

SNAP-Ed Nutrition Education Program

Supplemental Nutrition Assistance Program- SNAP (formerly known as Food Stamps) provides low-income households with food assistance, funded by USDA. Website- <http://snap.nal.usda.gov/>
SNAP-Ed the educational branch of SNAP provides nutritional education to SNAP-eligible clients. University of Saint Joseph has partnered with the CT Department of Public Health (DPH) to deliver nutritional education at community sites throughout Connecticut. Our program delivers nutrition education via a NET (Nutrition Educator Team), which consists of: Registered Dietitians, Nutrition Educators and students.

Sites include: Women, Infants and Children (WIC) offices, Community Health Centers (CHC), DSS offices, community action agencies, food assistance sites (including Foodshare and CT Food Bank Mobile stops), grocery stores, farmer's markets, Head Start and School Readiness Pre Schools

The curriculum includes the latest, research-based information laid out by the Dietary Guidelines for Americans 2010 and cover topics about physical activity, nutrition and healthy lifestyle choices, food preparation (cooking), and food resource management (saving money at the grocery store), eating a variety of healthy foods from all of the food groups, food safety, reducing fat, sugar and salt, and feeding children. The lessons contain a variety of hands-on activities to reinforce learning and allow participants to apply the newly learned information. A food preparation activity, tasting, and physical activity are included in every lesson.

Topics include:

Get Moving! (physical activity is part of a healthy lifestyle)
Plan, Shop, \$ave (how to stretch your food dollars)
Fruits & Veggies: Half Your Plate (how to increase amount and variety of fruits and vegetables)
Make Half Your Grains Whole (identify whole grain foods and why grains are beneficial)
Build Strong Bones (calcium rich foods including fat-free or low-fat (1%) dairy products)
Go Lean With Protein (choosing lean sources of protein and how to keep food safe)
Make a Change (choosing foods low in fat, sugar, and salt)
Celebrate Healthy Meals (how to involve family in good food choices)

Delivery methods:

Interactive Nutrition Education Sessions - Engage clients in a conversation, via an interactive display board, activity and materials related to a nutrition message to encourage food and lifestyle behavior change.

Workshop Series- Facilitate a discussion of a nutrition topic, including food demonstrations, as allowed by the site. Clients receive supportive materials and recipes to encourage food and lifestyle behavior changes. Pre-registration is required and requested to be coordinated by the site.

Events and Community Outreach- Distribute nutrition messages or education materials to community agencies that serve the SNAP-eligible clients via health fairs, community events and newsletters.

Since the USDA funds the program, services are provided **AT NO COST** to sites or clients.

We collect demographic information and outcome measures to evaluate the program objectives and effectiveness of nutrition message. We will follow-up with participants at 1 and 3 months post education to assess the behavior changes they have made based on the education sessions.

To schedule Nutrition Education for your SNAP-eligible clients, please contact:

CT Department of Public Health- SNAP-Ed Program
860-509-8251