

Nutrition Program Facts:

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

US Department of Agriculture, Food and Nutrition Service, Supplemental Nutrition Assistance Program

As the cornerstone of the United States Department of Agriculture (USDA) nutrition assistance programs, the Supplemental Nutrition Assistance Program (SNAP) plays a vital role in helping to improve nutrition in the Nation, particularly among low-income individuals.



During Fiscal Year 2010, an average of 40.3 million people living in 18.6 million households received SNAP in the United States.

- 48% children
- 44% non-elderly adults
- 8% elderly (60 years and older)

Encouraging Healthy Food Choices

Under current regulations (7 CFR 272.2), States have the option of providing nutrition education to SNAP recipients as part of their program operations. While optional, USDA's Food and Nutrition Service (FNS) actively encourages States to provide nutrition education for SNAP participants and eligibles.

The goal of SNAP-Ed is 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 Dietary Guidelines for Americans and MyPlate www.choosemyplate.gov

State Supplemental Nutrition Assistance Program Education (SNAP-Ed) Plans

- Participating State agencies submit an annual SNAP-Ed plan to FNS. This plan outlines the State's nutrition education activities and budget for the following year.
- The Healthy, Hunger-Free Act of 2010 (Public Law 111-296), section 241, established the Nutrition Education and Obesity Prevention Grant Program for eligible low-income individuals which affects operation of SNAP-Ed.
- The provision allows for 100 percent Federal funding for administrative costs deemed reasonable and necessary to operate SNAP Education activities.
- The number of State agencies with approved SNAP-Ed Plans increased from 7 in 1992 to 52 State agencies by FY2011 (Figure A).
- Federal funds approved for SNAP-Ed also grew from \$661,000 in 1992 to \$375 million in 2011.

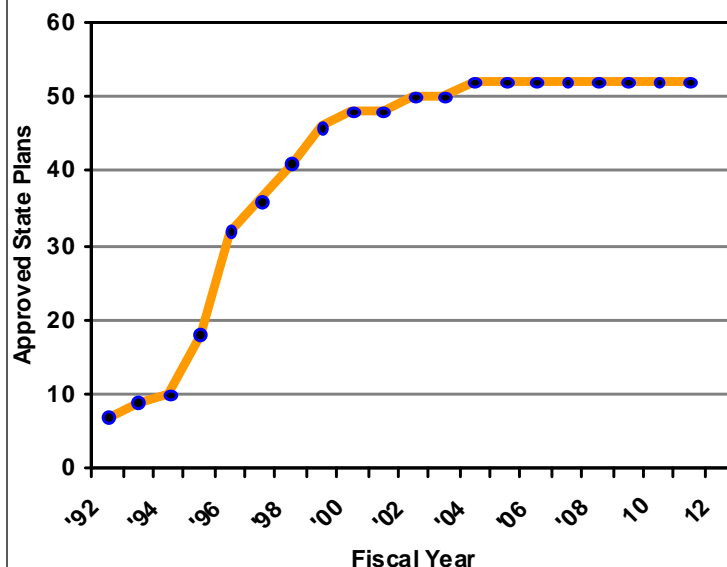


Figure A. The number of State agencies with an approved plan for SNAP-Education by Fiscal Year.

SNAP: Putting Healthy Food Within Reach

State Guidance

FNS provides guidance to States that encourages the use of the most effective nutrition education tools and strategies available. The SNAP-Ed Guidance also helps States develop a clear, comprehensive document for implementing their State plan.

FNS encourages States to focus on the following Key SNAP-Ed Behavioral Outcomes when assessing needs, developing objectives and outcomes:

- Make half your plate fruit and vegetables; eat whole grains, and switch to fat-free or low-fat milk products.
- Increase physically active and reduce time spent in sedentary behaviors as part of a healthy lifestyle
- Maintain appropriate calorie balance during each stage of life---childhood, adolescence, adulthood, pregnancy and breastfeeding and older age.

In particular, FNS encourages interventions in the above areas that focus on:



A copy of the Plan Guidance is Available online at: <http://snap.nal.usda.gov/guidance>

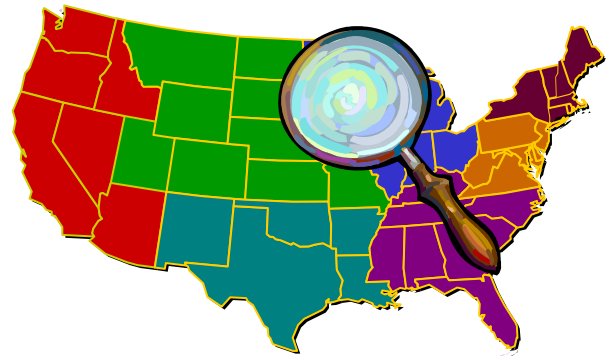
- fruit and vegetable consumption among low-income groups;
- interventions and activities that promote a healthy weight;
- partnerships and collaborations that include other FNS programs in the planning and delivery of nutrition education;
- activities that take place in the SNAP office.

In Your Community

States provide a variety of SNAP-Ed initiatives and target SNAP participants of all ages. Activities range from social marketing campaigns to the provision of a comprehensive curriculum of nutrition education classes.

The National Institute of Food and Agriculture (NIFA) is the predominant State sponsoring agency that is contracted to provide SNAP-Ed. However, State nutrition education networks, public health departments, welfare agencies and other university academic centers are also sponsoring agencies.

Contact your local SNAP office for information on SNAP-Ed activities in your area. Links to the Web



sites of State SNAP-Ed providers are available on the SNAP-Ed Connection Web site at: http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=1&tax_subject=266

To Learn more about the Supplemental Nutrition Assistance Program (SNAP) visit <http://www.fns.usda.gov/snap>