

Maryland SNAP-Ed:

Fostering Healthy Individuals and Environments in FY24

Maryland Supplemental Nutrition Assistance Program Education (SNAP-Ed) helps local families lead healthy lives through increased food access, improved nutrition, and physical activity. Through partnerships with state and community organizations across Maryland, SNAP-Ed provides comprehensive programs, which consist of delivering nutrition education and cultivating 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. Further, SNAP-Ed works with local partners to foster or strengthen policies, systems, and environments that support families' healthy choices.

In FY24, SNAP-Ed reached more than 424,000 Marylanders:

- **229,096** youth and adults at collaborator sites with comprehensive programming:
 - **54,277** youth and adults through in-person education
 - **29,071** youth through site-wide events and tastings
 - **145,748** participants through print or electronic educational materials
- **195,641** youth and adults through broader educational efforts across the state

SNAP-Ed works directly with individual sites to impact change, while also establishing more expansive partnerships at the district, agency, or county level in order to reach multiple sites within a single umbrella partnership. Site-wide health promotion efforts create a recipe for success by improving Marylanders' access to nutritious foods and physical activity opportunities.

In FY24, SNAP-Ed worked with partners across the state to support healthy eating and physical activity through improved policies, practices, and environmental efforts.

- **5,430** 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

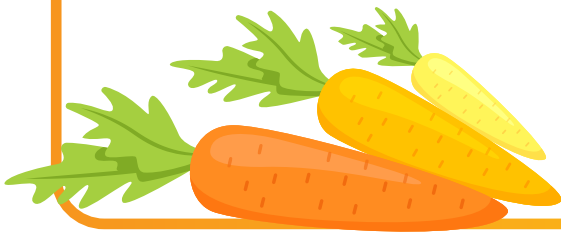


\$316,304.51 in-kind contribution by teachers across the state delivering SNAP-Ed lessons in the classroom.

In FY24, Maryland SNAP-Ed worked with **674** local partners, including **34** multi-site and district-wide collaborations, to deliver nutrition education and foster healthier environments.



79% of sites that work with SNAP-Ed have **established** health-promoting policies, practices, or environments, and **53%** of these sites created a **new** or **improved** health-promoting policy, practice, or environmental effort.



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Youth Education Sites

In FY24, SNAP-Ed partnered with **541** youth education sites, including schools, afterschool programs, Head Start Centers, and Judy Centers, to make healthy choices more accessible and sustainable for children and families. SNAP-Ed's comprehensive approach includes nutrition education partnered with efforts to cultivate supportive communities by targeting health-promoting policies, systems, and environments.

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

90%

90% of youth education sites prioritize access to and promotion of water over sugar-sweetened beverages.

52%

52% of youth education sites improve food access by offering families a backpack food program.

63%

63% of youth education sites have a written policy restricting the use of physical activity as a punishment.

93%

93% of youth education sites ensure that physical activity breaks are offered in the classroom.

At the same time, SNAP-Ed programs worked 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.

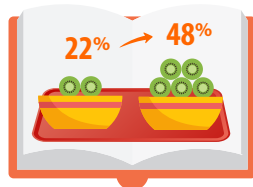
After SNAP-Ed, teachers encourage healthy eating among their students in the classroom:

Fruit or vegetable tasting opportunities
INCREASED



BEFORE AFTER

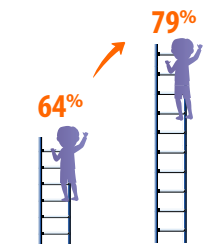
Classroom lessons linking to the healthy foods being offered in the cafeteria
INCREASED



BEFORE AFTER

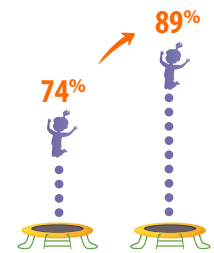
After SNAP-Ed, teachers encourage physical activity among their students:

Use of physical activity as examples in their lessons
INCREASED



BEFORE AFTER

Talking with students about the importance of physical activity
INCREASED



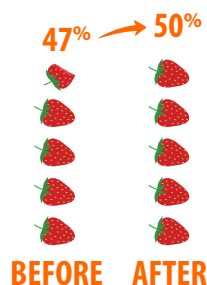
BEFORE AFTER



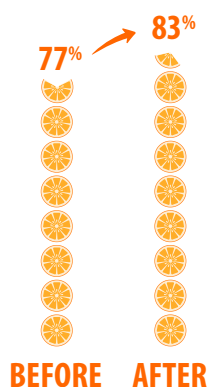
Finally, parents and students received education and tastings to promote increased access, healthy eating and physical activity. Parents received education from SNAP-Ed in various ways, through educational lessons, virtual cookalong events, parent nights, and/or educational resources. Students primarily participated in series of classroom-based lessons, which were delivered by SNAP-Ed educators and/or trained trainers. The comprehensive programming offered at youth education sites contributes to positive nutrition and physical activity behaviors, including improvements in some behaviors that are difficult to change, within both the school and home environments.

After SNAP-Ed, families eat more fruit:

Kids eating fruit
at least 2x per day
INCREASED

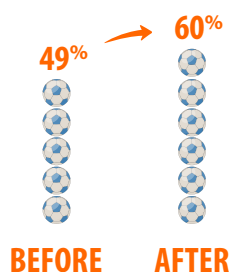


Parents eating fruit
in front of their children
INCREASED

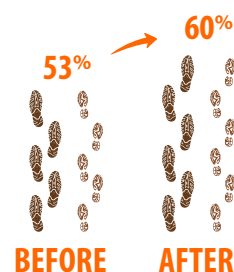


After SNAP-Ed, families engage in physical activity at least 5 days/week:

Kids being physically active
for at least 60 minutes
INCREASED

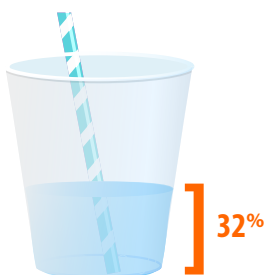


Parents playing actively
with their children
INCREASED



After SNAP-Ed, families make healthy beverage choices:

32% of kids
consume more water.

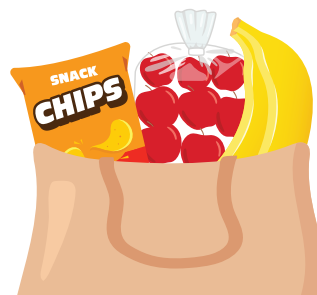


29% of parents
buy fewer sugary drinks.



After SNAP-Ed, families make healthy food choices while shopping:

27% of parents buy fewer unhealthy snack foods.



Food Access Sites

In FY24, SNAP-Ed worked with **133** farmers and food pantries to improve food access by connecting families to these local food resources. Partnerships between SNAP-Ed and local food access sites focused on maximizing benefit redemption and ensuring that healthy options were available and promoted to shoppers or clients experiencing food insecurity.

SNAP-Ed then paired nutrition education for participants that focused on how to prepare foods at home in a way that their families would enjoy. Comprehensive educational programming at food access sites helped farmers and food pantries make operational changes that support their shoppers or clients' healthy choices.

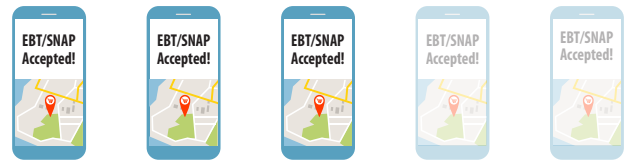
Farmers that work with SNAP-Ed engage with the local community:



4 out of 5 farmers:

- Donate surplus farm products to schools or food assistance organizations.
- Use social media to market to new audiences and/or to promote their farm.

Farmers that work with SNAP-Ed improve food access within the local community:



3 out of 5 farmers:

- ⊖ Develop relationships with community organizations serving low-income populations.
- ⊖ Develop a marketing plan for their farm.

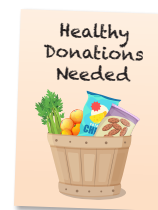
Food pantry staff at sites that work with SNAP-Ed are committed to improving access to healthy foods:



3 out of 4 food pantry managers say that their staff and volunteers:

- Know what makes up a healthy diet.
- Commit to promoting healthy choices.

Food pantries that partner with SNAP-Ed are working to provide their clients with healthy foods:



42% of food pantry managers:

- Solicit targeted donations for healthy foods from potential donors.
- Communicate their procurement policy for nutritious foods to potential donors.