



## ABOUT

Create Better Health Utah is Utah's SNAP-Ed Program. SNAP-Ed is the nutrition education component of the Supplemental Nutrition Assistance Program, or SNAP, formerly known as food stamps. Create Better Health Utah gives program participants the knowledge and skills they need for continual access to safe and healthy foods. Participants learn how to cook healthy meals on a budget, buy and prepare whole foods, read food labels, practice food safety in the kitchen, and much more. All the information taught by Create Better Health Utah is based on the United States Department of Health and Human Services' Physical Activity Guidelines for Americans, and the United States Department of Agriculture's (USDA) Dietary Guidelines for Americans and MyPlate.

As a comprehensive program, Create Better Health Utah provides more than education. It also works to improve access to healthy food and physical activity opportunities within the communities of program participants. This work is done through changes in policies, systems, and environments. It also works to support the education and skills learned in classes by providing reminders, tips, examples, recipes, and other resources through social marketing and social media outreach. Create Better Health Utah seeks to make the healthy choice, the easy choice.

Create Better Health Utah falls under the general jurisdiction of the USDA. At the state level, the program operates as a partnership between Utah State University (USU) Nutrition Dietetics, and Food Sciences, USU Extension, and the Utah Department of Workforce Services.

## CONNECT WITH US

@createbetterhealthutah

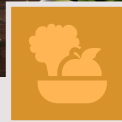


## GET INVOLVED



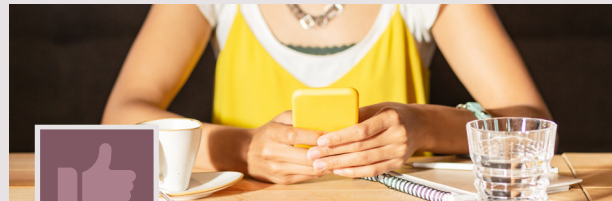
### Join a Class

- Contact your local USU Extension office to learn about or request classes near you.
  - [extension.usu.edu/locations](http://extension.usu.edu/locations)



### Improve Access

- Support community gardens and farmers markets.
- Choose more Thumbs Up for Healthy Choices options at your local store or food pantry.
- Stand up for healthy food and physical activity access in your community.



### Follow Us

- Like us on social media! Please comment and share your favorite posts.
- Learn great tips and recipes from our blogs at
  - [CreateBetterHealthUtah.org](http://CreateBetterHealthUtah.org)
  - [KidsCreateUtah.org](http://KidsCreateUtah.org)
  - [CreateBetterHealthenespanol.org](http://CreateBetterHealthenespanol.org)

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Extension  
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# CREATE SNAP-ED BETTER HEALTH™



For more information, visit:  
[CreateBetterHealthUtah.org](http://CreateBetterHealthUtah.org)

## SNAP-ED WORKS!

What are Create Better Health Utah (SNAP-Ed) participants saying about the program?

*"My favorite part of nutrition class was when you gave us a healthy snack. I learned to taste then think, to see if I liked it. I learned I like healthy snacks."*

Kane County Youth

*"My kids eat healthier, on purpose! I've found new ways to prepare the foods they didn't like and now they will eat them. WIN!!"*

Box Elder County

*"Meal planning has helped us to save money and eat healthier."*

Davis County

*"I learned that MyPlate is very important. It helps everybody's body."*

Beaver County Youth

## SNAP-ED SERVICES

How does Utah SNAP-Ed help Create Better Health?



### Education

Create Better Health Utah focuses on teaching adults and children how to eat and live well with limited money and time. The program offers classes that teach participants how to make delicious and nutritious meals from food they already have on hand. Participants also learn how to create a more active lifestyle with limited resources. These hands-on classes are taught by Create Better Health Utah ambassadors who are trained through the National Nutrition Paraprofessional Certification Program.



### Access

Being able to access healthy food and physical activity opportunities can be challenging for those who have limited resources. To improve access, Create Better Health Utah partners with many organizations and agencies to improve policies, systems, and environments that affect program participants' ability to apply what they learn in SNAP-Ed classes. Thumbs Up for Healthy Choices, for example, is a SNAP-Ed program that helps make the healthy choice easier at food pantries and retail locations throughout Utah.



### Support

Choosing to create better health for ourselves and our families can feel overwhelming and intimidating. Create Better Health Utah uses social marketing and social media to support the changes that program participants decide to make. SNAP-Ed provides nudges, visual reminders, recipes, and tips for specific small changes that can add up to huge health benefits for program participants. These resources are meant to help people feel like they are not alone on their journey to create better health.

## HEALTHY EATING

Food has a big impact on health. Create Better Health Utah SNAP-Ed participants gain the knowledge and skills they need to make healthy food choices with limited resources. Class topics generally fall in these categories:



MyPlate Nutrition



Food Safety



Meal Planning



Shopping Tips



Cooking Skills



Family Mealtime



Healthy Recipes



Smart Beverages

## PHYSICAL ACTIVITY

Being active has many health benefits. Create Better Health Utah classes help participants learn how to be physically active and make goals to improve their health. Classes focus on these areas of physical activity:



For program offerings in your area, visit [extension.usu.edu](http://extension.usu.edu).

