What is SNAP-Ed?
SNAP-Ed, the education side of SNAP, is an evidence-based program that helps people lead healthier lives and maximize SNAP benefits. SNAP-Ed teaches people eligible for SNAP about good nutrition, being physically active, and how to make their food dollars stretch further.

The Importance of SNAP During Covid-19
The Supplemental Nutrition Assistance Program (SNAP) is the nation’s most important anti-hunger program, especially during the current pandemic. The number of households struggling to put enough food on the table has remained nearly three times pre-COVID levels.

Food insecurity has been especially prevalent among children. Up to 12 million children live in a household where caregivers can’t afford enough food, which is more than ten times the 1.1 million children in households without enough food in December 2019. Food insecurity in children and the resulting lack of key nutrients can cause both short and long-term problems for their physical, behavioral, mental, and emotional health.

SNAP needs your support as one of the most effective ways to provide resources to low-income households and to support families when the economy is struggling. The Congressional Budget Office and Moody’s Analytics rate SNAP as one of the best investments into the economy, with every dollar in new SNAP benefits increasing GDP by $1.50 during a weak economy, with about 40% of the added benefits going to households with income below 50% of the federal poverty level, and nearly two-thirds to households with children.

Who We Serve

About HealthMPowers

HealthMPowers’ SNAP-Ed initiative “Empowering Healthy Choices in Schools, Homes and Communities” works where SNAP-Ed populations learn, live, play and shop. By integrating nutrition education and physical activity into the settings where children spend their time, HealthMPowers creates a culture that supports lifelong healthy lifestyle choices for children, families and communities.

Transforming Environments

• 861 children had more quality structured physical activity time
• 796 children experienced nutrition education through taste testing and cooking activities
• 719 children’s families received resources and support to improve child physical activity
• 90% of children met national physical activity guidelines and 82% met recommendations for fruit consumption (reported by teachers)

• 2,434 youth had improved access to free, quality water
• 1,609 youth participated in farm-to-table activities
• 1,782 youth had access to structured physical activity programs

• School health teams implemented 173 new policies and processes to improve nutrition and physical activity
• 25% of students met vegetable consumption recommendations of 3+ per day, compared with 7% nationally
• 1,080 trained Secondary Student Health Advocates implemented healthy eating and physical activity initiatives and promoted them to their peers

• 5,000 shoppers had more access to fresh or local produce
• 3,200 clients received their preferred choice of foods from food pantries, food banks, or soup kitchens
• 99% of participants planned to eat the taste testing fruit or vegetable again
Our Communities’ Success

Eating Healthy on a Budget

HealthMPowers partnered with secondary schools to demonstrate the ease of incorporating fruits and vegetables into home-cooked meals for under $10 for a family of four. When in-person classes were canceled due to the pandemic, HealthMPowers transformed their message into a series of cooking videos shared across social media channels called “Healthy Helpings: Eating on a Budget.”

Farm to Table Access

With the support of HealthMPowers, Audria Bunting from Indian Creek Middle School in Covington was able to modify their farm-to-table initiative to support families during the pandemic by teaching them to grow food, support local farmers, and use healthy recipes through digital resources.

Student Health Advocates Lead

When schools went virtual in spring of 2019, the “Health Squad” of trained Student Health Advocates at Union Elementary School in Macon stepped up and found ways to encourage healthy eating and physical activity during the pandemic. They started a Healthy Eating and Water Challenge for the entire school to participate in at home. To motivate their peers, the Health Squad shared pictures of themselves modeling these healthy behaviors.

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