

# SNAP-ED WORKS



## 2021 Annual SNAPshot



### THE SNAP-ED DIFFERENCE

SNAP-Ed's goal is to make it easy for everyone to **eat healthy** and **be physically active**, in alignment with the most current recommendations.

In federal fiscal year 2021, SNAP-Ed participated in

**286**

**Policy, Systems and Environmental (PSE) activities**

that reached **382,974** people

In federal fiscal year 2021, SNAP-Ed conducted

**94**

**Direct Education Programs**

that reached **1,383** youth and **334** adults

### ACTIVITIES AND PARTNERSHIPS

#### SNAP-ED WORKS EVERYWHERE IN THE COMMUNITY

SNAP-Ed's strong partnerships allow **Direct Education** and **Policy, System, and Environmental** activities to take place in a wide variety of locations throughout Washington State, increasing access for the people who most need it.

##### Access to Healthy Foods

"I think offering client's choice is imperative in where they want to spend their food benefits and I also think that the disparate food benefits from privately and publicly funded sources can often be confusing and difficult for clients to navigate."

- San Juan County Health and Community Services (San Juan County)

##### Farm to Community

"We are committed to getting community feedback whenever we offer our services, and COVID-19 has shown us how important it is to continuously tune in and be receptive and responsive with the care we provide."

- GRuB (Thurston County)

##### Direct Education

"I definitely am going to have my mom by more of the fruit I like so I can take in more vitamins. I am for sure kicking soda and juice."

- SNAP-Ed participant at Lincoln High School, Tacoma (Pierce County)

##### Health Promotion

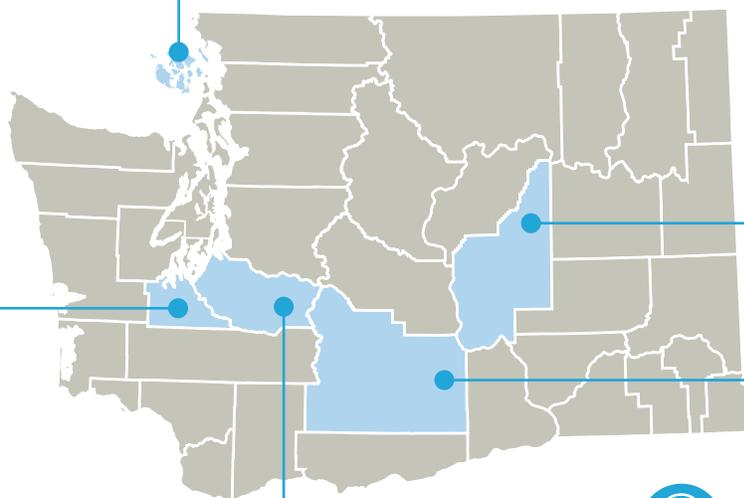
"The first and foremost learning is that SNAP-Ed can continue but it will look different. Change is inevitable and when that concept is accepted, work can continue knowing there will always be change!"

- Mattawa Community Medical Clinic (Grant County)

##### Physical Activity

"It is my hope that in doing this assessment of the Yakima Greenway community survey that YG will have results, data and recommendations that can be used to help them apply for grants to help make improvements, and expand the greenway and improve facilities to make it more welcoming and safer for the community to use."

- Yakima Health Department (Yakima County)



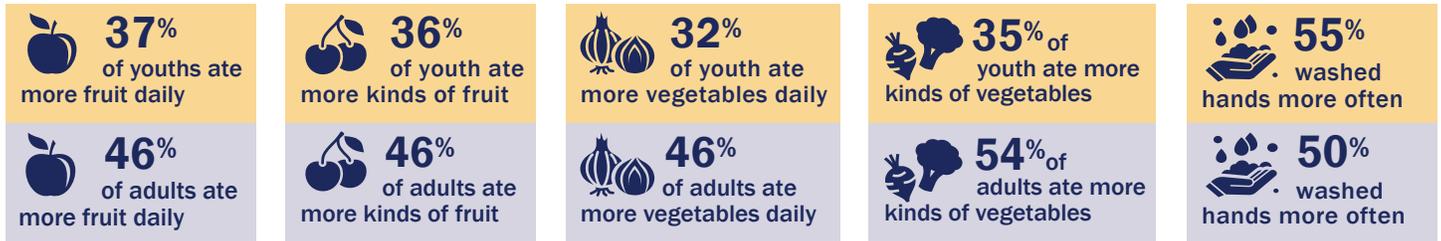
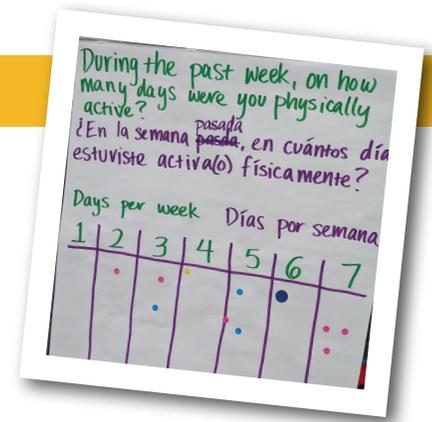
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## EDUCATIONAL OUTCOMES

### PARTICIPANTS

In 2021, SNAP-Ed direct education programs taught **334** adults and **1,383** youth in schools, local community organizations, housing sites, health care centers, and other settings across Washington state.

Percentages of participants who reported an increase in healthy behavior or maintained highest frequency are reflected below:



## DIVERSE PARTNERSHIPS

### TOP PARTNERSHIP SECTORS

The Washington SNAP-Ed program values diverse partnerships. The quality of our programming in Federal Fiscal Year 2021 was enhanced through increased collaboration with our **541** partners.

The South King County Food Coalition (SKCFC) unites twelve member pantries and supporting partners, like **Public Health – Seattle & King County**. An important part of this group’s work was to implement a coalition nutrition policy – including standards for types of foods to prioritize for distribution, and priorities for purchased foods. The coalition also tackled broader goals around nutrition education and education to the greater community on hunger related issues.

- 1
**Schools**
- 2
**Food banks and food pantries**
- 3
**Agricultural organizations/ Farmers markets**
- 4
**Low-income housing**
- 5
**Food stores**

A major theme in the development of the policy was an emphasis on serving customers with dignity. To this end, SKCFC plans to hold listening sessions with customers and to update the nutrition policy with specific goals for providing culturally relevant foods. As with most policy work, challenges presented in the continued implementation and forward momentum of a policy. In FFY2021 and ongoing, SNAP-Ed funding supported the SKCFC in continuing to implement these standards in their member food banks.

– Public Health – Seattle & King County

# SNAP-ED 2021 Annual SNAPshot

## POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES

Washington SNAP-Ed participated in **286** PSE activities across the state, with **77** projects newly started in federal fiscal year 2021.



### ACCESS TO HEALTHY FOODS

There were **145** Access to Healthy Foods interventions spread across **128** sites. Key areas of focus for Access to Healthy Foods interventions included:

- Changes to systems that impact food access, procurement, and quality
- Promotion and marketing of healthy foods
- Creating or changing nutrition policies



Many rural school districts kitchens lack equipment, training, and time to prepare healthy meals. In FFY21, **NEWESD 101** worked with rural foodservice staff to remedy this. Thirteen districts chose new small kitchen appliances, like food processors and blenders, to expand healthy cooking options for their school kitchens. Due to COVID-19 restrictions, the training focused on cold-prep foods and included virtual participation options. One month later, three districts already incorporated their new equipment to make and serve healthy foods in school. One foodservice director shared that, “I serve 36 fruit smoothies every morning and they are the first thing to go.” Through these interventions, districts are gaining the skills and equipment that they need to increase healthy food options in schools.

— *NEW ESD 101*



### HEALTH PROMOTION

There were **145** Access to Healthy Foods interventions spread across **128** sites. Key areas of focus for Access to Healthy Foods interventions included:

- Enacting wellness policies
- Setting up and maintaining gardens
- Improving food quality and appeal

Pre-pandemic, **Clark County WSU SNAP-Ed** often put on food demonstrations and tastings at Family & Community Resource Rooms (FCRCs), pantries, and at local events. During COVID-19, the team decided to try out Facebook Live for a food demonstration using foods commonly found in the pantry and to share resources available to Clark County WSU’s EBT eligible audience. Invitations were sent to FCRC Coordinators, local partners, Farmers Markets, and the Clark County Food Bank. On March 11th, 2021, Clark County WSU aired their first “What’s Cooking with Clark County” Facebook Live event. It featured a food demonstration of Apple Nachos and an interview with guests about available services for people experiencing food insecurity. Per the team, the event went smoothly and was successful! Since the first event, Clark County WSU continued their “What’s Cooking with Clark County” Facebook Live series. They hope to increase audience interaction, as more Facebook live events are aired.

— *Clark County WSU*

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## POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES



### PHYSICAL ACTIVITY

There were **19** Physical Activity interventions that took place across **19** sites. Key areas of focus for Physical Activity interventions included:

- Incorporating physical activity breaks into daily activities
- Creating or coordinating with facilities for physical activities
- Creating or changing physical activity policies



### FARM TO COMMUNITY

There were **108** Farm to Community interventions spread across **106** sites throughout Washington. Key areas of focus for Farm to Community interventions included:

- Setting up and maintaining gardens
- Changing or improving systems for food procurement
- Improving systems for food access



On July 8, 2021, local youth, EPIC youth, Yakima County Food Equity Coalition members, and other community members celebrated the grand opening of the **Opportunities Industrialization Center's (OIC)** community garden. Plantings, including tomatoes, habanero peppers, and squash, were delivered to the food bank across the street once ripe.

— OIC of Washington



**Whatcom County WSU SNAP-Ed** has been partnering with the Lummi Tribal Health Center nutrition staff for the past several years. In FFY21, the staff requested SNAP-Ed support for an at-home gardening project. Whatcom WSU collaborated with the Whatcom Master Gardeners program, Lummi Tribal Health Center, and the Lummi Commodity Food Bank to provide 250 Lummi Tribal families with an at-home container garden kit. Each kit included a watering can, two pairs of garden gloves, six packets of vegetable seeds, a trowel, garden-growing resource handouts, and a WASNAP-

Ed.org bookmark. Whatcom WSU coordinated the purchase of plant starts from the Master Gardener program for the home container-gardens supplied by the Tribal Health Center. Volunteers from the Lummi Commodity Food Bank delivered the kits to participating Lummi families. Partners from the Lummi Tribal Health Center and Commodity Food Bank reported a high Lummi resident turnout and positive feedback from folks to plant their own gardens – some for the first time!

— Whatcom County WSU

