



WASHINGTON STATE  
UNIVERSITY EXTENSION  
Kitsap County



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

2022

### BY THE NUMBERS

- Reached 90,833 individuals with Health Promotion efforts (newsletters, tip sheets, recipes and websites).
- Served over 52,000 SNAP-Eligible participants with our PSE (Policy, Systems & Environment) projects.
- Secured extra funding from our funder to expand the Gleaning program's capacity during the gleaning season. The program collected over 101,000 pounds of food and distributed it to 32 sites.

### ISSUE

Equitable access to fresh nutritious foods and healthy activity is a public health concern locally as fresh food access is directly tied to overall. The 2019 Washington State SNAP-Ed Needs assessment results indicate SNAP-Eligible youth and adults in Kitsap County were insufficient in their consumption of fruits and vegetables, yet local food benefit assistance redemption rates are low. According to the report, 33% of adults and 26% of youth in Kitsap County live below 185% of Federal Poverty level. In fact, a considerable number were worried about not having enough to eat by the end of the month and struggle with hunger. Many lack the skills to buy and prepare healthful foods for their families within their income. However, according to recent state-wide SNAP client interviews, SNAP-eligible individuals indicated they do want to learn about stretching their food dollars while cooking healthy foods for their families.

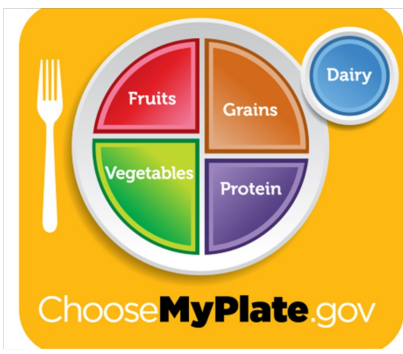
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### RESPONSE

The SNAP-Ed goal is to improve the likelihood of persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines and the USDA guidance. WSU SNAP-Ed provides nutrition and physical activity resources and programming to the Bremerton School District, two food banks, a women shelter and the local Community Service Office. Services include indirect education and policy, system, and environment change work in coordination with various community partners. We also provide funding and collaboration for the Kitsap Harvest Gleaning program which increases access to fresh food to 32 low-income family and senior housing sites throughout Kitsap County.



## QUOTES

“ Receiving the gleaned produce helps me eat better. I feel blessed to be getting the food as I have been hungry in the past.”

– *Kitsap Harvest Gleaning Recipient*

“ The food demos and the resources you have provided have helped our Food Bank clients think about and choose healthier options they can take home and make for themselves and their families”

– *Executive Director, Food Bank*

## RESPONSE

- Secured additional funding to increase the Gleaning Advisors hours during the summer gleaning season. The gleaning program continues to grow with staff, amounts of food donations and sites they deliver to. The warehouse is up and functioning at full capacity, the mobile unit still makes deliveries, as well as a volunteer coordinator, a warehouse manager and a grow-a-row coordinator were brought in to expand the program and reach the program's long-term sustainable goals.
- The OSPI Teacher continuing education "Healthy Celebrations" training module we worked on is complete and now available for teachers. They receive 7 continuing hours if they complete the entire module. We promoted this resource with principals.
- Worked with the Conservation District on finding culturally relevant SNAP soup recipes for them to produce in commercial kitchens and be able to give to local food banks. The Guatemalan and Filipino soups flew off the FB shelves. The SNAP-Ed statewide provider site posted the Guatemalan and Filipino soup recipes under their website's cultural resource section.
- Provided the required nutrition education component for the Bremerton School District Fruit & Vegetable grant. Students were able to eat the snack in the classroom this year so we coordinated with the principals on how this education component would get to the parents whether its via peach jar, school newsletter, smore etc. Included this year on the flyer was a Spanish translation and a QR code linked to recipes.
- Helped start back up the Physical Activity Break challenge at a Bremerton Elementary school. Coordinated with the Principal and PE teacher on challenge logistics. Attended a teacher staff meeting to educate them on the components and benefits of PA breaks, trained them on how to implement them and had them create activity sticks to get them started. We also provided the necessary resources to get them started.
- Provided a local women shelter, food banks, Kitsap Harvest Newsletter and the Community Service Office with monthly nutrition facts and budget tips on how to stretch food dollars. These resources were also provided in Spanish and included a QR code linked to recipes.
- Department of Health (DOH) asked to collaborate on an infographic highlighting the Gleaning program impacts, partners and individual programs and had us present on it during a statewide DOH coordinator call.
- Reached 90,833 individuals with Health Promotions and over 52,000 participants with our PSE projects.
- Participated in the Kitsap County Food Bank Coalition, the Healthy Eating & Active Living (HEAL) Coalition, and the Kitsap Food Systems Round Table group.

## PARTNERS

Bremerton School District,  
Kitsap Conservation District,  
Central Food Bank, St. Vincent  
De Paul Food Bank & Women  
Shelter, Community Service  
Office, Kitsap Harvest, Kitsap  
Public Health, WSU Extension  
Food System program, Naval  
Ave Elementary, OSPI, Healthy  
Living & Active Living Coalition,  
Kitsap Food Bank Coalition,  
Kitsap Food System Round  
Table group