



Increasing Access to Healthy Food & Physical Activity Through SNAP-Ed

- 3,871 people reached through nutrition and physical activity direct education,
- 99,912 people reached through nutrition related policy systems and environmental (PSE) strategies,
- 309,313 reached through nutrition related social marketing.

These are some of the results from last year's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) program's work.

SNAP-Ed strategies are carried out through Implementing Agencies (IA's) who offer direct education, work with sites to adopt PSEs, and conduct social marketing to support people with limited incomes access healthy food and opportunities to be physically active. This work is done in schools, food access organizations, affordable housing sites, substance use recovery centers, and early childcare centers.

Examples of successes include:

- 85% of immigrants and refugees reported greater familiarity with featured vegetables after participating in Veggie of the Month events.
- 138 SNAP-Ed food access organizations adopted or maintained at least one PSE change to increase access to nutritious food.
- 77% of youth who engaged in physical activity (PA) direct education had improved attitudes toward PA and 82% increased their PA, based on parent survey responses.

All IAs also improved their capacity to reach priority populations through their own training, establishing new partnerships, or through tailoring materials to align with the culture or language of the groups they were working with.

Check out the [Vermont SNAP-Ed FY24 Brief](#) for more successes and see the [About SNAP-Ed site](#) to learn about SNAP-Ed in Vermont.