

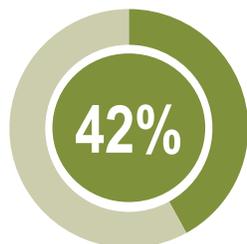


Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Adult Nutrition Education

- 6,555 adults reached through a series
- 17,625 adults reached through single session presentations

“I use 17 tsp. sugar in my iced tea and after seeing a demo of how much that was over a weeks’ time, I was amazed.” After six weeks of class she shared, “I have cut down my sugar to using only 4 or 5 teaspoons of sugar in my iced tea.”



Percent of adults reporting an increase in the amount of vegetables consumed

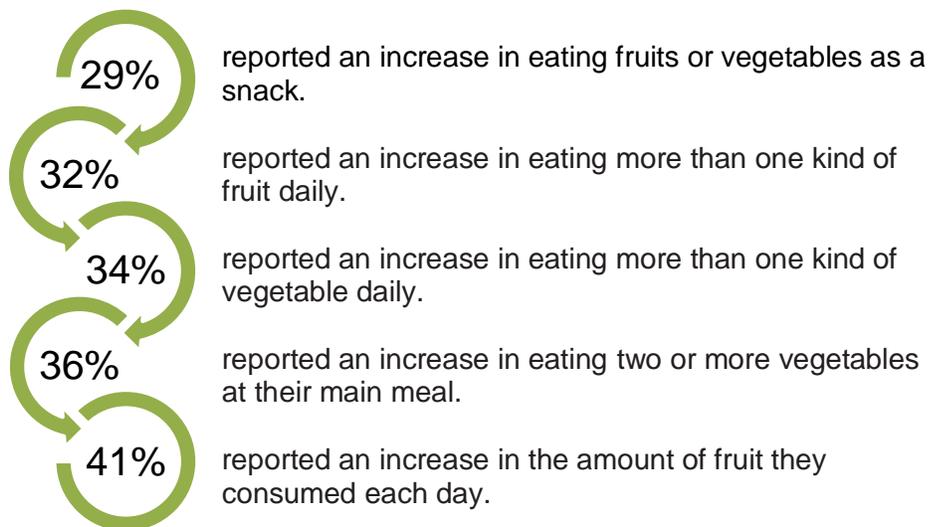
MSU EXTENSION ACTION

MSU Extension partners with Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits. MSU Extension SNAP-Ed nutrition instructors teach youth, teens, adults, and seniors how to make health a priority through an instructional series. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make the healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines.

THE IMPACT

October 1, 2017 – September 30, 2018

Percentage of participants (n=2,991) reporting an increase in a healthy eating behavior after a series of nutrition education:



Likelihood of participants (n=2,991) reporting an increase in a healthy food behavior after a series of nutrition education:

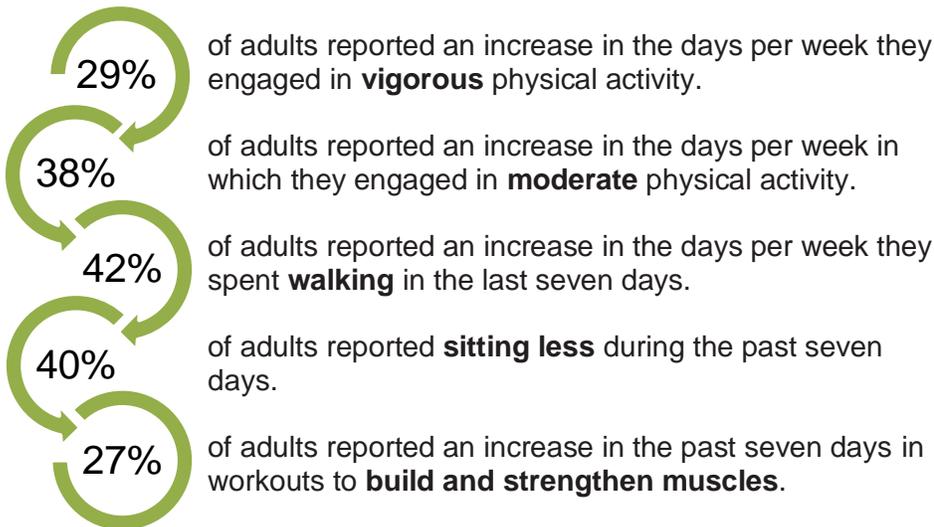
- 2.25 times more likely for how often adults prepare foods without added salt.
- 2.27 times more likely how often adults think about healthy food choices when deciding what to feed their family.
- 2.30 times more likely for how often adults use the “Nutrition Facts” on the food label to make food choices.
- 1.36 times more likely for how often their children ate something in the morning within two hours of waking up.

Adults have greater odds of food resource management practices after a nutrition education series

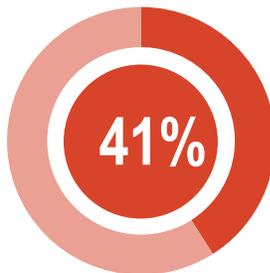


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Percentage of participants (n=2,991) reporting an increase in a physical activity behavior after a series of nutrition education:



Percent of adults who reported an increase in the amount of fruit consumed



Percentage of participants (n=2,991) reporting a decrease in a food safety behavior after a series of nutrition education:

- 20% of adults reported a decrease in how often they let foods sit out for more than two hours.
- 34% of adults reported a decrease in how often they reported thawing food at room temperature.



"I have never looked at food labels and now I can't buy something without doing it," said an adult after a Cooking Matters class.