing. It was the largest reach reported in New Mexico history.

 **Eat Smart to Play Hard**



705,826 people reached	25 schools
4,686 individual homes	2 tribal communities

 **Healthy Kids New Mexico**



212,125 people reached			
2 meal sites	1 soup kitchen	2 before/after school sites	79 schools
2 food hubs	1 health care clinic	5 tribal communities	36 gardens
11 farmers markets	7 food banks/pantries	8 FDPIR sites	1 small food store
66% of HKHC public elementary schools had salad bars or premade salads.	38% of HKHC public elementary schools had school gardens.	20 HKHC schools including two tribal schools, participated in the 5.2.1.0 challenge.	

 **Cooking With Kids**



4,925 participants		
11,064 in-person/virtual cooking classes		
100 training	12 schools	1 COVID-19 home

CHILE Plus



2,695
participants

8,085
estimated reach

51
early childhood education (ECE) facilities

84.7%
of weeks include service of target foods.

61.17
minutes of PA per day, on average.

Kids Cook!



6,100
participants

12,447
estimated reach

200
service learning

12
schools

2
summer meal sites

1
farmers market

1
COVID-19 home

46%
increase in Family Cooking Nights participation from FFY 2020.

Las Cruces Public Schools



10,931
participants

13,100
estimated reach

25
schools

10
gardens

1
COVID-19 home

ICAN



7,368
participants

702,279
estimated reach

3
congregate meal site

5
before/after school programs

6
ECE facilities

3
family resource centers

18
schools

1
mobile education site

5
WIC clinics

12
COVID-19 home

3
faith-based centers

1
healthcare clinic

2
community centers

1
park

1
food bank

2
small food stores

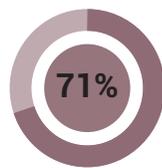
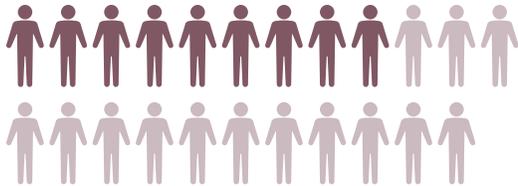
1
adult education site

3
worksites

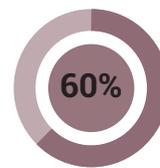
Other Highlights

State Tribal Impact

New Mexico SNAP-Ed worked with **nine** of the **23** tribes in the state in 2021



of New Mexico implementing agencies worked directly with tribal communities in some capacity.



of programs working with tribal communities have developed specific materials for their needs.

Tribes including the Zuni, Ohkay Owingeh, Santo Domingo, and San Ildefonso partnered with multiple implementing agencies to provide different types of programming for different age groups. A total of **24** program staff, **seven** contracted partners, and **105** non-contracted partners worked to implement programming in tribal communities. Of those, **four** program staff, **two** contracted partners, and **42** non-contracted partners were from tribal communities. Elementary school children and older adults/seniors made up the majority of those served.

State Equity Impact



of New Mexicans who received direct nutrition education by SNAP-Ed in 2021 were either Hispanic or Native American. New Mexico SNAP-Ed strives to reach marginalized populations in the state and works to provide them with greater opportunities for healthy eating and increased physical activity.

Success Stories

School and Community Gardens

School and Community gardens continued to persist through COVID-19 thanks to interventions by New Mexico SNAP-Ed. Some schools have adopted raised beds out to each classroom and some of the produce grown is used for nutrition education and incorporated into school meals. One Early Learning Center discovered gardening after taking Botany On Your Plate classes at their community garden. The students who grew the vegetables were then able to take them home to their own families and donated additional produce to local senior centers and county fairs. Another educator proved that gardening can happen anywhere by combining classes with windowsill gardening. Tribal community schools included nutrition and traditional farming education in Native language classes. Community gardens were also still functional and individuals learned about self-sustaining their healthy places. Additionally, because of the pandemic-related hunger surge, New Mexico SNAP-Ed partnered with TEFAP distribution sites to deliver gardening curriculum and provided seed packets for home gardens to participants.

"Gardening at school is a fun learning experience for teachers and students. We are planting seeds of health for a healthy lifestyle."

- NM SNAP-Ed participant

North Dakota's Approach

Health disparities related to poor nutrition and limited access to healthful foods and physical activity opportunities disproportionately impact North Dakotans with low income. North Dakota State University (NDSU) Extension offers SNAP-Ed through the Family Nutrition Program to address these health disparities through evidence-based education and complementary public health approaches. The Family Nutrition Program serves 16 counties and four sovereign tribal nations with SNAP-Ed. Focus areas include increased fruit and vegetable consumption, balancing food with physical activity, food resource management, and PSE change initiatives that enhance the likelihood that participants will make healthy food choices and choose active lifestyles.

Key Individual Impacts



40% of youth participants ate vegetables more often after programming.



50% of adult graduates showed improvement in one or more diet quality indicators.



75% of adult graduates showed improvement in one or more food resource management indicators.



41% of youth participants increased their duration of physical activity after programming.



75% of adult graduates made small changes to be active more often.

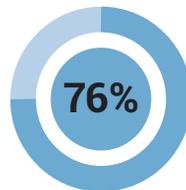
Additional Individual Impacts



321 adults were reached.



1,042 youth were reached.



76% of youth participants were independently preparing food at home after programming.



43% of youth participants drank fewer sweetened beverages after programming.



33% of youth participants decreased non-school "screen time" after programming.

Community Impacts

North Dakota SNAP-Ed reached an estimated 34,549 eligible community members through multilevel interventions, including PSE change approaches. North Dakota SNAP-Ed worked with over 61 key partners to enhance targeted PSE supports to increase the likelihood that SNAP and SNAP-eligible participants will engage in healthy eating and physical activity behaviors consistent with recommendations from the current Dietary and Physical Activity Guidelines for Americans to delay or prevent the onset of overweight and obesity.



Double Up Dakota

6

new farmers markets became SNAP-authorized and implemented Double Up.

In the first year of SNAP acceptance, the new markets had

\$358

in SNAP transactions and

\$247

in Double Up distribution.



Healthy Food Pantries

29

food pantries/food assistance sites received sets of

29

"shelf talkers," promoting healthful food pantry selections.

OVER 2/3

of the sites would be considered in rural or tribal communities.



Edible Gardens

OVER 720

people directly benefitted from access to community garden spaces and additional healthful produce from gardens

11

garden sites, including schools, early childhood education centers, elder living sites, and recovery centers

The produce at many sites was redistributed within the current food service or to clients and not accurately tracked. At one site where tracking occurred,

788

pounds of fresh produce were donated to local food pantries.

Other Highlights

Tribal Impact

Full-time nutrition educators serve all **FIVE** sovereign tribal nations.



of SNAP-Ed full-time employees serve tribal communities.

Equity Impact

Recruitment and retention of educators from diverse backgrounds:



of nutrition educators are indigenous or from refugee families, compared to



for the general population.

Success Stories

Double Up Dakota Builds SNAP Capacity at Farmers Markets

Six new farmers markets (two located in tribal communities, four in rural areas) offered the opportunity for SNAP clients to use SNAP at their local farmers markets and double their purchasing power for fruits and vegetables through a nutrition incentive/"double up" program. Through a Fair Food Network capacity-building grant and additional funding for incentives, SNAP-Ed engaged a cohort of markets not yet receiving SNAP to initiate SNAP acceptance and a nutrition incentive/"double up" program at their markets during the 2021 season. Additionally, SNAP-Ed supported the markets through promotion (social media, during other SNAP-Ed outreach, etc.) and through nutrition education at the markets.

"I would have been clueless on where to start, apart from knowing I had to submit an application...This has been a great program, it kept me on track with my preparations and I wouldn't be half as ready for the market if it weren't for Jan (SNAP-Ed), NDSU, and the training I received."

- Spirit Lake Mobile Farmers Market leader, on the Double Up Dakota nutrition incentive capacity-building project





Families Learn Together at Saturday Cooking School Pilot

Cooking classes have always been a popular way to engage parents. Although some sites have expressed interest in family cooking classes (with youth and adults participating together), logistics (like staffing, scheduling, and sampling limitations) have made that type of program a challenge. In the summer of 2021, a Saturday family cooking "school" was piloted with great success. During the classes, youth and parent/guardian teams worked together as they learned about nutrition and food skills and created healthful snacks and

meals. Some of the facilitators of success were program recruitment, limiting the number of families that could participate, volunteer engagement, weekend scheduling, and additional funding/support for groceries.

"My wife suggested that I team up with my daughter and attend this (cooking school) with her. It was worth giving up Saturday morning to spend time with her, but I also learned so many tips and we enjoyed ourselves."

- Saturday Family Cooking School participant

SNAP-Ed Continues to Grow Garden Efforts

SNAP-Ed serving Spirit Lake Nation worked with the Cankdeska Cikana Head Start on a new garden project (one of over 15 new SNAP-Ed-supported gardens across the state) in the summer of 2021. The Cankdeska Cikana Community College and other partners supported the garden with resources from land and water to equipment. The SNAP-Ed educator engaged volunteers and families and utilized connections and other small grants to provide seeds and other supplies. Families participated in gardening activities as well as nutrition education programming offered by SNAP-Ed. Spirit Lake Nation is located in a food desert (and 2021 was a drought year for the area), so the families were excited to receive fresh tomatoes, carrots, potatoes, and other produce throughout the growing season.



OKLAHOMA SNAP-ED IMPACTS **Southwest Region**

Oklahoma's Approach

The goal of SNAP-Ed in Oklahoma is to improve the likelihood that persons living in low-income households (at or below 185% of the federal poverty level) will make healthy food and physical activity choices. Oklahoma Human Services partners with four SNAP-ED implementing agencies to provide direct and indirect education, resources, and facilitate change in communities to reach this goal. Implementing agencies worked efficiently to adapt to challenges presented by the COVID-19 pandemic. They continued to provide education using virtual platforms, social media, and in person when allowable. These efforts resulted in positive changes in the behaviors of program participants.

Key Individual Impacts



In a post participation survey, **70%** of Chickasaw Nation's Eagle Adventure participants reported a desire to eat more vegetables compared to 57% pre participation.



A **17%** increase occurred in Tasty Text participants.

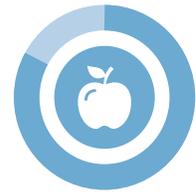
(This bilingual texting intervention uses biweekly texts to share healthy living tips, cooking resources, recipes, and seasonal activities)



69% of OKTEP Eagle Adventure participant caregivers reported trying Eagle games with their family members



97% of adult OSU CNEP graduates surveyed reported improved diet quality behaviors.

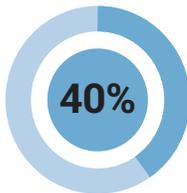


82% of youth OSU CNEP graduates surveyed reported improved diet quality behaviors.

Additional Individual Impacts



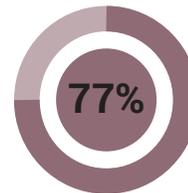
3,064 youth were reached in 13 counties through Virtual Farm to You exhibit.



40% of Diabetes is Not Our Destiny participants plan to eat more than one kind of fruit and vegetable.



43% of Diabetes is Not Our Destiny participants intend to try demonstrated recipes at home.



77% of registered Let's Get Moving participants completed the virtual 5K.

n = 293



75% of teachers in Eagle Adventure Projects report they would participate again or recommend it to others.

Community Impacts

Many programs typically held in person were moved to online formats. These include multiple-session programs such as Eagle Adventure and Fresh Start to larger events such as Let's Get Moving 5K and the Farm to You exhibit. Chickasaw Nation took the opportunity to improve Body Adventure by writing a children's book, Brave Little Anoli, to preserve the cultural identity of the curriculum. Program materials were provided to food distribution sites such as FDPIR and food banks for those seeking emergency assistance. Social marketing campaigns, such as Choose Homemade and Diabetes is Not Our Destiny, continued to reach people using social media, streaming in clinics, and billboards. Continued partnership with local farmers markets and improvements to community gardens provide opportunities for community education and participation in growing and increased access to fresh, local produce. Community Nutrition Education Programs (CNEP) Community Grants were utilized in five counties to improve access to fruits and vegetables and to improve storage, display, and distribution infrastructure of local food pantries. These are valuable components of our program and serve to help create an atmosphere of learning to make healthier choices at school, home, or work.



Chickasaw Nation Community Garden Improvements



Gardens in Admore, Purcell, and Ada

OVER 350

pounds of produce distributed from these three gardens

Ada community garden was relocated to a more secure, central location with a pavilion and seating for guests. Irrigation systems were designed and installed in all three gardens.



ONIE Healthy Pantries



OKC Mobile Pantry, RFBO, and OU Health

OVER 1,800

families reached

How To recipe cards for selection, storage, and preparation of common pantry items were printed for food boxes.

3

virtual pantry trainings

17

cooking videos uploaded to Facebook and YouTube

Other Highlights

State Nutrition Action Council Impact

Oklahoma SNAP-Ed initiated a SNAC during FY 2021. Partnering with the Obesity Prevention State Workgroup allows us to leverage resources available through other agencies to expand the work of the SNAC in preventing and reducing obesity. SNAC proposed five main objectives to the workgroup. The goal and all objectives were unanimously approved by the group. The use of SMART objectives gives clear guidelines on evaluating outcomes.

State Tribal Impact

Chickasaw Nation continues to serve

13

counties across southern Oklahoma.

It has partnerships or agreements with

8

tribal organizations.

Oklahoma Tribal Engagement Partners (OKTEP) has expanded the reach of culturally relevant programming to many other areas of the state. Eagle Adventure and Diabetes is Not Our Destiny are two large programs used statewide to reach Native American households.

ONIE, OSU, and Chickasaw Nation

MyPlate interactive hands-on cooking curriculum development included five 60-minute lessons. Each lesson features tailored original nutrition education materials, hands-on cooking, and a behavior reinforcement incentive (cutting board, colanders, measuring cups/spoons, reusable shopping bags, thermometer). This curriculum has shown to be effective at improving several healthy eating performance measures, including ST1, MT1, MT2, MT4, R10. Due to COVID-19, in-person classes were not held in FY 2021 and in-person implementation is planned for FY 2022.

Success Stories



Fresh Start to Taking Steps

OSU reports one participant in the Fresh Start adult program had health challenges of leukemia and diabetes, and was trying to keep her body healthy by following various diets. After learning about MyPlate, she realized that she wasn't eating enough vegetables and dairy. To increase her intake, she made an effort to keep fresh vegetables in her

refrigerator, tried new recipes, and bought more cheese and yogurt. She also started moving more and taking the stairs at least twice a day. At the end of the program, she accomplished a personal goal of walking regularly without her cane. She was surprised at how much she learned and reports feeling better every day.

Taste the Difference continues to be a showcase initiative meeting its goal of increasing access to healthier food by improving the accessibility and capacity of farmers markets. Six farmers markets were added as SNAP-approved retailers for the FFY 2021 season, improving access to local produce for SNAP participants. ONIE partnered with OSU-Extension to implement the Harvest Highlight project, bringing over 86,817 engaged users to five SNAP-accepting markets June–August.

To continue support for all SNAP accepting markets, ONIE initiated a fall social media campaign supporting 22 farmers markets, where 87 ads were posted and reached 529,052 users and received 22,958 engagements. As a result of these efforts and those of partner agencies, the state had an 83% increase in SNAP dollars redeemed from FY 2020.



South Dakota's Approach

The South Dakota SNAP-Ed team continues to focus on the American Indian SNAP population through a family and community health/direct education-based model. Our multilevel, outcome-based approach allows SNAP-Ed to help SNAP-eligible individuals and the communities in which they live, work, and play. Producing behavior change allows current and future generations to live a healthy life by preventing and managing chronic disease. Staff and community members continue to nurture and grow relationships with partners, enabling expansion to sustainable PSE changes through evidence-based interventions.

Key Individual Impacts



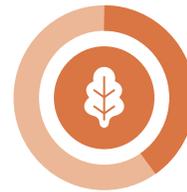
52% of adult program graduates reported eating vegetables at least 2 times per day.



55% of adult program graduates reported exercising for at least 30 minutes, 4 or more days per week.



57% of adult program graduates reported cooking dinner at home 4 or more days per week.



41% of 3rd to 5th grade students reported improvement in vegetable consumption after participating in direct education.



38% of 9th to 12th grade students reported improvement in number of days with physical activity.

Additional Individual Impacts



122 adults were reached.



621 youth were reached.



24% of 3rd to 5th grade youth reported increased days of physical activity.



30% of 6th to 8th grade youth reported consuming fewer sugary drinks.



56% of 9th to 12th grade youth reported improvement in consuming vegetables.



Community Impacts

South Dakota SNAP-Ed promotes community-level decision-making by working with community wellness coalitions to focus on multi-sector partner engagement to improve access to environments that create and support affordable healthy foods and physical activity opportunities. Ten coalitions, including 167 organizational partners, led community efforts to increase these opportunities. PSE changes were made within 10 communities, with 64 nutrition interventions and 13 physical activity interventions. Initiatives include connectivity via safe routes, community gardens, Double Up Dakota Bucks, structural improvements to the built environment, outdoor exercise equipment, and farmers markets. Ninety-seven direct education programs were provided in 16 communities, reaching 971 participants.



Community Gardens



399

adult volunteers

730

youth volunteers

13

gardens

4,171

pounds of produce

474

cups herbs



Double Up Dakota Bucks



3

grocery stores

\$9,666.07

redeemed

1,129

transactions



Bountiful Backpack Program



15

youth

558

meals to youth and their families

1

school

Success Stories

Growing Community Gardens

Community gardens continued to thrive and be a staple of the communities. In the summer of 2021, 4,170.59 pounds and 473.75 cups were harvested across our 13 SNAP-Ed garden locations, of which 3,216.69 pounds and 345.5 cups were donated directly to families in need or to local food pantries. Summer program leaders provided direct education and recruited volunteers for the garden. The 13 gardens recorded 399 adults and 730 youth volunteering 3,244.94 hours in the garden!



Bountiful Backpack Program

The Bountiful Backpack program is designed to improve the nutritional quality of meals eaten at home by families. Improvements are made by developing cooking, food safety, and recipe preparation skills for participants. The program seeks to improve food security by linking nutrition education and food preparation with food sent home in backpack programs. South Dakota SNAP-Ed partnered with Well Connected Communities to provide funding for food items for the backpacks to correlate with the recipe taught that week. In FY 2021, the Bountiful Backpack program had to be implemented virtually, as schools weren't allowing nutrition educators into the classroom yet. Staff worked to adapt the curriculum to be provided in a virtual format while still providing cooking demonstrations. Ninety-three bags filled with ingredients for the recipe learned were sent home with 15 students. On average, each recipe provides 6 servings, providing 558 meals to the students' families.

Double Up Dakota Bucks

Double Up Dakota Bucks is an incentive program that benefits farmers, low-income families, and retailers by doubling the value of SNAP dollars spent on fresh produce. For every \$1 spent on fresh fruits and vegetables, \$1 is matched, up to a certain dollar amount per customer, per visit. A total of three grocery stores implemented Double Up Dakota Bucks in South Dakota in FY 2021. Throughout the year, 1,129 coupon transactions yielded \$9,666.07 of fresh produce purchased through the redemption of Double Up Dakota Bucks coupons.



TEXAS SNAP-ED IMPACTS **Southwest Region**

Texas' Approach

The Texas Health and Human Services Commission (HHSC) administered SNAP-Ed by contracting with 13 nonprofits, state agencies, and universities as implementing agencies to deliver nutrition education and obesity-prevention services. Implementing agencies included Common Threads, the Texas Department of State Health Services (DSHS) Health Promotion and Chronic Disease Prevention Section, DSHS Office of Border Public Health, Feeding Texas, HHSC WIC, HHSC Early Childhood Intervention (ECI), HHSC Aging Services Coordination's Texercise program, It's Time Texas, MHP Salud, San Antonio Food Bank, Texas A&M University (TAMU) AgriLife Extension Service, TAMU Colonias Program, and UTHealth School of Public Health – Brownsville.

Key Individual Impacts



65.0% of participants increased vegetable amounts eaten daily.



62.3% of participants increased fruit amounts eaten daily.



46.2% of participants increased total moderate physical activity minutes per week.



9.8% of participants increased use of MyPlate to make food choices.



5.7% of participants increased use of unit price comparison practice.



53.4% of participants increased days of achieving 30 minutes of physical activity.

Additional Individual Impacts



122,209 adults were reached through direct education.



114,358 youth were reached through direct education.



28,706 direct intervention sessions occurred.

Community Impacts

Individuals Reached

19,445,961

individuals reached through direct education, indirect education, PSE, and social marketing

It's Time Texas Community Challenge

17,975

registrants

331

communities across the state participated

Brighter Bites

6-week

summer session

300,000

pounds of produce

families picked up produce while receiving educational demos and materials

Tu Salud !Si Cuenta!

63

Spanish televised media stories

16,138,780

people reached

Success Stories

DSHS Health Promotion and Chronic Disease Prevention

Dallas County Health and Human Services, a SNAP-Ed subcontractor, established the Community Gardens Program to improve availability of healthy food in high obesity-prevalence zip codes. Six gardens were awarded grants for supplies and planting materials.

At the end of the season, the gardens reported increased food production and donations to food pantries. One recipient, Mustard Seed Faith Community Garden, stated, "The garden helps us serve others. We share fresh vegetables with those in need, especially the elderly and food insecure."



Common Threads

During spring 2021, M.I. Logan Elementary School participated in the Small Bites program. Throughout the duration of the lessons, students experienced hands-on healthy tastings using snack recipes. During the nutrition lessons, the site coordinator extended their lessons to include information on different countries. "The students had fun exploring the continents and sampling the different healthy snack options from North America, the United States, Europe, and France. The students also charted how the snack tasted with a thumbs up or down. This made it an engaging and diverse activity for the students."

HHSC ASC Texercise

Pamela in Boerne, Texas participated in one of the Alamo Area Agency on Aging virtual implementations of Texercise Select. Pamela shared, "My lifestyle changed when my dad, who is almost 98 years old, came to live with me after my mom's passing. I started working from home and wasn't getting out much. I decided to join Texercise classes online and the interaction with other participants in the classes was so rewarding and beneficial to improving my mind and body to curtail weight gain and keep strengthening my muscles. I now have more stamina to complete projects around my home to brighten up my life."



It's Time Texas

In response to COVID-19 and children staying home, It's Time Texas launched a statewide "Sweet Summer Habits" in-person and virtual campaign throughout the 2021 summer. The campaign targeted children to participate in physical activity and nutrition and included healthy habit calendars. We partnered with schools, local sports teams, and influencers to share tips and resources. One participant reported, "A healthy me influences my family."

Texas A&M University Colonias Program

It has been wonderful to be surrounded with SNAP-Ed participants while attending face-to-face Nutrition Education and Physical Activity sessions. The participants share that they have become more physically active and eat with healthy nutrition in mind. The participants enjoy learning how to manage their food costs and they share the knowledge with friends and family. The participants are 60+ years old and learn the importance of eating and exercising to live healthy lives.

UTHealth School of Public Health-Brownsville Tu Salud ¡Sí Cuenta!

Rosa was struggling with uncontrolled diabetes, and despite warnings from her doctors, she would not take an active step to control her diabetes. Once she joined the Tu Salud ¡Si Cuenta! program, she began attending the free Zumba classes and she tried the healthy recipes and tips in the monthly newsletter, and soon after, she began losing weight. She expressed her own and her doctor's excitement at her dedication to changing her lifestyle and improving her health.

MHP Salud

Leticia provided her Juntos Podemos (We Can!) class for a family of six in Roma, Texas with children ranging in age from 4 to 12 years old. When Leticia returned, the children excitedly shared with her that they have been drinking more water, and the parent shared that she tried to have fruit and vegetables available for the children to easily grab and go. The children have begun more physical activity including dancing, and the family shared how easy it was to make small changes with small steps.



Texas A&M University AgriLife Extension Service

During the second year of COVID-19, our educators throughout the state have been on overdrive, working on creative ways to keep serving Texans and to keep them engaged in fun and exhilarating ways. Better Living for Texans (BLT) agents and educators quickly adapted to uniquely serve their communities in a variety of ways. In South Texas, BLT Agent Andrea maintained communication with Growing and Nourishing Healthy Communities participants to cultivate their own personal gardens.

UTAH SNAP-ED IMPACTS **Southwest Region**

Utah's Approach

Utah State University Extension's SNAP-Ed Program, Create Better Health (CBH) aims to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles. CBH uses a comprehensive approach to reduce obesity and chronic diseases among vulnerable populations in urban and rural locations. While 2021 was a challenging year, CBH's dedicated team found innovative ways to reach our audience in meaningful ways. Utah had an active program in 65% of counties, resulting in improved knowledge, skills, and healthy food access for SNAP-Ed-eligible adults and youth.

Key Individual Impacts



61% of adult participants reported choosing foods from MyPlate more often at least 6 months after participating in a SNAP-Ed class series.

p = .003, 6-month follow-up



61% of adult participants reported eating more vegetables at least 6 months after participating in a SNAP-Ed class series.

p = .005, 6-month follow-up



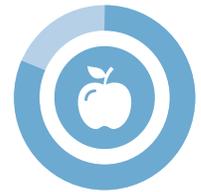
56% of adult participants reported being physically active more days of the week at least 6 months after participating in a SNAP-Ed class series.

p = .005, 6-month follow-up



50% of adult participants reported his/her family eats more vegetables after participating in Create Farm Fresh Gardens.

n = 10, 2021 series



79% of adult participants reported tasting new produce after participating in a Create Farm Fresh Foods series.

n = 38, 2021 series

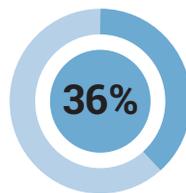
Additional Individual Impacts



1,228 adults were reached with direct education.



6,099 youth were reached with direct education.



36% of youth increased their recognition of healthy snacks after participating in a Captain Create series.

n = 466, p < .001



25% of youth reported being more physically active after participating in a Captain Create series.

n = 683, p = .004



23% of youth reported choosing healthy snacks more often after participating in a Captain Create series.

n = 683, p = .005



Community Impacts

Utah's SNAP-Ed program, CBH works to improve healthy food access through changes made to PSEs throughout the state. Priority settings for PSE during 2021 included food pantries and schools. As a result of PSEs, SNAP-Ed partnering agencies adopted three policy, 40 system, and 46 environmental supports that made healthy food choices easier. In addition to improving healthy food access, CBH also ran a social marketing campaign that promoted farmers markets to SNAP recipients.



Create Healthy Pantries

PSE



> 54,017

people reached

37

pantries

115

PSE changes adopted

57%

of sites increased shelf space, amount, or variety of healthy options

> 10,473

lbs. of fresh produce donated to pantries statewide



Eat Fresh, Buy Local

Social Marketing



> 623,757

people reached

31

sites

9,532,919

impressions

27%

increase in SNAP sales at farmers markets

35%

Increase in Double Up Food Bucks distributed

39%

of 6-month follow-up survey participants recalled the campaign (aided)

60%

of 1-year follow-up survey participants recalled the campaign (aided)

Partnership with Utah State University Extension, Utah Department of Health, Utahns Against Hunger, and the Utah Farmers Market Coalition



Farmers Feeding Utah

PSE, Partnerships



>61,453

people reached

20

distribution sites

>1 million

pounds of locally produced food distributed

21

food pantries received food donations

"The donation from Farmers Feeding Utah was INCREDIBLE! During these trying times a protein product such as salami is such a wonderful treat for [pantry clients]."

- Linda Trujillo, Utah Food Bank Southern Distribution Center Director

Partnership with the Utah Farm Bureau, Miracle of Agriculture Foundation, and Utah State University Hunger Solutions Institute



Healthy Choices Create Better Health

Social Marketing



>391,412

people reached

7

channels

>2,287,720

impressions

30%

of 6-month survey participants recalled the campaign (aided)

"After the challenge [campaign activity] ended, we sent out a post-satisfaction survey. 70% of respondents answered that they likely or very likely will continue to be more physically active in the future."

- Create Better Health ambassador, Box Elder County



Create Healthy Schools

PSE



>6,335

people reached

16

schools

28

PSE changes adopted

Other Highlights

State Nutrition Action Council and Cross-Program Collaboration Efforts

In 2020, Utah State Senator Luz Escamilla introduced Senate Bill 141, Task Force on Food Security. The purpose of this legislation was to create a task force to develop a plan for establishing food security in the state. One of the outcomes is that in the 2022 general legislative session, the Utah State Legislature will consider codifying Utah SNAC to become a state-sponsored coalition that works on food security issues, including nutrition education.

State Tribal Impact

The Painted Horse Diabetes Prevention Garden Box Project has been a successful program since 2015.

Every year, new 8- by 4-foot garden boxes are placed at

families' homes in very rural communities, increasing access to fresh produce. This year, 52 families were served, and an estimated 800–1,000 pounds of produce were collected from the boxes. In 2022, Painted Horse plans to install 30 new boxes throughout the tribal community.

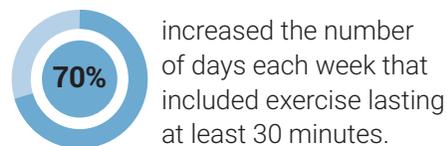


An estimated 1,770 individuals of the Ute Indian Tribe of the Uintah and Ouray Reservation were served by three PSE site activities focused on gardening and physical activity. Other efforts included a Create Healthy Stores site and various on-reservation school activities including a school garden and summer story walks.

Equity Impact

A series of 12 nutrition classes tailoring the CBH curriculum to match cultural and language needs was provided via Zoom to Somali refugees with significant success.

Improvements in diet quality indicators among participants included:



"Key nutritional messages, when communicated effectively, can help change nutrition practices across cultures."

- Celina Wille, Ph.D.

Success Stories

Physical Activity Supported by Direct Education and Social Marketing

At the end of a CBH class series, a participant shared her experience with completing the complementary social marketing health challenge: "I stretched every day and went on numerous hikes with [a friend]. I even added on my non-working days a 2-mile walk with my mother. I loved adding the stretching each day. I do them in the morning and in the evening now. I rented yoga videos from the library that I really enjoy as well."

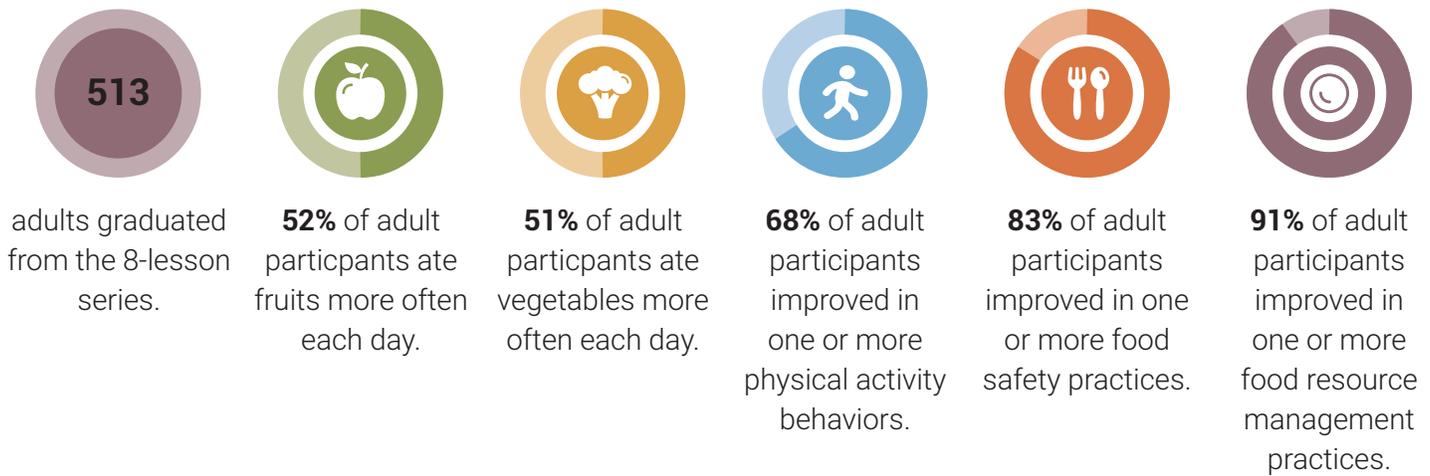


WYOMING SNAP-ED IMPACTS **Mountain Plains Region**

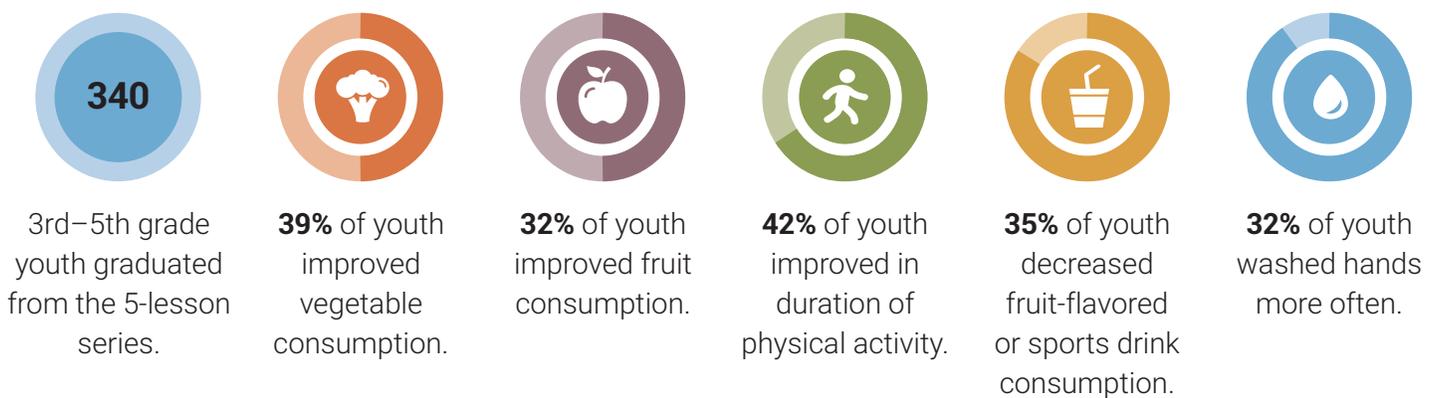
Wyoming's Approach

Wyoming SNAP-Ed, the Cent\$ible Nutrition Program (CNP), targets food insecurity, chronic disease, obesity, and health disparities through direct education and collective community efforts. CNP's educators work to provide direct education to adults and youth with limited resources and connect with a variety of community partners to build a healthier Wyoming at a local level. Wyoming SNAP-Ed, administered through the University of Wyoming Extension, reaches every county in Wyoming and the Wind River Indian Reservation.

Key Adult Individual Impacts



Key Youth Individual Impacts





Extension



Community Impacts

Wyoming SNAP-Ed utilizes PSE community interventions to effect change for populations with limited resources throughout the state of Wyoming. Focus areas for interventions include elementary schools, early childhood education centers, food pantries, and farmers markets. Wyoming SNAP-Ed also relies on agency referrals for community intervention opportunities. With sustained efforts to meet the needs of the community during the COVID-19 pandemic, interventions continued to be made accessible online in 2021.



Youth Education/PSE

15

schools

58

nutrition or physical activity support adopted

3,149

youth reached



Early Childhood Education

7

early childhood education centers

47

nutrition or physical activity supports adopted

184

youth reached through the Healthy Policies Toolkit



Food Pantries

12

food pantries

43

nutrition supports adopted

3,432

individuals reached



Local Foods

125

nutrition and physical activity supports adopted

18,829

pounds of produce donated

18,830

individuals reached



Agency Referrals

1,290

SNAP referrals

6.4%

of enrolled adults from SNAP referrals

Other Highlights

State Tribal Impact

Wyoming SNAP-Ed CNP strives to increase the health of individuals living on the Wind River Reservation (WRR) through a multilevel approach. Ensuring cultural relevancy and maintaining cultural sensitivity is at the core of this approach, which includes direct education, local gardening efforts, and social marketing. CNP teaches an adapted curriculum to ensure each lesson is culturally sensitive and relevant for the WRR audience. Adaptations include incorporating a storytelling style of teaching to embrace this cultural way of learning and adapting recipes to include traditional foods. The data below showcases the individual impacts for adults on the WRR.



improved in one or more diet quality indicators.



improved in one or more food resource management practices.



improved in one or more physical activity behaviors.



improved in one or more food safety practices.



was saved monthly on average per family.

Family Fun with Playground Stencils on the Wind River Reservation

For the first time in over a year, families at St. Stephens Indian School on the WRR came together in spring 2021 to get moving with playground stencils through a partnership with the CNP. Billie Spoonhunter, a CNP educator, and the school had originally planned to hold the stencil painting event in May of 2020, but plans were put on hold when the COVID-19 pandemic shut down the school. In 2021, a local artist designed stencils inspired by native designs and motifs, which were added to the set of game stencils CNP already had. The event brought the community together while adding playground enhancements designed to increase physical activity.

"It was wonderful to see all of the students and families enjoying the painting of the stencils," said Mindy Meuli, director of Wyoming SNAP-Ed. "It created a sense of excitement that I hope is continued with active use of the stencils. I really appreciate the partnerships that came together to make the day such a success."



State Equity Impact

Several staff members of Wyoming SNAP-Ed CNP participated on the University of Wyoming (UW) Extension Diversity, Equity, and Inclusion (DEI) Workgroup to identify strategies to improve diversity practices. Through this workgroup, a land acknowledgement statement was developed along with recommendations for changes in Extension policy and practices to incorporate a more inclusive and diverse environment. In addition, Wyoming SNAP-Ed partnered with the UW School of Counseling Leadership, Advocacy and Design to develop a DEI training that will be required by all Wyoming SNAP-Ed educators, staff, and future employees.

Success Stories

The Great Potato Harvest

Usually grown for outreach efforts at the James C. Hageman Sustainable Agriculture Research and Extension Center (SAREC), thousands of pounds of potatoes were donated to food pantries across Wyoming through a partnership between the CNP, SAREC, and the Food Bank of Wyoming. In fall 2021, potatoes were harvested by CNP staff, CNP educators, extension specialists at SAREC, and 20 cadets from Wyoming Cowboy Challenge Academy, and then loaded into the Food Bank of Wyoming truck for delivery to local pantries.



"This is a great gift, and we look forward to sharing it around the state," said Tony Woodell, Director of the Food Bank of Wyoming.

In total, nearly 6,500 pounds of potatoes were harvested and donated to food pantries throughout Wyoming. To further support this initiative, local CNP educators covering every county distributed potato recipes and fact sheets, and were available to answer questions on preparation, storage, and food safety.



Grow a Little Extra Partnership With the Wyoming Hunger Initiative

In summer 2021, the CNP partnered with the First Lady of Wyoming Jennie Gordon's Wyoming Hunger Initiative and University of Wyoming Extension to launch the Grow a Little Extra project. CNP educator Lori Dickinson and UW Extension educator Caitlin Youngquist spearheaded the effort to encourage gardeners to "grow a little extra." The project connected local gardeners, existing community gardens, and other organizations to food pantries and anti-hunger agencies

to get fresh produce into the hands of people with limited resources. In total, CNP collected and distributed over 7,600 pounds of produce from this program to local anti-hunger organizations in Wyoming and provided educational materials for using produce.



Data collection facilitated in part by the Program Evaluation And Reporting System (PEARS).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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