

SNAP-Ed Works in Pennsylvania

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

Nutrition Educator

"I work with PreK age to senior citizens and showing them how to make the best with the resources they have to make healthy choice is so important and a very large need. **Food insecurity can make it hard for people to feel like they can make healthy choices, but my job is to show them how to do so and enjoy it.** There is a school we teach at all year around about MyPlate and at the end of the year **give the students pedometers and walk to a local park and do a physical activity challenge.** This helps to kick-off a healthy and active summer for the students."

School Principal

"SNAP-Ed has been such a **valuable resource for our school community.** It's more than just nutrition lessons—it's a program that **helps our students make better choices, stay active, and think about their health** in a way that sticks with them. The lessons are engaging, age-appropriate, and hands-on, which our kids really enjoy. I've seen **a real shift in how students talk about their food choices.** They're more aware, more curious, and **more excited about healthy living.**"

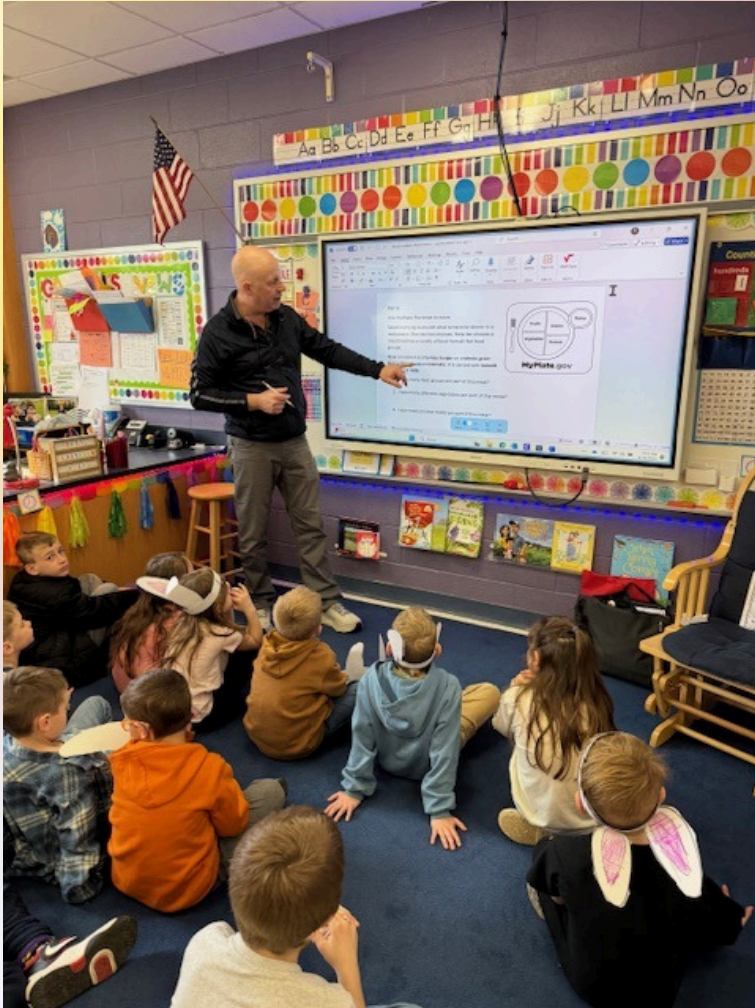
Nutrition Educator

As a nutrition "educator, I've seen that SNAP-Ed Works! Whether it's the **look of awe on a preschooler's face** when I pull a never before seen vegetable from a mystery bag (beets, asparagus, cabbage) or the thumbs-up I get from one of those 3 year-olds after they've tried coleslaw and have declared it as their **new favorite food...Families are buying the ingredients and making the recipes** at home and these parents are **shocked when their kids eat it!**"

Philadelphia SNAP-Ed Implementer

"I work for a Philadelphia nonprofit that provides SNAP-Ed services to **adults and school-aged children.** I've seen how providing **nutrition and agriculture education** in the classroom and school gardens **makes kids and adults more excited about eating fresh, healthy foods.** I have also seen that developing partnerships with farmers and growers who provide access to fresh produce through school and community farm stands **increases families' ability to eat healthy foods.**"

SNAP-Ed Works in Pennsylvania



**Pictures from
Pennsylvania SNAP-Ed
Nutrition Education
Lessons**

