



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

2021

### BY THE NUMBERS

- Reached over 49,302 individuals with Health Promotions efforts (newsletters, tip sheets, recipes, and social media)
- Served over 50,380 SNAP-Eligible participants with our PSE projects
- Secured extra funding from our funder to expand the Gleaning program's capacity during the gleaning season. The program grew from the previous year to glean over 105,000 pounds of food and distributed it to over 31 sites.

### ISSUE

Equitable access to fresh nutritious foods and healthy activity is a public health concern locally as fresh food access is directly tied to overall health. The 2019 Washington State SNAP-Ed Needs assessment results indicate SNAP-Eligible youth and adults in Kitsap County were insufficient in their consumption of fruits and vegetables, yet local food benefit assistance redemption rates are low. According to the report, 33% of adults and 26% of youth in Kitsap County live below 185% of Federal Poverty level. In fact, a considerable number were worried about not having enough to eat by the end of the month and struggle with hunger. Many lack the skills to buy and prepare healthful foods for their families within their income. The assessment results also indicate Kitsap residences rates of high cholesterol and blood pressure for SNAP-Eligible clients were higher than the Washington State average.

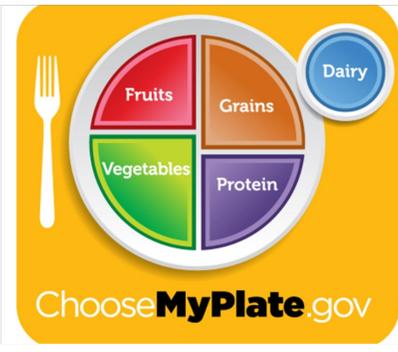
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### RESPONSE

The SNAP-Ed goal is to improve the likelihood of persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current DGA and USDA food guidance. WSU SNAP-Ed provides nutrition and physical activity resources and programming to the Bremerton School District, two food banks, a women shelter and the local Community Service Office. These services include direct and indirect education, policy, system, and environment change work in collaboration with various community partners. We also provide funding and supervision for the Kitsap Harvest Gleaning program which increases access to fresh food to low-income family and senior housing sites.



## QUOTES

“ Produce is expensive, many of us cannot afford to buy them, so to be able to have it for free helps us save money and helps us with our prescribed medical diets since a lot of us have Diabetes and Heart Disease. These food donations have been so beneficial!”  
– Resident at Madrona Manor (Senior Housing)

“ Thank you so much for your Heart Healthy Tip sheets. I am looking at making non-perishable food boxes and will insert these. Your resources are so helpful!”  
– Executive Director, Food Bank

## PARTNERS

Bremerton School District, Kitsap Conservation District, Central Kitsap Food Bank, St Vincent De Paul Food Bank & Women Shelter, Community Service Office, Kitsap Harvest, Kitsap Public Health, WSU Extension 4H & Food System programs, Alliance for Healthier Generation, Healthy Living & Active Living Coalition, Kitsap Food Bank Coalition

## RESPONSE

- SNAP-Ed was able to transition the Gleaning Coordinator role from an Hourly position to a Part-Time benefited position. We also secured additional funding to increase the coordinators hours during the summer gleaning season. The gleaning program expanded this year, collecting more pounds of food and distributed to more sites than the previous year. The program opened a distribution warehouse and continued to utilize the mobile unit.
- Participated in an OSPI Teacher Continuing Education “Healthy Celebrations” Training Module workgroup. The webinar created will provide education on how teachers can provide healthier celebration options in their classrooms.
- Partnered with the WSU 4H program by helping to supervise their Yay-4H teens who were trained on SNAP-Ed approved youth nutrition curriculum. These teens provided online nutrition series classes to SNAP-eligible youth in the Silverdale and Bremerton schools.
- Provided the required nutrition education component for the Bremerton School District Fruit and Vegetable grant. Students were remote learning from home most of the year, so each week nutrition facts and recipes based on the snack were sent home.
- Supported a local women shelter, food banks and the Community Service Office with monthly nutrition facts and budget tips on how to stretch food dollars
- Promoted and provided resources for the P-EBT (pandemic) benefits and SNAP Produce and SNAP Market Match incentive programs to all our SNAP eligible partners as well as the office newsletter and website.
- Reached over 49,302 individuals with Health Promotions and reached over 50,380 participants with our PSE projects
- Participated in the Kitsap County Food Bank Coalition, the Healthy Eating & Active Living (HEAL) Coalition, and Kitsap Harvest Board meetings