

SNAP EDUCATION

Tricounty Health Symposium

2019



Overview

- SNAP-Ed
- SC state goals
- Education Strategies
- Policy, Systems, & Environmental Change (PSEs)

SNAP Education –what is it?

- **“SNAP-Ed (Supplemental Nutrition Assistance Program Education) is the nutrition promotion and obesity prevention component of SNAP” – Food and Nutrition Service (FNS)**
- Goal: “To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current DGA and the USDA food guidance.”

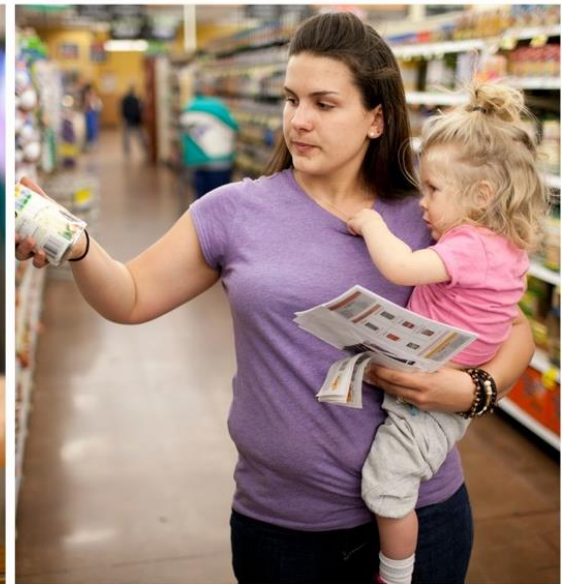


SC State Goals

- To improve nutrition and physical activity behavior of SNAP-Ed participants through evidence-based, multi-level obesity prevention interventions.
- To increase awareness of the purpose and activities of the SNAP-Ed program in South Carolina.
- To increase coordination and cohesiveness among the SNAP-Ed program and other organizations that make up SC's public health infrastructure for obesity prevention and other multi-sector partners.

LCFB Goals

- Improve participants'
 - confidence in food preparation,
 - habits when making food and physical activity choices, and
 - attitude toward engaging in healthy behaviors.
- Decrease food insecurity



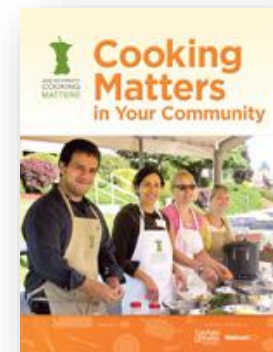
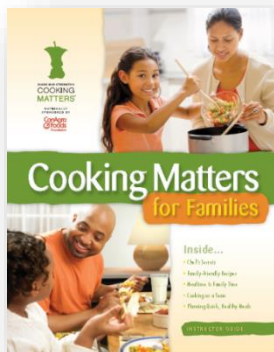
Strategy

Education • Promotion
Policy • System • Environment

Creating conditions where people are encouraged to act on their education and awareness and where the healthy choice becomes the easy and preferred choice.

Education Strategies

- Hands-on culinary nutrition education
- Cooking Matters courses
- Cooking Matters at the Store tours
- Cooking Matters In Your Community
- Cooking Matters in Your Pantry



Beyond the classroom

Fall 2018

Impact Report



Cooking Matters for Adults Partner Name: James Island Outreach

Nutrition Instructor	Culinary Instructor	Course Assistant
Dana Mitchel	Steven Brower	John and Brenda Nickerson
<i>Cooking Matters for Adults is a 6-week, hands-on cooking based program that teaches nutrition, food preparation and food budgeting skills.</i>	7	Total Participants
	100%	Female
	71%	60 and over
	43%	Hold a high school degree or GED
Participant Quotes from the Course:	100%	Participated in Food Pantry program
"I have changed my way of life. This course has really helped me and now I can help my family in the way they eat"	100%	% Graduated from 6-week course
"I now understand more about how to read labels and enjoy cooking a lot more."	After the course, adult graduates report:	
	13%	Increase in consuming fruits.
"It taught me how to prepare a healthy meal for my family."	46%	Decrease in the thought that cooking takes too much time.
	38%	Increase in choosing low fat milk (skim or 1%)
"Good, I learned new ways to cook."	13%	Increase in confidence at buying healthy foods on a budget.
	38%	Decrease in food insecurity

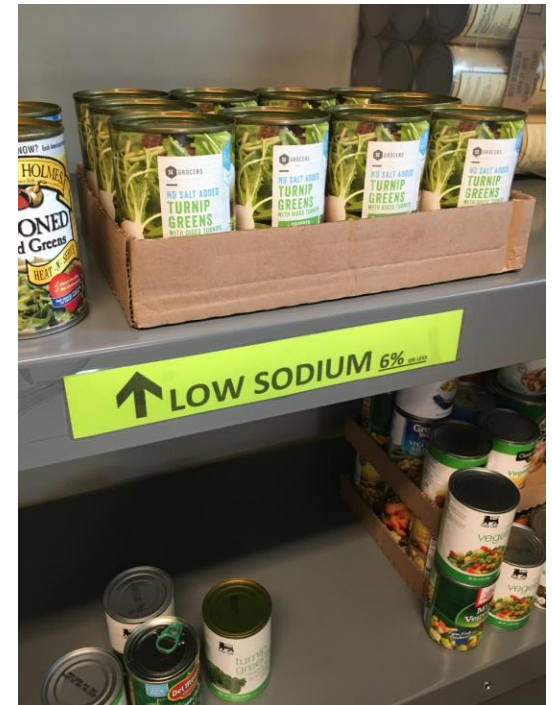
Post course opportunities:

- ◆ Set up MUSC Interns with community outreach project at the food pantry to utilize the nutrition toolkits
- ◆ Connect to other Food Pantry's with Gardens to help establish and begin using Green Space.



Policy: A written statement of an organizational position, decision, or course of action.

- LCFB Nutrition Policy guides the procurement and distribution of food
- Client Choice pantries
- Wellness Pantry



Systems: unwritten, ongoing, organizational decisions or changes that result in new activities reaching large proportions of people the organization serves.

- Afterschool & Summer meals for children
- Standardized healthy meals for seniors
- F2E food identification
- LCFBeWell



Environment:

Modifications in settings where food is sold, served, or distributed to promote healthy food choices.

- Fresh produce in food pantries
- Nutritional merchandising in food pantries



Education • Promotion
Policy • System • Environment

Thank you

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