



**Kitsap
County**

WASHINGTON STATE UNIVERSITY
EXTENSION



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP ED)

2019

BY THE NUMBERS

- Provided 50 workshops lessons/presentations
- Reached 139 youths (2nd graders) & 5 adults directly with nutrition series classes
- Reached 400 students while supporting their Physical Activity (PA) Break schoolwide challenge
- Reached 79,465 adults & 440 youths indirectly with visuals, presentations, & social media
- Provided \$5500 to the WSU Kitsap Harvest Gleaning program which provided .5FTE to the coordinator position to expand and sustain the gleaning program.



ISSUE

According to the 2018 Census Bureau, an estimated 26% of Washington's population was living under the poverty level. Kitsap County was at 22% with a majority of that population living in Bremerton where we focus our nutrition education efforts. Having limited income puts these families at risk for consuming foods with lower nutritional value and getting less physical activity. Consequently, they are at risk for nutrition-related health problems and chronic disease. Compared to other income levels, low-income families consume fewer fruits, vegetables and lower fat milk. Many lack the skills to buy and prepare healthful foods for their families within their incomes. Schools with a higher percentage of students qualifying for free and reduced lunch meals attendance and test scores suffer. Five out of six elementary schools in Bremerton School District have over 50% of their students receiving free or reduced meals.

PURPOSE

SNAP-Ed supports SNAP's (Supplemental Nutrition Assistance Program or Food Stamps) role in addressing food insecurity and is central to SNAP's efforts to improve nutrition and prevent or reduce diet-related chronic disease and obesity among SNAP recipients. In Kitsap County, approximately 30,000 individuals receive SNAP benefits each month.

RESPONSE

The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current DGA and the USDA food guidance. WSU Extension provides SNAP-Ed programming in the Bremerton schools, 2 food banks, a women's shelter and a low senior income housing site where at least 50% of their clientele qualify for SNAP. Our program offers direct and indirect education, policy, systems and environmental change support in collaboration with 12 community partners.



QUOTES

"The SNAP-Ed Nutrition Educator is engaging and keeps the student's attention. The students are more aware of "good, nutritional choices" and some of the parents are trying the recipes at home".

– 2nd grade teacher, Armin Jahr
Elementary School

"The support that WSU SNAP-Ed provided Naval Avenue Early Learning Center played a vital role in the success of our school wide Physical Activity (PA) Break Challenge. From planning meetings and staff training, to supporting teachers and students with classroom visits, to hosting healthy celebrations incentives for winning classes, your partnership in this program helped students to be more physically active throughout the school day, as well as improved students' behavior and ability to stay on task."

- Naval Ave. Early Learning Center
PE Teacher, PA Break Lead

PARTNERS

Bremerton School District, Alliance for Healthier Generation, PEARL, Central Kitsap Food Bank, St Vincent De Paul Food Bank & Women Shelter, Kitsap Public Health, WSU Kitsap Harvest Gleaning Program, WSU 4H, WSU Master Gardeners, Kitsap Food Bank Coalition, HEAL Coalition.

IMPACTS

- After our series class, 37% of 2nd graders increased their score when it came to be able to identify all types of physical activity.
- After our series class, 44% of 2nd graders surveyed increased their score when it came to be able to identify dairy foods.
- 50% of the adults surveyed increased their fruit & vegetable consumption each day after taking our series classes.
- 33% of the adults surveyed used Nutrition Facts Label more often while shopping after taking our series classes.
- 100% classrooms participated in a physical activity break school-wide challenge, as a result:
 - ⇒ 50% teachers said students were more focused,
 - ⇒ 75% said students improved with staying on task and
 - ⇒ 33% said student behavior improved.
 - ⇒ 93% of teachers said they were going to continue to using PA breaks after the schoolwide challenge ends.
 - ⇒ After 3 months on the challenge, students received an extra 100 minutes of PA.
- SNAP-Ed helped fund Kitsap Co. Gleaning program which provided \$475.00 worth of donated produce to a women's shelter, \$408.00 worth of fresh harvest to the Bremerton School District and \$600.00 worth of fresh fruits and vegetables to the local low income senior housing this past summer which are also sites SNAP/-Ed partners with directly. Totally all of the donations given through out Kitsap County, the Gleaning program provided over \$26,266.00 worth of produce to our low income community.

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