CREATE BETTER HEALTH THROUGH SNAP-ED

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

By Utah State University Food $ense SNAP-Ed

7,757,549 INDIRECT IMPRESSIONS

10,786 ADULTS Direct Education

After participating in classes

- 77% have enough food to last through the month
- 81% eat more fruits and vegetables
- 75% shop with a list
- 77% eat family meals at least three times a week

“I didn’t know I was such a good cook.”

“It’s amazing what little changes can do!”

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

“It really works!”

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

26,537 YOUTH Direct Education

Parents report an increased

- 65% intake of fruits and vegetables
- 49% intake of whole grains
- 48% intake of low-fat dairy

Social Media

- 199% increase of YouTube views
- 158% increase in total number of Twitter impressions

More than 1 million reached

nnCP National Nutrition Certification Program

- 862 participants nation-wide

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

Food pantry participants

- 87% strongly agree/agree that making healthy choices at the food pantry is important
- 67% strongly agree/agree they eat healthier since Thumbs Up was introduced

Thumbs Up for Healthy Choices in Food Pantries (Policy, Systems, and Environment (PSE))

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