

THE SNAP-ED DIFFERENCE

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

In FFY 2023, SNAP-ED participated in

354

Policy, Systems and Environmental (PSE) activities

that reached **1,156,246** people.

In FFY 2023, SNAP-ED conducted

284

Direct Education Programs

that reached **5,123** youth and **291** 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.

Physical Activity

Public Health - Seattle King County's (PHSKC) SNAP-Ed program expanded their pilot of using an observation method to learn how people use parks. During the summer of 2023, PHSKC worked with 6 community partners to conduct park observations [utilizing the] data collection protocol based on a validated method called SOPARC. SNAP-Ed staff will work with parks departments and the King County Play Equity Coalition to analyze, understand, and make use of the data to improve equitable parks access and opportunities for physical activity. *(King County)*



Partnership

Promise House is a transitional housing site for Family Promise of Skagit that assist up to 4 families at a time as they transition into stabilization after experiencing homelessness. Educators with WSU Skagit County worked with Family Promise of Skagit Valley to deliver 4 cooking activities at Promise House so families can learn new culinary skills.

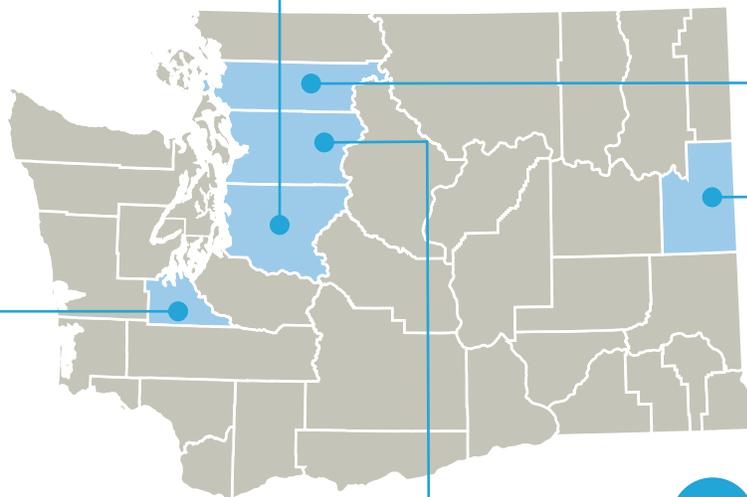
(Skagit County)



Access to Healthy Foods

...Thurston County Food Bank participates in the Summer Lunch Food Service Program each summer in order to support the dietary needs of children who would otherwise be receiving free or reduced lunches at their schools...The days that the SNAP-Ed team partnered with the program to provide nutrition education activities were extremely well-received by the parents and children alike.

(Thurston County)



Direct Education

WSU Spokane provided Food and Nutrition programming in a Spokane Public High School... The reading label lesson had students questioning their food choices. One student reported that she went grocery shopping with her mom and was explaining to her mom that some of the foods they were purchasing were either 'slow' or 'whoa' foods and they should buy more fruits and vegetables.

(Spokane County)



Farm to Community

WSU Snohomish County SNAP-Ed continues to lead a Youth Club at the Snohomish Farmers Market. The purpose of this program is not only to support youth in the community, but to build relationships and enhance links between the farmers markets, EBT/SNAP Match customers and food banks. *(Snohomish County)*



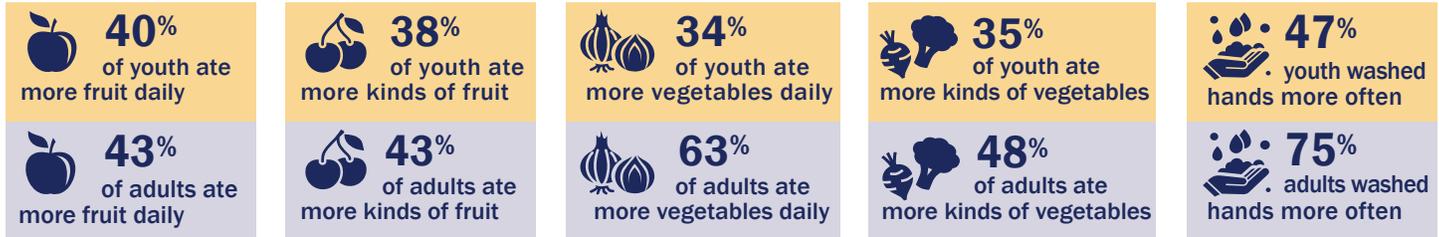
SNAP-ED 2023 Annual SNAPshot

EDUCATIONAL OUTCOMES

PARTICIPANTS

In 2023, SNAP-Ed direct education programs taught **291** adults and **5,123** 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 2023 was enhanced through increased collaboration with our **580** partners.

- 1 K-12 Schools** 
- 2 Food banks and food pantries** 
- 3 Agricultural organizations/ Farmers markets** 
- 4 Low-income housing** 
- 5 Foundations/nonprofits, & philanthropic organizations**

Valley Early Learning Center participated in the **ESD 101** Nutrition Cooperative for the 2022-2023 school year. Through this process, Valley ELC did an amazing job of incorporating local foods into their menu utilizing funding from the WSDA Farm to School Purchasing Grant. ESD 101 helped Valley ELC to connect with local producers in their area, coordinate purchasing, and provided educational tools for the classrooms. In the Spring of 2023, the head cook on site inquired about the possibility of adding a garden to the site as an educational tool and a place to grow food for the center. **Catholic Charities** Food for All has an abundance of experience in adding gardens to early learning sites, so ESD 101 reached out to see if they could partner on the project. With the financial support and technical expertise of the Food for All team, a garden was installed in July 2023. By installing a garden at Valley ELC, the center is able to incorporate all three pieces of Farm to School: Education, Procurement, and Gardening. This provides for a well-rounded education about locally grown foods. The students are able to see how things grow, learn about the food item in their classroom, and then eat that product in their meals served throughout the day. Without partnership, we would not have been able to address all three aspects of farm to school.

— Stevens County

SNAP-ED 2023 Annual SNAPshot

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES

Washington SNAP-Ed participated in **354** PSE activities across the state, with **63** projects newly started in FFY 2023.



ACCESS TO HEALTHY FOODS

There were **166** Access to Healthy Foods interventions spread across **148** sites. Key areas of focus for Access to Healthy Foods interventions included:

- **Changing menus** to increase variety and quality of food
- **Increasing farm-to-table** and use of **fresh and local produce**
- Increasing ongoing, **point-of-decision prompts** to make a healthier eating behavior choice
- Offering **opportunities to choose foods** from food pantries, food banks, or soup kitchens

The **Mobile Farm Stand** is a large-scale project to increase food security in the Palouse region. The project was piloted in summer of 2021 and since then, **Community Action Center (CAC)** has worked to develop the project and establish relationships with community stakeholders and local farmers. [CAC contacted a variety of community stakeholders with the goal of expanding the Mobile Farm Stand to more rural communities.] Ultimately CAC recruited 15 community members to serve as Community Ambassadors. The Community Ambassadors assisted with marketing and managing necessary logistics in their respective communities. As a result of expanded outreach, the program served 1,785 individuals and 490 households, distributed over 2,980 pounds of fruits and vegetables consisting of 49 varieties of produce, and visited more than 20 towns in the Palouse region.

— Whitman County



PHYSICAL ACTIVITY

There were **15** Physical Activity interventions that took place across **15** sites. Key areas of focus for Physical Activity interventions included:

- Increasing opportunities for **structured and unstructured physical activity**
- **Improving access or safety** of walking and bicycling paths
- Increasing **complete streets** environmental changes



In December 2022 a group of Bellingham apartment residents gathered for homemade tortillas and horchata and chatted with the **WA SNAP-Ed Latinx Outreach Coordinator**, who was gathering feedback from Spanish speaking residents to inform the City of Bellingham's proposed **Pedestrian Master Plan**. The Pedestrian Master Plan is for proposed improvements for pedestrians with ranked priority levels for each change based on many factors, including safety and equity. [Residents highlighted] the need for a crosswalk by the bus stop at Palisade Way so kids could get to and from school safely. [They also mention] the need for better street lighting, signage for bicycles, allowing U-Turns at the light so they could get into their apartment driveway more easily, and the fear around a group of unhoused people who frequently spent time near the bus stop. The WA SNAP-Ed Latinx Outreach Coordinator shared this feedback with a Bellingham Transportation Engineer, who indicated that creating a crosswalk at Palisade Way is a higher ranked priority for the city. With SNAP-Ed to bridge the gap between the city and the residents...Spanish speaking residents were able to tell the city how important a new crosswalk would be for them, and the city was able to take that important feedback into account.

— Whatcom County

SNAP-ED 2023 Annual SNAPshot

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES



FARM TO COMMUNITY

There were **173** Farm to Community interventions spread across **166** sites throughout Washington. Key areas of focus for Farm to Community interventions included:

- **Increasing farm-to-table** and use of **fresh and local produce**
- Creating and maintaining **edible gardens**
- Increasing the **use of gardens in nutrition education**
- Increasing opportunities for people to **work in community gardens**



WSU Clallam Extension has worked with the **Port Angeles Food Bank (PAFB)** and other community partners to make a durable food system change.

They established a food processing kitchen to allow for the bulk food processing and preservation of

gleaned, donated and purchased local farm produce. The 1700 sq-ft kitchen is based in the Port Angeles Food Bank. The produce products are destined to serve the nearly 450 families that rely on the food bank for nutrition. The PAFB funded the kitchen construction and other major equipment with a capital campaign between 2021-2022 while SNAP-Ed received FNS approval to purchase \$30,000 in capital equipment and supplies to be used for minimal processing, cooking demos and classes...Beginning in August 2023, [the] SNAP-Ed program manager began to oversee weekly food processing pilot projects with produce gleaned less than 24 hours earlier by SNAP-Ed Food Waste Prevention staff and volunteers. [This work is also helping to] improve and expand our farm gleaning program, where minimal processing is allowing the food bank to take in much larger quantities of local produce to be preserved for use during the off-season...The communication between the kitchen and glean team is becoming increasingly important and the gleaners are now thinking about harvesting produce more cleanly so that it can be bulk processed more efficiently

— *Clallam County*

INDIRECT ACTIVITIES

In FFY 2023, **665** Indirect Activities were conducted to support PSE activities and Direct Education programs. These Indirect Activities reached approximately **1,502,191** people across the region.

Key Channels for Indirect Activities:

- Hard copy materials, like flyers, recipe cards, or pamphlets
- Community events and fairs
- Nutrition education reinforcement items
- Social media
- Electronic materials, like newsletters or text messages



DOH 940-032 January 2024

This institution is an equal opportunity provider and does not discriminate. To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.