



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-ED)

2023

BY THE NUMBERS

- Reached 70,525 individuals with Health Promotions efforts (newsletters, tip sheets, recipes and websites)
- Served over 14,000 participants with our PSE (Policy, Systems & Environment) projects.
- Secured funding for our budget to support the Kitsap Harvest Gleaning program's hire of a gleaning coordinator. The program collected over 94,000 pounds of food and distributed it to 28 low-income senior and family housing sites.

ISSUE

The rising cost of living has significantly impacted Washington children, adults, families and communities; making it difficult to access and afford nourishing meals. Equitable access to fresh nutritious foods and healthy activity is a public health concern

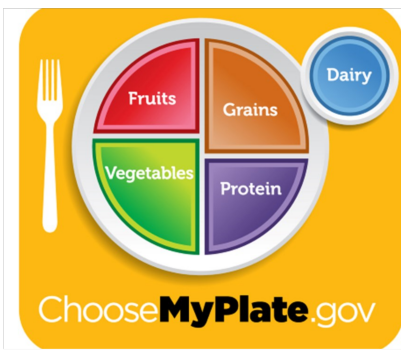
locally as fresh food access is directly tied to overall health. The 2019 Washington State SNAP-Ed Needs assessment results indicate SNAP Eligible youth and adults in Kitsap County were insufficient in their consumption of fruits and vegetables,

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 support for the Kitsap Harvest Gleaning program which increases access to fresh food to 28 low-income family and senior housing sites throughout Kitsap County.



QUOTES

Quotes from low-income Senior Housing site residents who receive fresh produce from Kitsap Harvest gleaning program:

“ Thankful they come to our building with the produce, sometimes its hard to leave the apartment”

“ I have not tried some of these healthy foods before and it turns out I like them!”

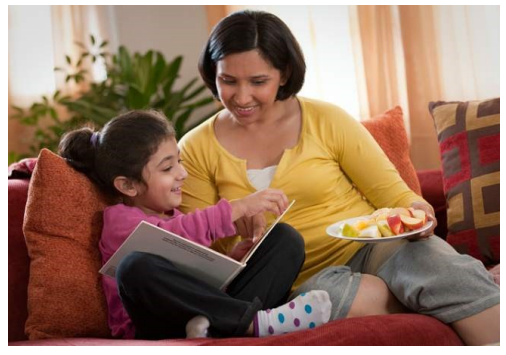
“ It helps me eat better, feeling blessed to be getting this food as I have been hungry in the past”

“ We so appreciate and value the partnership and support we receive from the SNAP-Ed program. The food demos and the resources they 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

IMPACTS

- Continued to provide funds to support the Kitsap Harvest Gleaning program who provides donated foods to low-income individuals in Kitsap County. The program gleaned 94,000 pounds in 2023 through volunteer gleans at farms and private gardens as well as key community partnerships with local Food Banks and the Conservation District. The program consistently provided food to 28 sites including low-income family and senior housing facilities. We approached one low-income senior housing site receiving gleaned food about indirect and direct programming in the new year, they seemed interested and excited about it. Also, the Conservation District took 2 tier apples from Kitsap Harvest, made applesauce, and distributed it to the Senior housing sites. The warehouse is 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 help offset our gleaning coordinators responsibilities and expand the program. The Kitsap Harvest Gleaning Board celebrated 1 year anniversary as a non-profit, they are going to start focusing on board recruitment and fundraising. Towards the end of last year, the original gleaning coordinator stepped into an Advisory role to help transition Kitsap Harvest to become self-sustained. The Advisor will oversee a part-time gleaning coordinator who will report to both her and the KH board. This is the beginning of the sustainability efforts to make Kitsap Harvest Gleaning independent and eventually at the point when they are no longer dependent on SNAP-Ed and WSU.
- The Grow-a-Row, which is a project within the gleaning program, collected almost 1500 pounds of fresh vegetables from donation stations, home gardens, farmers markets, community gardens and local farms throughout the year. A Donation Station lead system was put in place and was proven to be a successful and sustainable model because when the Vista volunteer leading the program left, food was still collected.



IMPACTS

- Provide food demos at St Vincent De Paul (SVDP) Food Bank every other month per their request to continue to establish trust and a strong relationship with the newer Director with hopes to be able to assist them with future PSE projects. The food bank purchases all the food for the food demo as well as enough supplies to bundle all the ingredients for each individual/family with the SNAP-Ed recipe so clients can make it at home.
- SVDP food bank manager is now wanting assistance with transitioning from a traditional model to a choice/ grocery store model with an emphasis on nutrition security. Early 2023 started the planning process, with the intent to move to a larger location down the street. Attended numerous meetings to talk about priorities, layout, set up, and behavior economics that help promote healthy food choices at food banks. SNAP-Ed brought in the Washington Food Coalition Consulting Dietitian to provide Nutrition policy and donation guidelines assistance, client survey suggestions, and behavior economic resources and trainings using the SWAP (Supporting Wellness at Pantries) program to incorporate once they transition to a grocery store model. The consultant helped SVDP write a donation guidelines document which they have found to be extremely helpful to give out when approached by donors who want to know what is needed. We were able to customize a client survey, based on the sample provided from the WFC, that helped glean information the FB manager wanted to know before moving forward with the transition. That survey was conducted over the summer and provided valuable insight. We also connected them with the Virginia Mason Franciscan program who was able to provide donated office furniture, shelving, and a walk-in freezer from the old Harrison Hospital. Unfortunately, this fall there was a hold up on building permits, so volunteer SWAP training was postponed until the new year.
- We provided additional Physical Activity Break training to Naval Avenue Elementary School staff for them to continue this campaign throughout the year like they have in previous years. Every teacher participated and at this point, this program is self-sustained and no longer in need of our assistance.
- Naval Avenue Elem has an abandoned school garden. We reached out to the school principal to find out the status and they connected us with a community member and the PE teacher. We met before the holidays with a plan on how this could look moving forward in 2024.
- Provided the weekly required OSPI nutrition education component for the Bremerton School District Fruit & Vegetable grant. The resources included what the food was, where it's grown, nutritional benefits, and tips on how to eat and prepare it at home. Students ate snacks in the classroom and the resource was provided to them to take home. A Spanish translation and a QR code linked to recipes was provided as well.



IMPACTS

- We partnered with the Bremerton School District Food Service Director in honor of October being National Farm to School Month to do a Taste of Washington event. The FS director ordered local apples to be delivered to the schools. We coordinated with the principal for students to all bite into the local apples at 10:00 am on October 4th. We provided the principal with an announcement to read about the health benefits of apples, where they were grown in Washington and to say when the student body could simultaneously bite into the apple. We also provided a classroom nutrition activity and parent newsletter to go home with the students.
- The Women Shelter Director asked us to send them monthly tabletop nutrition fact sheets that could be placed on their community dining table for the women to read. Our SNAP-Ed educator electronically sends them to the director who prints them out and places them in the shelter.
- We were approached by a community partner to provide 1 of 4 presentation at the Women Shelter. Our presentation was on "How to Stretch your Food Dollars". It was interactive, we provided a snack and resources on planning meals and shopping. Attendance was good and the feedback was positive.
- Our Food System Round table group discussed more effective ways to promote the SNAP Produce and Market incentive programs in the community. I worked activity with 4 partners on how to educate, distribute and promote them. At SVDP- They attached the rack cards to the Senior benefits applications as well as inserting them in client food boxes. The intake volunteers were also encouraged to share the information with clients as they

checked them in. At the Community Service Office (CSO)- Window staff were educated on this incentive program and were encouraged to share about it with clients when they came to their windows. These rack cards were also part of a packet that is given to new EBT clients. The Central Kitsap Food Bank (CKFB)- The director had volunteers put the promotional rack cards in the Senior boxes. And the Bremerton School District (BSD)- the Food Service Director had staff distribute the rack cards to the summer lunch program families.

PARTNERS

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

- Provided our first tabletop event in the CSO (Community Service Office) lobby promoting the SNAP Produce and Market Incentive programs. We set up a display, provided apples and a healthy caramel date dip, passed out recipes and re-usable produce bags. We committed to doing this once a quarter. We focused on promoting the Produce Match program in the fall of 2023 and will do so again in the winter of 2024. Spring and summer will focus on the Market Match program. These table events are to complement the staff's promotional efforts at the windows and lobby visual.