



COOPERATIVE EXTENSION SERVICE

University of Alaska Fairbanks

SNAP-Ed Program FY24



EVERY
BITE
COUNTS

What is SNAP-Ed?

Supplemental Nutrition Assistance Program Education is a nutrition education and obesity prevention program that helps families and individuals learn how to plan, shop for and prepare healthy foods. SNAP-Ed supports SNAP in addressing food insecurity and aims to improve the likelihood that SNAP-eligible individuals will make healthy food choices within a limited budget and choose physically active lifestyles. The program is funded by the USDA Food and Nutrition Service through the State of Alaska Department of Health Family Nutrition Program.

How does it work?

Through free, informal and easily accessible educational programs, participants can develop knowledge and skills related to:

- Nutrition and meal planning
- Food safety
- Food resource management

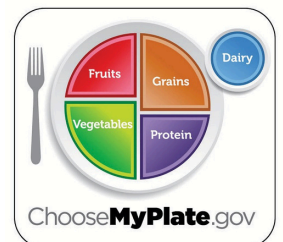
All information is research-based from accredited institutions and the USDA. Paraprofessionals offer classes at partner agencies, WIC offices, food pantries, local Extension offices, libraries, schools and other qualifying community organizations. Nutrition educators also promote the social marketing campaign "Every Bite Counts" and assist schools and community organizations with policy, systems, and environmental changes to help make the healthier choice the easier choice.

Between Oct. 1, 2023 and Sept. 30, 2024, the SNAP-Ed Program reached **763 unduplicated participants** using direct education and **13,999** through indirect methods. Six community partners adopted policy, system and environmental changes to make the healthier choice, the easier choice in their organization. A **Long-Term Evaluation** was conducted on the Mat-Su program in 2024. To see the report, go to: bit.ly/UAFsnap-ed

Goals

After participating in the SNAP-Ed Program, participants will:

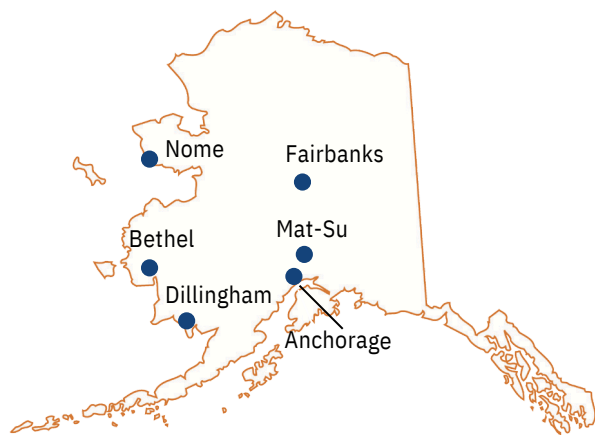
- increase their consumption of fruits and vegetables
- increase their daily physical activity
- experience increased food security



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SNAP-Ed programs in Alaska FY24

Outcome Highlights



40% of direct education participants increased weekly physical activity

26% of direct education participants increased weekly vegetable consumption



Making a Difference in Bethel

Bethel, located along the Kuskokwim River delta, is a rural town of about 6,000 residents, reached mainly by plane. Supplies come in by barge in the summer, and the town serves as a hub for a network of 56 villages. Bethel's community is rich in subsistence traditions, local art and the Yup'ik language, while also facing challenges related to infrastructure, cost of living, and access to healthcare and education.

In December of 2023, the SNAP-Ed program was brought to Bethel with the hire of a nutrition educator from the community. Building partnerships and direct education started in the spring with a health camp to follow in the summer.

This health camp was a partnership between Lower Kuskokwim School District, YKHC's Area Health Education Program and Yuut Elitnaurviat, to offer a Health Camp for village high school students to receive a 1/2 credit for high school health. The SNAP Ed nutrition educator provided direct education, while incorporating the Alaska Mini Mags, which highlight local plants and berries. Survey results showed:

- 83% improved on reading nutrition labels
- 67% drank fewer fruit-flavored beverages and sports drinks
- 50% drank fewer sodas
- 50% improved in doing physical activities
- 33% improved in eating vegetables

Favorite quote:

"The most important thing I learned was to eat less sugar."

Students who completed the course came from the following villages in the Yukon-Kuskokwim Delta: Tuntutuliak, Kwigillingok, Eek, and Chefornak.



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