

# New Hampshire SNAP-Ed



Extension  
Nutrition Connections



## The Challenges



**10%** of all men, women and children in the Granite State are food insecure<sup>1</sup>



**26.6%** of adults living in New Hampshire are obese<sup>2</sup>



**33.3%** of adults living in New Hampshire consume less than one fruit per day and **17.3%** consume less than one vegetable per day<sup>3</sup>

**The SNAP-Ed Solution** – The Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides funding to promote better nutrition and prevent obesity where low-income people live, learn, eat, shop, work, and play.

### Shop

Help families stretch food budgets and choose healthy options



### Learn

Introduce kids to fruits and vegetables through classes, after school programs and school gardens



### Live

Connect low-income families with healthy resources in their neighborhoods and communities



### Eat

Teach low-income families how to prepare healthy foods



## The Results – Adults / Youth



Fifteen Extension Teachers conducted 4,185 evidence-based nutrition education lessons to **1,662 adults** in all ten counties



**3,260 youth** in all ten counties received 19,299 evidence-based nutrition and physical activity lessons



**377 adults** with Limited English Proficiency participated in single sessions and an additional **118** participated in group sessions



**27% of students** in 3<sup>rd</sup>-5<sup>th</sup> grade improved the amount of time they are physically active



**37.2% adults** increased eating more than one vegetable each day  
**30.4% adults** increased eating more than one fruit each day



**29% of students** in 3<sup>rd</sup>-5<sup>th</sup> grade increased their vegetable intake



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# The Results – Changes in Policies, Systems and the Environment



Many farmers markets in New Hampshire are now part of Granite State Market Match; a USDA FINI funded initiative, in collaboration with the NH Food Bank and Wholesome Wave. SNAP-Ed collaborated with this effort to provide information for SNAP eligibles about the markets that are participating in Granite State Market Match. The total SNAP dollars redeemed was similar in 2016 and 2017. The number of transactions were lower by about 1,000 in 2017. However, the average customer transaction increased by \$3.21.



Three Food Pantries increased the variety of fruits and vegetables, whole grains and protein sources offered to 1,225 clients.



The Nutrition Nuggets newsletter was provided to 52 schools and reached over 14,000 students and their families at the elementary level. An additional 1,300 newsletters were provided to families in Spanish.



Nine schools with 1,849 students benefitted from changes made when their wellness policies were updated, including access to healthier foods and opportunities for increased physical activity.

## Participant and Teacher Comments

- These classes have taught me more about food that I had no idea about. For example, I did not know there was a difference between whole wheat and other wheats. My children and I are able to make healthier choices.
- It has made me aware of the food I eat. Learned some new information on nutrition from reading labels, which I was not doing before. Loved the class, I also learned some new healthy recipes.
- Learning healthy crockpot dishes gives me a way to stretch my budget and feed my kids healthy food even on busy days. I love that my sons got to try the food before I have to buy anything. It is a blessing to see my picky eater excited about learning to cook and eating healthy.
- As a teacher, it's awesome to see the children learning more about food in general. They can make healthy choices for themselves or try to limit the not so healthy choices to once in a while! I don't think it's something that parents talk a lot about at home because they just don't think about it or are too busy. So it's important to educate the children so they can also make healthy choices!
- We are thrilled that this program supports the health curriculum of our grade level and school district. The children enjoy the activities, discussions, and look forward to the tastings.

### References

<sup>1</sup><https://www.nhfoodbank.org/about-us/statistics/>

<sup>2</sup><https://stateofobesity.org/states/nh>

<sup>3</sup><https://www.cdc.gov/nccdphp/dnpao/state-local-programs/profiles/new-hampshire.html>

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