CREATE BETTER HEALTH THROUGH SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

By Utah State University Food $ense SNAP-Ed

7,056,986 INDIRECT IMPRESSIONS

Number of contacts/views (not unique individuals)

6,434 ADULTS

Direct Education

While participating in a series of classes

- 64% increased “other”* vegetable intake
- 57% increased fruit intake

Six months after participating in classes

- 38% increase in choosing and preparing healthy food for their families
- 28% have enough food to last through the month

*excludes dried beans, dark green and orange vegetables

SOCIAL MEDIA

- 92% increase in average monthly Pinterest viewers
- 45% increase in Instagram reach
- 35% increase in total number of Twitter impressions

15,748 YOUTH

Direct Education

As reported by parents

- 78% youth increased intake of fruit and vegetables
- 54% youth increased intake of whole grains
- 47% youth increased intake of lean protein

NNCP National Nutrition Certification Program

1,126 participants nation-wide

32 participants internationally

THUMBS UP FOR HEALTHY CHOICES in Food Pantries (Policy, Systems, and Environment)

Food Pantry Thumbs Up Participants

- 84% report the signage supports their efforts in choosing healthy foods
- 68% report improved dietary intake since program implementation

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