

SNAP-Ed Works

in Georgia

The Association of SNAP Nutrition Education Administrators (ASNNA) collected stories from the Georgia community members of how SNAP-Ed has impacted them

Senior

"The entire 6-week session was very **informative** and **enhanced my knowledge** of eating healthy to live better and maintain a healthy lifestyle. I learned about eating a **balanced and healthy meal** by utilizing the plate method to lose weight, maintain a healthy **blood pressure, cholesterol**, and **lower my A1C** to avoid **future health issues**. In summary, I use **food as medicine** to maintain my health."

Student

"I was introduced to foods **unknown to me before**. I learned how to **cook in a healthier manner**. The classes also introduced me to **reading labels, controlling my intake**, and increased my **knowledge** of how certain foods are helpful in controlling my Diabetes. My **A1C decreased from 8.1 to 7.5**, which is still higher than normal, but is **on the way to being healthier**."

Veronica, 60

"I read food **labels carefully** and am more **deliberate** in selecting food options at the grocery store in order to continue using the tools acquired in the cooking class. How the items were **used at home** was included in the class discussions."

Community Member

"I learned how to really **read nutrition labels** and understand what's going into my body. Before this class, I thought I was making healthy choices, but now I realize how much **marketing can be misleading**. Knowing how to identify what's truly healthy and the other skills, has given knowledge and tools that **equipped me in hours to apply the knowledge** and skills I've learned. It has definitely **changed the way I approach food**. I no longer eat just to be full—I eat to be **fueled**."