



FOOD \$ENSE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP ED)

2015

BY THE NUMBERS

- 5 out of the 6 elementary schools in the Bremerton School District have a free and reduced lunch population of 50%-80%
- 4 out of the 5 elementary schools in Port Angeles School District have a free and reduced lunch population of 50%-65%
- We reached over 1047 youth and parents with our Food \$ense nutrition series classes and parent newsletters.
- Over 5,400 ECEAP and Head Start parents received our community parent newsletters



ISSUE

In 2014, 14.1% of Washington's population was living under the poverty level. Kitsap County was at 11%, however in the City of Bremerton where we primarily focus our nutrition education efforts, 20.4% of its residences were living under the poverty level. Clallam County's population living under the poverty level was at 14.6%. Having limited income puts these families at risk for consuming foods with lower nutritional value and getting less physical activity. Consequently, they are at risk for nutrition-related health problems and chronic disease. Compared to other income levels, low-income families consume fewer fruits, vegetables and lower fat milk. Many lack the skills to buy and prepare healthful foods for their families within their incomes. Schools with a higher percentage of students qualifying for free and reduced lunch meals attendance and test scores suffer. Five out of six elementary schools in Bremerton School District have over 50% of their students receiving free or reduced meals.

RESPONSE

As a result, Food \$ense staff coordinates an annual District Wide Farmers Market Family Night in Bremerton schools to provide families access to healthier food. Parents are able to use their EBT card and WIC checks to buy fresh produce at the event. Early Childhood Education and Assistance Program (ECEAP) parents and Head Start parents were offered a 8 week nutrition class and all parents received Food \$ense nutrition newsletters that addressed stretching their food dollars and feeding their families healthy foods. In Kitsap and Clallam Counties, 7 elementary school's in Bremerton and Port Angeles received Whole School Approach SNAP Ed programming. Food \$ense educators partnered with the schools faculty, cafeteria workers, backpack programs, PE teachers, media specialists, PTAs, school gardens and participated in family nights and school events to provide nutrition education activities that saturated the school environment with our SNAP Ed nutrition messages. In addition, within those schools, 2-4th grade students received six nutrition lessons with a parent newsletter sent home with each lesson. We also participate in Bremerton and Port Angeles School District School Wellness and Clallam County Food Bank Coalition policy work.



QUOTES

“Our students drink 25% more white milk when the Food \$ense staff is at our school”.- Naval Ave Elementary School Custodian

“After the “Plan, Shop and Save” lesson, my food bill was \$20 less this week because I stuck to my shopping list and didn’t buy unnecessary beverages”.-ESBA participant

“My child now reads food labels and thanks me for starting to buy healthy foods”.- Parent of a 4th grade student

“Since our Food \$ense class I have observed my students cover two sections of their meal tray at lunch to make sure 1/2 their plate/tray was full of fruits and vegetables”.- 1st grade teacher

PARTNERS

Bremerton School District (Child Nutrition Services, Armin Jahr Elem, Crownhill Elem, Naval Ave Elem, View Ridge Elem, West Hills Stem Academy), Port Angeles School District (Suduxo Food Service, Jefferson and Roosevelt Elementary Schools), Bremerton Farmers Market, OESD ECEAP and Head Start, KCR ECEAP/Head Start/WIC, DSHS, DOH, Bremerton Backpack Brigade, Clallam Food Bank Coalition, WA ST Farm to School Assoc.

IMPACTS

In 2015, over 1407 families were impacted by the food \$ense program in Kitsap and Clallam counties. Changes in behavior that occurred as a result of our programs in the schools include:

- 46% improved their understanding of appropriate serving sizes
- 37% improved their understanding of the relationship between nutrients and health
- 36% improved on eating breakfast with at least 3 food groups

Teachers report the following changes in behavior occurred after the Food \$ense nutrition classes:

- 75% observed their students making healthier meal and snack choices
- 89% saw an increase in students' willingness to try new foods
- 67% reported that students were more consistently washing their hands
- 69% observed an increase in fruit and vegetable consumption and physical activity

** (Results from pre- and post-program student tests and teacher surveys 2015)

The Bremerton School District Wide Farmers Market Family night reached over 300 students and parents.

- EBT and WIC check sales were up almost 10% from 2014
- Over 150 students received \$1 tokens to purchase produce at the market



Kitsap County

Food \$ense

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