

# SNAP-Ed Works in Nebraska

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

## SNAP-Ed Nutrition Educator

"Senior (Jean) came up to me after the Snap-Ed presentation and said, 'I just wanted you to know that **I went to the doctor last week and my numbers are the best they've ever been**, and I credit you' I said 'why do you say that?' She said, 'all the stuff you have taught over the last year I have tried to incorporate and **eat healthier, and I drink more water because of you**...I now carry a bottle of water with me everywhere I go, and I started doing that because of you...I just had my medical review and **my numbers were perfect, my BP was 110/70 and pulse was 60**. I appreciate all the tips for good health by **eating healthy greens and many other vegetables to give my body energy**.'"

## Agriculture Worker

"I am a community Gardner. We raise fresh produce that is donated for the Snap-Ed program. Last year **we donated 14,000 lbs of produce for the program**. One lady told us that she was **so thankful for the program, because last year she was searching through dumpsters to get food**. Educating the public about healthy eating is part of the program's purpose. Fresh produce is not only given, but also **recipes and How to use the produce is presented** at each weekly giveaway. Without this program, not only would there be no education about food, there would be no fresh produce for many many families"

## SNAP-Ed Staff

"In 2024, SNAP-Ed in Dakota County **utilized \$1,540.48 of SNAP-Ed funding** to support their Growing Together Nebraska project. This **community-based program strengthens the local food system, reduces food insecurity, and empowers individuals and families** with low incomes through access to local, healthy, and nutritious produce. [This investment] along with the **engagement of 129 volunteers, serving 1,757 hours** of community service work, **helped produce \$36,816 worth of locally grown and donated produce**."

## Community Health Center Director

"We tell our clients they need to eat more fresh fruit and vegetables, but they say they can't afford it, **this project has allowed us to make fresh produce available**. We hope the fresh free produce makes an impact on their overall health and lifestyle. **If they have more opportunities to experience fresh produce, they will find ways to budget and afford it better.**"

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Pictures from the  
“Growing Together  
Nebraska” community-  
based program

