Highlighting Massachusetts SNAP-Ed Success

The Supplemental Nutrition Assistance Program (SNAP) includes a nutrition education and obesity prevention component called SNAP-Ed. SNAP-Ed provides nutrition workshops and information to SNAP participants to help them make healthier choices and make the most of their SNAP benefits. SNAP-Ed also works with other organizations, coalitions, and task forces to change the food environment so that the healthy choice becomes the easier choice for SNAP participants.

In FY15, the UMass Extension Nutrition Education Program (NEP) partnered with over 80 community agencies and organizations throughout Massachusetts to reach a total of 60,213 SNAP-Ed participants through direct nutrition education: 2,362 adults and 57,851 youth.

SNAP-Ed Nutrition Education was delivered at 426 sites including:
- Adult education and job training sites
- Daycare and preschool sites
- Elderly service centers
- Farmers’ markets
- Head Start programs
- Public schools
- SNAP office sites
- Youth education and recreational sites

Adult Behavior Change after SNAP-Ed Participation:
Statistically significant improvements showed that adults ate more fruit and drank fewer sugar sweetened beverages after completing the series of nutrition lessons.

Statistically Significant Improvements in Youth Behavior Change After SNAP-Ed Participation:
- Youth (grades 3-8) ate more fruits and vegetables after completing the series of nutrition lessons.
- Youth (grades 3-5) were more physically active after completing the series of nutrition lessons.
- Youth (grades 6-8) ate more whole grains after completing the series of nutrition lessons.

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This material was provided by the UMass Extension Nutrition Education Program with funding from USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-866-950-3663. This institution is an equal opportunity provider and employer.

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SNAP-Ed nutrition educators from the Springfield office reinforced healthy messages and student participation in the “Walking School Bus” and school gardening activities during their nutrition lessons at Springfield Public Schools.

The Raynham office held Family Cooking Nights at the Brockton Public Schools for parents to see healthy food demonstrations, receive recipes, and learn nutrition and cooking skills to keep their families healthy.

The Lawrence office collaborated with Lawrence Public Schools Nutrition Services on Harvest of the Month and Chefs in Schools initiatives. Nutrition educators provided food tasting samples during classes to reinforce the Fresh Fruit and Vegetable Program (FFVP).

Educators from the Worcester office collaborated with the Community Harvest Project to provide nutrition education and activities to youth encouraging Massachusetts-grown produce.

The Boston office conducted a presentation during a Healthy Chelsea meeting with the district food service provider to introduce the Smarter Lunchrooms Movement and discuss possibilities to incorporate ideas into school cafeterias.

The Barnstable office worked with Cape Cod Hunger Network to develop a “Foods to Encourage” list for food pantries to stock their shelves with healthier food donation items.

www.extension.umass.edu/nutrition
https://healthyfoodsinasnap.wordpress.com