


# Maryland SNAP-Education: Producing Change in FY22




Maryland Supplemental Nutrition Assistance Program Education (SNAP-Education) works to improve the health and well-being of Maryland residents. SNAP-Education helps local families lead healthy lives through increased food access, improved nutrition quality, and physical activity. Through partnerships with state and community organizations across Maryland, SNAP-Education provides comprehensive programs, which consist of nutrition education and policy, system, and environmental-level changes. SNAP-Education programs introduce children and adults to healthy options and provide them with the skills and knowledge to make healthy choices.



## In FY22, SNAP-Education reached:



 **239,995** Marylanders through county-wide efforts

## At partnering sites, SNAP-Education reached:

-  **27,819** youth and adults through in-person education
-  **31,382** youth through site-wide events and tastings
-  **152,632** participants through print or electronic educational materials

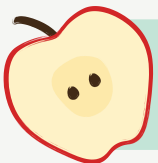
SNAP-Education also works with partners across the state to foster changes in policies, organizational practices, and physical environments that support healthy choices and behaviors. Site-wide health promotion efforts create a recipe for success by improving Marylanders' access to nutritious foods and physical activity opportunities.

## In FY22:

-  **4,701** local and state partners were trained to deliver SNAP-Education programs and/or to encourage policies, practices, or environments that facilitate healthy eating and physical activity by participants.
-  **90%** of sites that work with SNAP-Education have established health-promoting policies, practices, or environments.



In FY22, SNAP-Education worked with **562** local partners to deliver nutrition education and promote sustained healthy changes throughout the state.



**70%** of sites that work with SNAP-Education created a new or improved policy, practice, or environmental effort aimed at supporting healthy choices and behaviors among local individuals and families.

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# Youth Education Sites

SNAP-Ed partners with youth education sites, including schools, afterschool programs, Head Start centers, and Judy Centers, to change the environment where access to nutritious foods and physical activity is provided. Environmental changes relate to classroom tastings, cafeteria line and menu changes, physical activity integration, and farm-to-school promotion. At the same time, parents and students receive education on these concepts to promote increased access, healthy eating and physical activity. The comprehensive programming offered at youth education sites contributes to positive nutrition and physical activity behaviors.

## SNAP-Ed youth drink more water.



**11% more** kids drink water at least 5x each day.

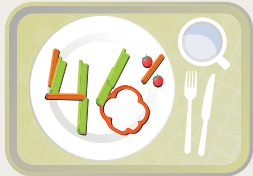
## Youth who participate in SNAP-Ed spend less time watching TV.



**17% increase** in kids who watch less than one hour of TV each day.

SNAP-Ed interventions also foster connections between the home and school environment to support improved and sustained health behaviors.

## After SNAP-Ed, more parents talk with their children about the fruits and vegetables they eat at school.

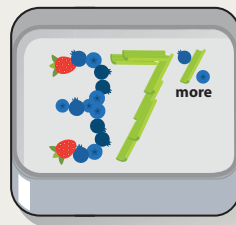


**Before**



**After**

## After SNAP-Ed, students are more likely to eat healthy foods for meals or snacks.



**37% more** teachers observe students selecting healthy foods at school when they are offered.



**53% more** teachers observe students bringing healthy foods from home.

Finally, SNAP-Education programs work to change established behaviors and processes so that teachers, and the broader school community, increasingly integrate and prioritize the concepts of healthy eating and physical activity within classroom programming.

**Teachers who partner with SNAP-Education increasingly promote healthy eating to their students.**



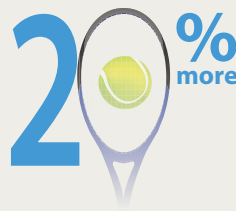
**29% more** teachers talk about the importance of eating healthy foods with their students.



**52% more** teachers provide fruit or vegetable tasting opportunities in their classrooms.



**Teachers who partner with SNAP-Education increasingly focus on physical activity in the classroom.**



**20% more** teachers talk about the importance of physical activity with their students.



**18% more** teachers use physical activity examples in their lessons.

Youth education sites that partner with SNAP-Education establish and maintain policies, practices, and environmental factors that support student and family engagement in health-promoting behaviors.



**56%** of youth education sites use gardens, gardening activities and/or SNAP-Education's Grow Kits to promote nutrition knowledge and healthy eating.



**89%** of youth education sites ensure that students have free and frequent access to water throughout the day.



**60%** of youth education sites have a written policy requiring that recess be offered to students.



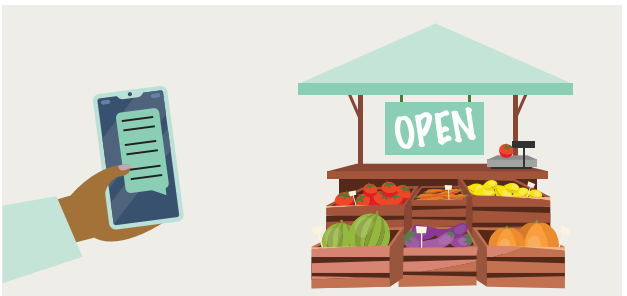
**84%** of youth education sites ensure that daily recess is offered to students, regardless of weather conditions.

# Food Access Sites

SNAP-Ed works to improve food access by connecting families to local food resources including farmers and food pantries. Partnerships between SNAP-Ed and local food access sites focus on ensuring that healthy options are available and promoted to shoppers or clients experiencing food insecurity. SNAP-Ed then pairs nutrition education for participants that focuses on how to prepare foods at home in a way that their families will enjoy. Comprehensive educational programming at food access sites helps farmers and food pantries make operational changes that support their shoppers or clients' healthy choices.

**8 out of 10** collaborating SNAP-Ed farmers' markets or farm stands report accepting SNAP benefits as payment.

**Farm stands and farmers' markets that partner with SNAP-Ed engage with the local community to improve food access.**



**91%** use social media to engage with the community.

**83%** maintain an accessible location and operating hours.

**Food pantries that work with SNAP-Ed seek out ways to provide clients with fresh produce.**



**82%** of food pantry managers partner with other community agencies that have on-site gardens.

**After SNAP-Ed training, market managers plan to increase food access through various market promotion practices.**

**3/4** of market managers plan to:



- Participate in market incentive programs.
- Partner with UMD extension and/or master gardeners.
- Host special events to attract customers.

**Food pantry staff at sites that work with SNAP-Ed are committed to improving healthy food access.**



**73%** of food pantry managers say that their staff and volunteers know what makes up a healthy diet and are committed to promoting and providing healthy choices.