

# SNAP-ED

Supplemental Nutrition Assistance Program Education



OSU EXTENSION  
COMMUNITY NUTRITION  
EDUCATION PROGRAMS

2022 ANNUAL  
IMPACT REPORT



# GET TO KNOW US

## OUR PURPOSE

Community Nutrition Education Programs (CNEP), a service of OSU Extension, utilizes SNAP-Ed funding to educate and empower low-income individuals, families and school-age youth to improve nutrition and physical activity behaviors.



## WHAT WE DO

Paraprofessionals and OSU Extension Educators deliver research-based, hands-on learning experiences for youth and adults about diet quality, food safety, physical activity, food security and food resource management. CNEP also supports community grant projects across the state with a focus on promoting health through policy, systems and environmental changes. By providing applicable education and resources where we eat, learn, live, play, shop and work, CNEP is improving the lives of Oklahomans.

## THE HEALTH OF OKLAHOMA



**39.4%** of adults are obese<sup>1</sup>



**3.8%** of adults meet national, daily recommendations for fruit and vegetable intake<sup>1</sup>



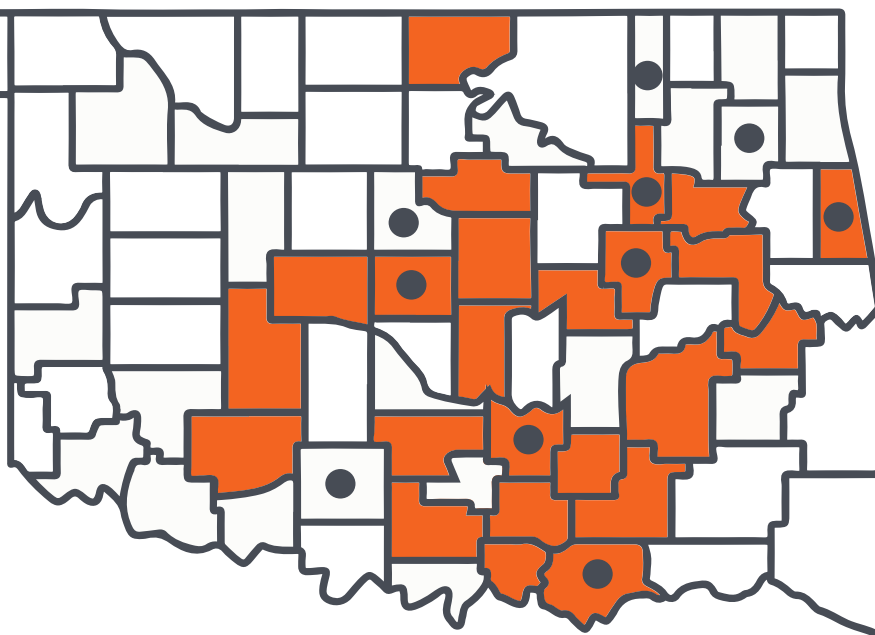
**34.3%** of children ages 10-17 are overweight or obese<sup>2</sup>



**9%** of high school students eat vegetables 3 or more times a day<sup>3</sup>

## OUR LOCATIONS

- Counties reached by the **Farm to You Exhibit** in 2022
- Oklahoma counties that housed SNAP-ED programs in 2022



## INVESTING IN SOLUTIONS



**40 Jobs** to local citizens



**257** volunteers committed to **2,122** hours



**\$63,542** estimated value of volunteer time<sup>4</sup>

## EDUCATIONAL REACH



**4,485**  
Program  
participants



**4,433** Youth reached by the  
Farm to You exhibit



**2,207**  
Program  
graduates



**47,167** Program Participants,  
Family Members and Community  
Members Reached with  
Educational Resources

## COMMUNITY PARTNERSHIPS



**258**  
Across Oklahoma

# THE IMPACTS

### ADULT GRADUATES



**95%** improved diet  
quality behaviors



**92%** improved  
food resource  
management behaviors



**76%** improved food  
safety behaviors



**41%** eat fruit  
more often



**46%** eat dark green  
vegetables more often

### YOUTH GRADUATES



**79%** improved diet  
quality behaviors



**49%** improved food  
safety behaviors



**36%** of 3rd-5th youth  
drink fruit-flavored drinks  
less often



**44%** of 6th-8th youth eat  
whole grains more often



**31%** of 9th-12th youth eat  
vegetables more often

The Temporary Assistance for Needy Families (TANF) program helps low-income families find ways to achieve economic self-sufficiency. In Tulsa County, CNEP regularly partners with them to teach groups of parents how to stretch their food dollars, make healthier meals, and practice good food safety. At the end of one nine-week program, participants talked about the changes they had made in their families' lives. They reported that they now "only eat whole wheat bread and no longer drink soda", "add more vegetables to [their] meals", and "make a shopping list before heading to the store so [they] only buy what [they] need".

- Tulsa County



One 4th grade teacher shared about the great impact the youth program had on her students.

**She saw families get involved with their kids...**

as they tried new recipes and played outside together to accomplish the suggested take-home activities. She thought it was a great opportunity for her students to learn about things they don't usually learn in class and could see them really enjoying it. She said that having programs like these are great, especially when they get to come to a small school.

- Pottawatomie County



During the first lesson of CNEP's youth program at a Boys and Girls Club, the Nutrition Education Assistant noticed one boy had a hard time completing the physical activities. She taught about the importance of physical fitness, handed out a flyer with activities listed, and encouraged everyone to pick a few of the activities to do 60 minutes every day. By the 4th lesson, the boy could do many more of the exercises. When the NEA asked the class if they had noticed a difference in how they felt, the boy shared that his knees didn't hurt as much, he is drinking more water, and he had lost 5 pounds. He also has started going on walks with his mom where they talk about the fruits and vegetables he is learning about and what they should buy at the grocery store.

- Adair County



## CNEP COMMUNITY GRANT PROJECTS

CNEP funds policy, systems and environmental (PSE) change projects in low-income communities across the state of Oklahoma. PSE approaches go beyond educational programming to affect change in the systems where people work, live and play.



**3,120** reached by  
projects in **3 counties**



**10** volunteers committed  
**90** hours



**\$2,696** estimated dollar  
value of volunteer time<sup>4</sup>



## Garden Yields Fresh Vegetables for Community in Need

Preston is a small, proud community in eastern Oklahoma that unfortunately is an area with limited access to affordable, nutritious food. The only place to buy food in town is a bodega. To give families an option to eat fresh produce, Jill Gibbons, Okmulgee County Family and Consumer Sciences educator, partnered with the local school district and used CNEP Community Grant funds to start a community garden. With the help of student volunteers, the garden now hosts rows of beans, herbs, potatoes, squash, and onions. Children and families can visit the garden after school to receive vegetables to cook. School personnel shared that many children rely on the school for food during the day and the garden has been helpful to provide another option for getting food during the evenings. “The students have been so excited to get the garden and watch it grow,” they report. In the future, they hope to expand the garden and use it as a tool to provide more people in their community with healthier, fresher foods.



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## Tote Bags Increase Efficiency at Food Pantry



The Hope Center is a food pantry that provides essential resources for families across Adair County. In order to maximize their efforts when making their nearly 50 monthly home deliveries, the Hope Center needed a way to transport food more efficiently. Each prepackaged box of fruits and vegetables was being carried by staff one-by-one. Jessie Collins, local High Obesity Program (HOP) Extension Educator, used

a CNEP Community Grant to purchase reusable tote bags that are used to compile a client's delivery. This decreased the amount of time spent at each delivery and gave the Center a means to weigh and log the produce being distributed. In three months, they gave over 35,000 pounds of food to families in need. Staff are hopeful to continue optimizing their systems and providing more resources to the people who need them.

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## COORDINATOR INFORMATION

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<sup>1</sup>America's Health Rankings. Annual Report. Oklahoma Summary 2022.

<sup>2</sup>America's Health Rankings. Health of Women and Children. Oklahoma Summary 2022.

<sup>3</sup>Oklahoma State Department of Health. Oklahoma Youth Risk Behaviors Survey (YRBS) Data and Reports. Nutrition Infographic, 2019.

<sup>4</sup>Independent Sector. 2022 Value of Volunteer Time.

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