

# Maryland SNAP-Ed:

## Fostering Healthy Individuals and Environments in FY23

Maryland Supplemental Nutrition Assistance Program Education (SNAP-Ed) 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-Ed provides comprehensive programs, which consist of nutrition education and policy, system, and environmental-level changes. SNAP-Ed programs introduce children and adults to healthy options and provide them with the skills and knowledge to make healthy choices. SNAP-Ed also works with local partners to foster or strengthen policies, systems, and environments that support families' healthy choices.



SNAP-Ed works with partners across the state, many have partnered with SNAP-Ed for numerous years, 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 FY23, SNAP-Ed worked with partners across the state to support healthy eating and physical activity through improved policies, practices, and environmental efforts.**

- **4,714** local and state partners were trained to deliver SNAP-Ed programs and/or to facilitate policies, practices, or environments that foster healthy eating and physical activity by participants.
- **83%** of sites that work with SNAP-Ed have established health-promoting policies, practices, or environments.

**In FY23, SNAP-Ed reached more than 530,000 Marylanders:**

- **178,036** youth and adults at partnering sites with comprehensive programming:
  - **39,045** youth and adults through in-person education
  - **31,001** youth through site-wide events and tastings
  - **107,990** participants through print or electronic educational materials
- **352,738** Marylanders through broader educational efforts across the state



**In FY23, Maryland SNAP-Ed worked with **568** local partners to deliver nutrition education and foster healthier environments.**



**58%** of sites that work with SNAP-Ed created a **new** or **improved** policy, system or environmental change to support healthy choices and behaviors among local individuals and families.

This institution is an equal opportunity provider.

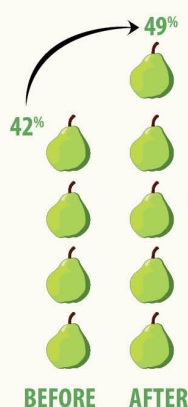
This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

# 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 cafeteria line and menu changes, physical activity integration, and farm-to-school promotion. At the same time, parents and students receive education and tastings 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 Eat More Fruits and Vegetables

Eating fruits 2 times per day **INCREASED**

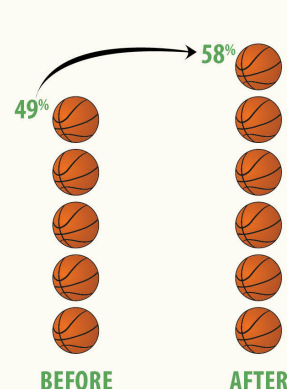


Eating vegetables 2 times per day **INCREASED**



## SNAP-Ed Youth Programs Encourage Physical Activity

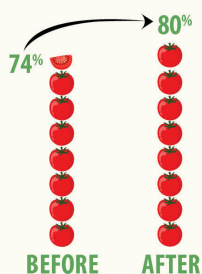
Engaging in physical activity at least 4 days per week **INCREASED**



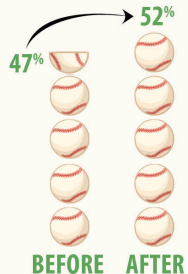
SNAP-Ed interventions also foster connections between the home and school environment to support improved and sustained health behaviors.

## SNAP-Ed Programs Help Parents Promote Healthy Behaviors

Availability of fruits and vegetables at home **INCREASED**

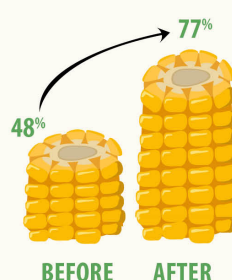


Being active as a family **INCREASED**



## SNAP-Ed Trained Teachers See Students Eating More Healthy Foods at School

Willing to try new healthy foods **INCREASED**



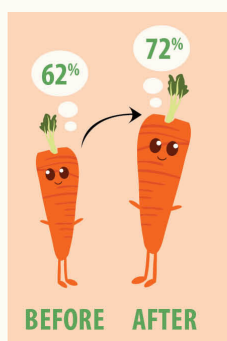
Selecting healthy foods for meals or snacks at school **INCREASED**



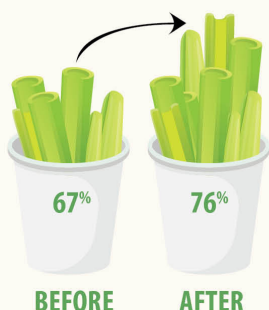
Finally, SNAP-Ed programs work to change established behaviors and processes so that teachers, and the broader school community, increasingly integrate and prioritize the concepts of healthy eating and physical activity within classroom programming.

## SNAP-Ed-Partnering Schools Encourage Students to Eat Healthy

Promoting fruits and vegetables through signs, displays, or posters  
**INCREASED**

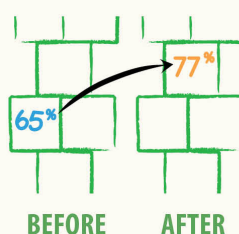


Placing healthy foods in easy to access locations for students  
**INCREASED**

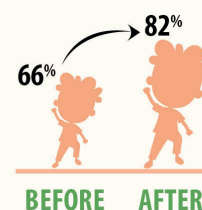


## SNAP-Ed Trained Teachers Promote Physical Activity Among Students in the Classroom

Providing physical activity as a reward  
**INCREASED**



Talking about the importance of physical activity with students  
**INCREASED**



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

**61%**

**61%** of youth education sites ensure that rewards for students focus on healthy items.

**79%**

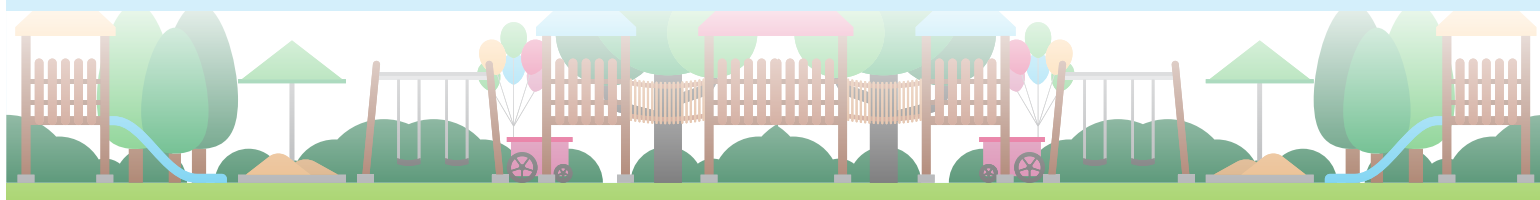
**79%** of youth education sites use gardens and/or classroom gardening activities to promote nutrition knowledge and healthy eating.

**67%**

**67%** of youth education sites have a written policy requiring that recess be offered to students.

**91%**

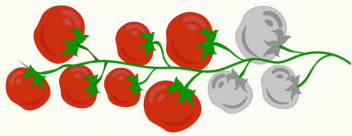
**91%** of youth education sites ensure that daily recess is offered to students, regardless of weather conditions.



# 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.

## Farmers that Work with SNAP-Ed Engage with the Local Community



**71% of farmers:**

- Identify and develop relationships with local community organizations serving low-income populations.
- Develop a marketing plan for their stand/booth.
- Use social media to promote their stand/booth.

## Farmers' Markets and Stands that Work with SNAP-Ed Seek Opportunities to Improve Food Access



**84% of farmers' markets and stands:**

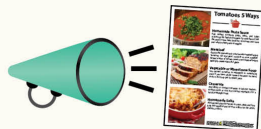
- Maintain an accessible location and operating hours.
- Display and share SNAP-Ed resources with shoppers.

## Food Pantries that Work with SNAP-Ed are Committed to Providing Healthy Foods

**78% of food pantry managers** say that their staff and volunteers regularly provide healthy food choices.



**72% of food pantry managers** say that their staff and volunteers are committed to promoting healthy choices.



## Food Pantries that Work with SNAP-Ed Increase the Distribution of Fresh Produce to Clients



**67% of food pantry managers:**

- Seek donations for healthy foods from potential donors.
- Work with other community agencies that have on-site gardens.

