

# SNAP-ED

Supplemental Nutrition Assistance Program Education

2023 ANNUAL  
IMPACT REPORT



OSU EXTENSION  
COMMUNITY NUTRITION  
EDUCATION PROGRAMS

# GET TO KNOW SNAP-ED

## 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

Peer educators 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>

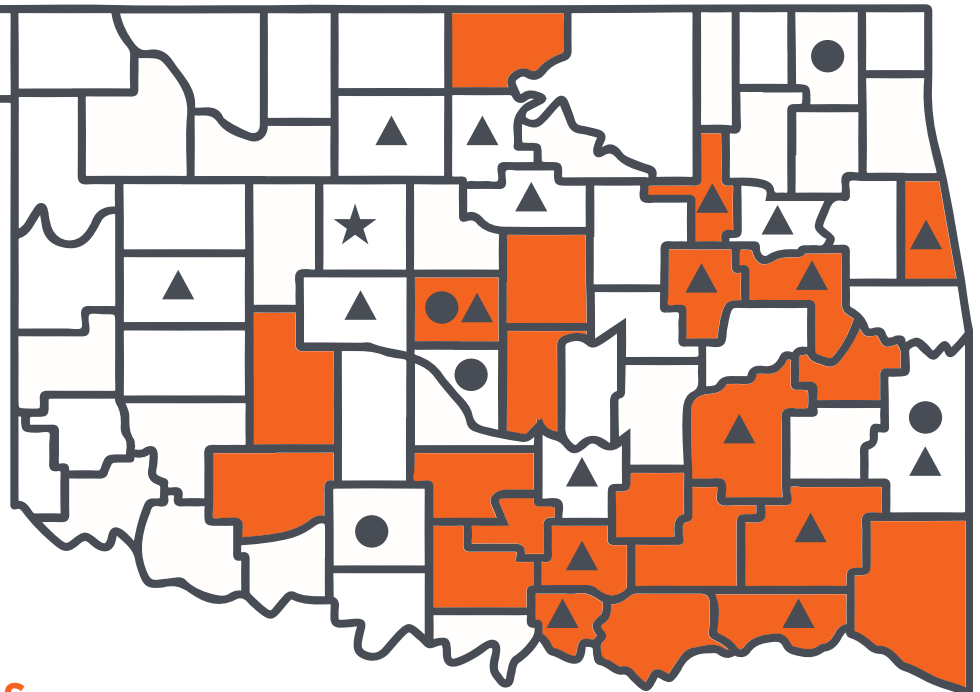
3.8% of adults meet national, daily recommendations for fruit and vegetable intake<sup>1</sup>

28.2% of children & youth ages 2-17 are overweight or obese<sup>2</sup>

9% of high school students eat vegetables<sup>3</sup>

## OUR LOCATIONS ▶▶▶

- Oklahoma counties that housed **SNAP-ED programs** in 2023
- Counties reached by the **Farm to You Exhibit** in 2023
- ★ Counties reached virtually by the **Farm to You Exhibit** in 2023
- ▲ Counties that received **CNEP Community Grants** in 2023



## INVESTING IN SOLUTIONS



**34 Jobs** to local citizens



**295** volunteers committed to **2,360** hours



**\$75,048** estimated value of volunteer time<sup>4</sup>



**61** volunteers committed **430** hours to the **Farm to You exhibit**



**\$13,674** estimated value of **Farm to You exhibit** volunteer time

# THE IMPACTS

## ADULT GRADUATES



**95%** improved diet quality behaviors



**92%** improved food resource management behaviors



**74%** improved physical activity behaviors



**76%** improved food safety behaviors



**46%** eat fruit more often



**42%** eat dark green vegetables more often

## YOUTH GRADUATES



**81%** of all youth improved diet quality behaviors



**44%** improved food safety behaviors



**48%** of all youth improved physical activity behaviors



**39%** of 3rd-5th youth drink fruit-flavored drinks less often



**39%** of 6th-8th youth eat fruits more often



**38%** of 9th-12th youth eat vegetables more often

## THE EDUCATIONAL REACH



**6,258**  
Program participants



**1,282** Youth reached by the Farm to You exhibit



**3,342**  
Program graduates



**184,125** Program participants, family members and community members reached with educational resources

## COMMUNITY PARTNERSHIPS



**213**

Across Oklahoma

# 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.



**10,335**  
reached by projects



**1,093** volunteers  
committed **8,744** hours



**\$34,757** estimated dollar  
value of volunteer time<sup>4</sup>

## COMMUNITY GRANT PROJECT IMPACTS



### EAST SIDE ACADEMY - INDOOR GARDENING

At East Side Academy, an after-school program in a low-income, historically Black neighborhood in Clinton, 15 children and 5 volunteers engaged in hands-on nutrition and gardening activities using our CNEP Community Grant. We purchased 4 aeroponic garden systems, one for each class, with additional seed pods. Gardening and nutrition books tailored for young readers, grow bags, and a small raised bed kit fostered literacy, home gardening skills, and promoting healthy eating. The innovative grow systems generated daily excitement as tender shoots emerged, growing into lettuces, tomatoes, and herbs used for nutritious snacks. Beyond grant items, we helped students plant greens in milk jugs and potatoes in bags. Each child received a strawberry plant to start their own patch and journal their experience after reading “I Love Strawberries!” Pollinators were featured in several books. Additional seed pods, grow bags, children’s books, and the raised bed will continue enriching programming at East Side Academy next year as we build on this rewarding partnership. By sparking curiosity through interactive learning, we are nurturing a passion for nutrition and gardening in Clinton’s next generation.



- Custer County

## **TULSA COUNTY - GARDENING INITIATIVE**

A devastating 100+ mph windstorm left 200,000 Tulsa homes and businesses powerless for over a week. With perishables spoiling in homes and stores, food access was desperately needed. Food on the Move, a local nonprofit, partnered with dozens of groups to host a relief festival on June 27. Collaborating with Cherokee Nation, they provided 500 families with meat, milk, and fresh produce. One eager resident arrived 7 hours early. Hundreds more waited patiently with children and pets. Our CNEP team assisted by packing produce bags, ensuring everyone got supplies that night. Bags were filled with crooked neck squash, onions, tomatoes - grown via CNEP Community Grants. A Food on the Move organizer excitedly told me, "This is your squash, those are your onions..." Our grants enabled proactive harvesting and distribution when the community needed it most. During devastating circumstances, it was an honor to literally help feed Tulsa. Our program allowed being proactive in the face of crisis. Witnessing partnerships uplift and nourish the community was deeply meaningful. In times of hardship, we are grateful to be able to make a real difference through nutrition education.



**- Tulsa County**

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## **AMERICAN LEGION POST 72 – COMMUNITY GARDEN**

This new community garden at American Legion Post 72 in Pontotoc County promotes health, service, and education. Though planted late in the season, members are energized to participate fully. Produce grown aids local veterans and families. The garden also lets members learn and teach gardening skills to the wider community. For veterans, the "Victory Garden" holds deep meaning - nourishing people and boosting morale. Leadership is eager to continue providing holistic benefits next year. Educating on nutrition and the therapeutic effects of gardening are key goals. Volunteers and Post 72 members cherished giving back through this uplifting project.



Despite the late start, the garden flourished, exemplifying the power of community. It succeeded in its mission to nourish, educate, and heal. We look forward to expanding this enriching initiative that so positively impacts Pontotoc County.

**- Pontotoc County**

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## **CREEK ELEMENTARY SCHOOL – SCHOOL GARDEN**

At Creek Elementary School in Muskogee, OK, our community grant enabled impactful Ag in the Classroom and Junior Master Gardener programming spanning K-6th grades. Our goals were promoting agriculture and gardening education, social-emotional development, and conducting taste testings. Over 25 volunteers including teachers, afterschool staff, agricultural educators, and our own team invested around 50 total hours. We engaged with 3 classes at each grade level through in-class and afterschool activities, reaching over 175 diverse students - African American, Asian, Hispanic, Caucasian, and multiracial. Together we planted herbs like basil, parsley, oregano, and chives. From spring into early summer, students harvested around 25 pounds of nutritious produce including romaine, leaf lettuce, sugar snap peas, broccoli, radishes, and spinach, valued around \$50. By fostering hands-on learning and mentorship, we nurtured students' interests in agriculture, health, and community. The grant brought impactful programming that will yield benefits for Creek's youth long into the future.



**- Muskogee County**

# THE SUCCESS STORIES

A 30-year-old woman in rehab shared an inspirational story of recovery and family. After abusing prescription drugs for years, she had lost custody of her two children. Now 30 weeks sober, she has her kids back living with her onsite at the treatment center. While struggling with addiction, she often neglected eating to heighten her high.

After taking my nutrition classes, she began asking questions about healthier eating and living. She wanted to make a new start for herself and her young family. The lessons showed her manageable ways to start exercising, even just by taking daily walks. She learned to budget and cook nutritious meals. Reading nutrition labels helped her make informed choices. With her new knowledge, she is actively creating a healthier lifestyle and traditions centered on family time and wellbeing. Seeing her dedication to build a better life for her kids gives me such hope. Her journey epitomizes the resilience of hope and the possibility of new beginnings.

- Tulsa County

A teacher recently stopped me in the hall, smiling. She shared that her students were monitoring her Dr. Pepper intake, reminding her it was a “Whoa” drink and she should have water instead. I was delighted they were retaining and applying their lessons. Days later, a parent who works at the school told me they now exclusively buy 1% milk. Why? Because her daughter insisted they ditch whole milk, which is a “Whoa,” since 1% is a healthier “Go” milk.

Thanks to our 3rd grade CATCH lessons, families are making healthier choices at home. It is so fulfilling to see students become advocates and create meaningful impact on their family’s nutrition. Moments like these make all the hard work worthwhile.

- Murray County

## 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.