



**Supplemental Nutrition
Assistance Program (SNAP-Ed)**

Presentation Outline

- SNAP-Ed program overview
- NCSU's "Steps to Health" program
 - Older adults in congregate nutrition sites
 - 3rd grade program



Supplemental Nutrition Assistance Program (SNAP-Ed)

- Individual states have the option to support, as part of their Supplemental Nutrition Assistance Program (SNAP - formerly known as food stamps) operations, nutrition education for persons who are receiving or eligible for the Supplemental Nutrition Assistance Program.
- Educational activities are to be directed to persons eligible for or receiving Food Stamps



Supplemental Nutrition Assistance Program (SNAP-Ed)

- Funding for this nutritional education program is passed from the USDA to the NC Department of Social Services (DSS) then on to the implementing agencies
- Not a grant that provides a set level of funding, programs are reimbursed 50% of allowable program costs
- Requires an annual proposal, submission and renewal process
- Funding October 1st - September 30th



Supplemental Nutrition Assistance Program (SNAP-Ed)

- NCSU's SNAP-Ed Program is called "Steps to Health"
- Family and Consumer Science (FCS) agents teach the NCSU created educational programs
- Each March counties /agents will have the opportunity to get involved for the following program year



NCSU's SNAP-Ed Program

The “Steps to Health” program has two components:

1. Nutrition Ed for older adults in congregate nutrition sites

- 11 sessions (30 - 60 minutes) divided into 2 educational modules; nutrition and food budgeting
- Provided to older adults at congregate nutrition sites
- Teaching methods are interactive and included, discussion, lectures, games, sing-a-longs, taste testing and cooking demonstrations
- Outcomes are evaluated using pre/post test knowledge / behavioral intension test



NCSU's SNAP-Ed Program -07-08

2. School programming for 3rd graders

- 9 sessions (30-45 minutes)
- Provided to 3rd graders in **identified** elementary schools
- Teaching methods are interactive and include discussion, lectures, games, worksheets, video, taste testing and cooking demonstrations
- Behavioral objectives are evaluated using a pre/post nutrition test, parent feedback form and teacher feedback form



NCSU's SNAP-Ed Program

- FCS Agents participating in the SNAP-Ed program receive:
 1. Training related to the provision of the selected program
 2. All lesson plans, handouts, equipment, educational extenders and other material needed to teach the program
 3. Reimbursement for all travel costs, mileage, copies, and postage related to the program.
 4. Reimbursement or direct billing for all food and food preparation supplies
 5. Final report including participant demographics, knowledge and behavioral change outcomes
 6. County specific participant demographics, contact hours, knowledge and behavioral change outcomes.
 7. An estimate of the dollars the SNAP-Ed program brought into your county.



Steps to Health

Ellen Clevenger-Firley, MS, RD

Project Coordinator

NCSU's Supplemental Nutrition Assistance
Program (SNAP-Ed)

Steps to Health

Department of 4-H Youth Development and
Family & Consumer Sciences

North Carolina State University
Ricks Hall, Room 120, Box 7605

Raleigh, NC 27695

Phone: 919-515-9141

FAX: 919-515-2786

ellen_clevenger-firley@ncsu.edu

