

# CALIFORNIA SNAP-ED WORKS

California's SNAP-Ed improves the health of low-income Californians by providing nutrition and physical-activity education and access to healthy community initiatives. This is accomplished through integrated programs and innovative partnerships to *maximize resources* and deliver *evidence-based interventions* to Californians across the lifespan.

## theNEED

**1/3**

of Californians are SNAP-Ed eligible (12.6 million Californians).

**45%**

of low-income Californians were unable to afford enough food in 2016.

**61%**

of low-income California adults are overweight or obese.

**\$81 billion**

in health care costs can be saved in California by reducing the average adult body mass index (BMI) by 5%.

## limited access

Despite living in the nation's top-producing agricultural state, California mothers face difficulty accessing fruit, vegetables, and other healthy foods in their neighborhoods.

## theSOLUTION

Through integrated programs and partnerships, SNAP-Ed provides low-income Californians with the tools to make smart, healthy choices and improves access to healthier foods in communities across the state.

**1,718**

California sites where SNAP-Ed worked in 2017

**653,992**

participants in SNAP-Ed nutrition and physical activity classes



### RETAIL PROGRAMS

partnering with store owners to find cost-efficient ways to promote California-grown fruits and vegetables



### SCHOOL GARDEN PROGRAMS

growing fruits and vegetables with students to learn about nutrition



### PROGRAMS FOR SENIORS

offering healthy meals, light physical activity, and social support for healthy behavior



### COMMUNITY INVOLVEMENT

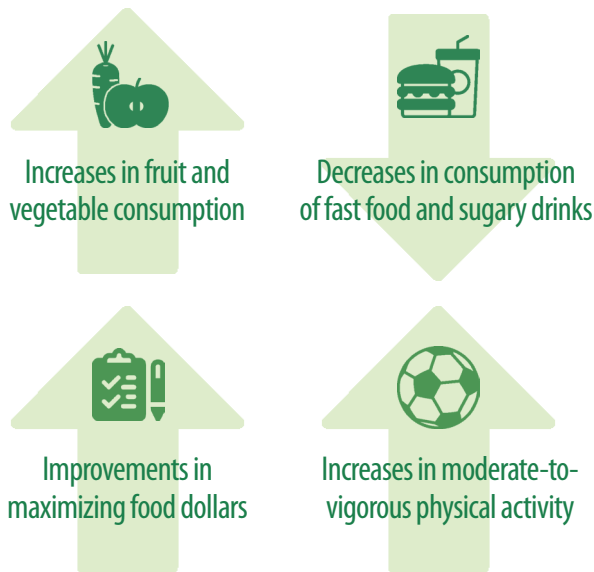
empowering Californians to identify and promote healthy changes in their communities



## theOUTCOMES

A study of 6,000+ California mothers showed that California SNAP-Ed interventions relate to increases in eating fruits and vegetables, and decreases in drinking sugary beverages.

Evaluations of 2017 SNAP-Ed interventions showed that Californians who took part in 2017 SNAP-Ed direct education reported the following statistically significant improvements:

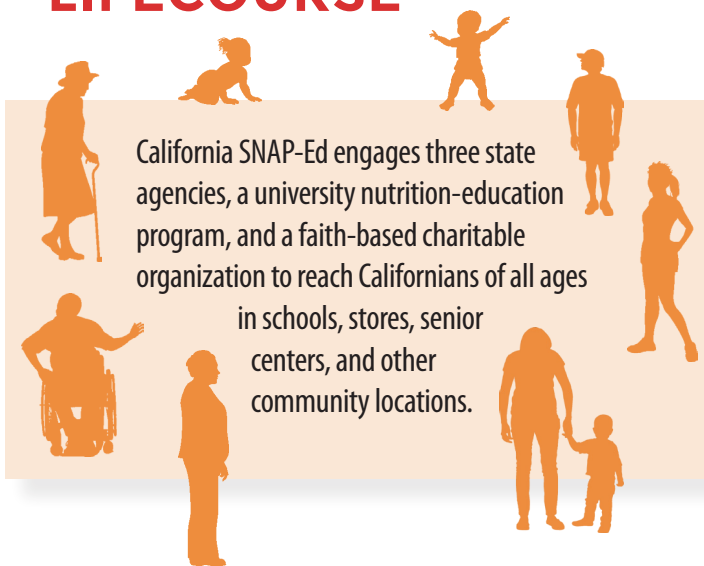


## farmers' market INITIATIVE

California's SNAP-Ed has joined with other statewide partners to help low-income shoppers utilize their food and nutrition program benefits at local farmers' markets. By capitalizing on the Market Match program, we are helping SNAP families double their money when using SNAP dollars at farmers' markets. The group is prioritizing farmers' markets that accept vouchers for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Senior Farmers' Market Nutrition Program vouchers. This partnership helps low-income Californians discover, purchase, and enjoy more California-grown produce and create healthier meals for their families while generating sales for farmers throughout the state.

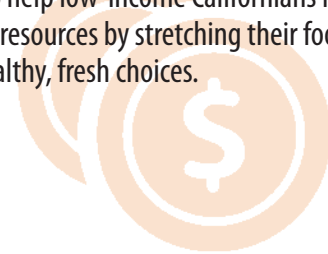


## SNAP-Ed through the LIFECOURSE



## maximizing RESOURCES

California's SNAP-Ed dollars go far because of strategic partnerships with small-business owners, volunteers, teachers, doctors, dentists, coalitions, and community organizations. SNAP-Ed strategically applies its resources to help low-income Californians make wise use of their resources by stretching their food dollars to make healthy, fresh choices.



For more information, visit:

<http://www.cdss.ca.gov/inforesources/CalFresh/Supplemental-Nutrition-Assistance-Program-Education>

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