



## Supplemental Nutrition Assistance Program Education (SNAP-Ed)

### Youth Nutrition Education

- 28,992 youth reached through a series
- 23,995 youth reached through single session presentations

“In presenting a **Grow It, Try It, Like It** series to 3 year olds, I encountered a boy that refused to taste what he was given. The day care provider was not able to get him to eat any fruit or vegetable, with his standard reaction being to push it away. One day I got him to lick a slice of cantaloupe and the provider told me he ate cauliflower also! I asked how that happened, and she explained she had riced it and included it in a Mexican rice bowl like we had talked about....and the boy ate it right up!”



Youth, 3<sup>rd</sup>-5<sup>th</sup> grade are:

# 4.34

times more likely to eat vegetables after the nutrition education series

#### MSU EXTENSION ACTION

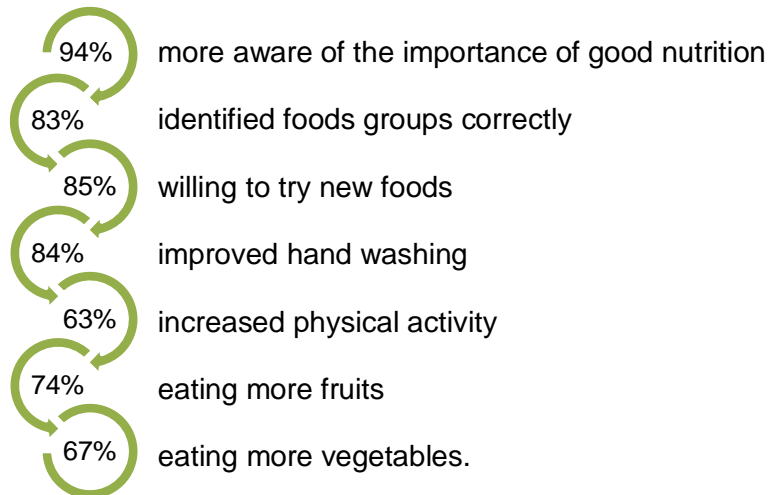
MSU Extension partners with Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits. The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices within a limited budget and choose physically active lifestyles consistent with the current DGA and the USDA food guidance.

#### THE IMPACT

October 1, 2017 – September 30, 2018

#### Youth K-2<sup>nd</sup> Grade

Teachers (n=1,067) observed the following behavior change with their students after a nutrition education series:



The teachers also reported the following after the series:

- 53% reported they were more willing to try new foods
- 49% reported being more aware of the importance of good nutrition

#### Youth 3<sup>rd</sup>-5<sup>th</sup> Grade

Youth (n=4,904) reported the following significant increases in frequency after a series of nutrition education:

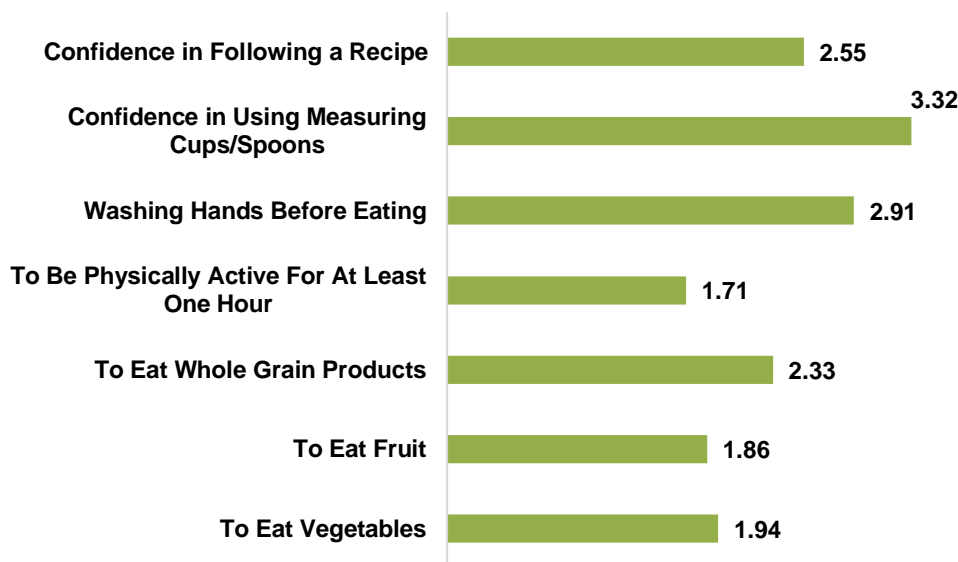
- 3.53 times more likely to eat fruit
- 3.57 times more likely to eat breakfast
- 2.65 times more likely to be physical activity
- 2.83 times more likely to ask their family to have cut-up vegetables in the refrigerator where they could reach them.

**Youth 6<sup>th</sup>-8<sup>th</sup> Grade**

Youth (n=1,919) reported the following significant frequencies after a series of nutrition education:

- 2.21 times less likely to drink sugar sweetened beverages
- 2.27 times less likely to spend time watching TV or movies, playing electronic games, or using a computer for something that is not schoolwork.

**6th-8th grade youth have a greater odds of nutrition practices after a nutrition education series**



**Youth 9<sup>th</sup>-12<sup>th</sup> Grade**

Youth (n=667) reported the following significant frequencies after a series of nutrition education:

- 2.29 times more likely to eat vegetables
- 2.19 times more likely to eat fruit
- 2.18 times more likely to drink non-fat or 1% low-fat milk
- 2.41 times more likely to make healthy choices when eating at a restaurant or fast food place
- 2.03 times more likely to be physical active for at least one hour
- 2.37 times more likely to wash their hands before preparing something to eat

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**A very inexperienced and shy 6th grader, Rachel finds the confidence to fix her family a meal after attending sessions of Teen Cuisine. Having used a chef's knife each time while in class she gained confidence in the kitchen. After having prepared omelets in class, she took the opportunity in the following week to fix her whole family omelets for a meal.**

