

# SNAP-Ed Works for Oregon



SNAP-Ed is a federally funded grant program that helps people stretch their SNAP dollars, teaches them how to cook healthy meals, and lead physically active lifestyles. Oregon Department of Human Services is the administering State Agency for SNAP-Ed in Oregon and contracts with OSU Extension as the primary Implementing Agency. The OSU Extension Service provides nutrition education for eligible individuals to promote healthy food choices and physical activity through classes, partnerships, social marketing, and promoting policy, systems and environment changes.

## Challenges and Opportunities



17%

of children in Oregon are food insecure

Feeding America 2022



13%

in Oregon are food insecure

Feeding America 2022



86%

of 8th graders do not get enough fruits and vegetables

Oregon Student Health survey, 2022



19%

1 in 5 adults participated in no physical activities in the past month

Oregon Health Authority 2022

## Making the Healthy Choice the Easy Choice:

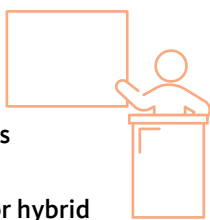
### Oregon SNAP-Ed Comprehensive Interventions

28,000  
unique participants

1,500  
classes and programs

30%  
of sessions remote or hybrid

FFY 2023



104,811  
individuals  
estimated to have  
been reached by  
Food Hero  
community events

FFY 2023



500+  
Food Hero  
Recipes

Healthy & tasty,  
budget-friendly, flexible,  
celebrate diverse foods, all  
available in English & Spanish

FFY 2024



587,135  
unique users visited  
FoodHero.org

FFY 2024

## Boardman Classes Celebrate Latin Heritage Flavors & Traditions

Umatilla SNAP-Ed offered a new series of nutrition and cooking classes for Latin families from Sam Boardman Elementary School in Boardman. The Oldways 'A Taste of Latin American Heritage' curriculum was provided in Spanish. One participant noted that "having a class in our own language makes it so much more easy to understand." Having access to a culturally relevant program was more engaging for families and it ended up being one of the most successful classes to date, drawing about 20 participants. Over 90% attended each weekly session with their families, and every family completed at least six out of seven lessons. Families felt empowered to make significant changes in their daily meals, leading to increased consumption of fruits and vegetables. Community bonds were strengthened through group learning and sharing of culinary traditions.



## SNAP-Ed Partnerships

**695 & 74**  
partnerships coalitions

Schools, farmers markets, ODHS SSP offices, Head Starts, food banks, senior centers and community organizations

FFY 2023



**\$748,676**

in grants amplified Oregon SNAP-Ed's work: Oregon Department of Education, Oregon Department of Agriculture, Coordinated Care Organizations, health care organizations, foundations and other community organizations

FFY 2023

## SNAP-Ed Supports Behavior Change

Outcomes from FFY 2023



**YOUTH BEHAVIORS**



grade 3-5 increased time in moderate to vigorous physical activity



grade 9-12 increase in vegetable consumption



grade 9-12 increase in fruit consumption



**ADULT BEHAVIORS**



increase in variety of vegetables consumed



increased time in moderate to vigorous physical activity



increased confidence in ability to cook healthy foods on a budget

Based on participant self-reporting on pre- vs. post-surveys following direct education series.

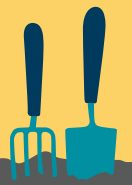
## Partnering with Farmers in Marion, Polk and Yamhill Counties

Teachers in grades 2-3 at schools in Marion, Polk and Yamhill Counties have been participating in a SNAP-Ed program for the past four years that combines classroom lessons using the Growing Healthy Kids curriculum and connections with local farms. In this program, teachers led the educational series with support from SNAP-Ed staff. Each week, for seven weeks, teachers receive a toolkit of educational materials and recorded video lessons that they deliver in the classrooms. Educational materials are available in English and Spanish. By partnering with Farmer Eden of Lucky Crow Farm and other local farms, students tasted the fruit and vegetables they were learning about in the lessons and learned about foods being grown by farmers in their communities. This was funded by Oregon SNAP-Ed, Oregon Department of Education Farm to School funds, and the Healthy Communities Grant from Pacific Source.



Funded by USDA's Supplemental Nutrition Assistance Program - SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider.

**Grow This!**



**Oregon Garden Challenge**

**Fifth Annual Grow This! Oregon Garden Challenge in 2024**

**109,340**

free seed packets distributed to schools and households in all 36 Oregon counties and 8 (of the 9 federally recognized) Tribal locations.

**1,804**

Oregon schools (pre-K to 12th) had at least one student/household who received seeds

**93%**

increased confidence in growing a new type of food

**92%**

increased confidence in using their garden harvest

Food Hero shares food gardening messages and tips to grow food at home or in your classrooms and eat what we grow.

*"We included planting the seeds with our summer feeding program participants. It was a fun community activity."*

