

SNAP-Ed Works in Ohio

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

Cleveland SNAP-Ed Participants

"At a permanent supportive housing apartment complex located in Cleveland, Ohio, the SNAP-Ed program has motivated residents to **try out new recipes as well as healthier adaptations** of their beloved dishes. Since joining the programming, [one resident] has purchased his own whisk and various cooking supplies to **recreate recipes for his partner and family**...Another resident enjoys **using food demo recipe cards to prepare meals for his family** during their visits. He particularly loves making Black Bean Brownies. His enthusiasm and willingness to share his knowledge have **encouraged many in his circle to embrace healthier eating habits.**"

Senior Participant

"In the final class of a **Senior Center SNAP-Ed series**, one of the seniors...shared that **she had made the Celebrate Your Plate Pumpkin Lentil Soup three times** since the SNAP-Ed staff had made it with them. [And] **she's made all of the recipes we demonstrated** at the Senior Center and **she's learned so much from these classes.**"

Early Childcare Students

"The head cook from a local Head start approached me to share how she loves all of the healthy food tastings that I bring to the preschool classes! She shared that **after trying my new healthy foods the kids are more likely to eat the foods that she offers.** The cook went on to share that the preschool students used to not eat the hummus that she served because they thought it looked weird, but after I brought in the SNAP-Ed Celebrate Your Plate afterschool hummus for them to try **they started eating her hummus at lunch more!**"

Housing Manager

"This has been so helpful as it is important for the **elderly to understand nutrition and to remain active** in a fun and interactive way. Our **SNAP-Ed program is loved and enjoyed by our community**, and we hope this program will continue."

Nutrition Educator

"One of the participants in SNAP-Ed **changed from drinking sugary drinks to water** after a lesson on added sugar. She stated, 'I went to the doctor and **I lost four pounds, I drink water most of the time now.**'"