Website

New direction
Initially site will be devoted to SNAP-Ed providers.
Site address will remain the same: wasnap-ed.org
Managed by the Curriculum and Website Team
Features:
- Easy to find information for evaluation
- Curriculum and training site is moving; adding PSE page
- WSFMA
- Regional Pages
- State and regional calendars
- Resources
Teaching Calendars!

We want to see your good work!

New page coming to wasnap-ed.org

Simple process to upload schedules

Update will be sent mid-October

FNS requires curriculum fidelity
More Breaking News

Minds in Motion Fit Sticks

Recipe Guidance for SNAP-Ed
SNAP-Ed Guidance Says. . .

Deliver evidence based nutrition education and obesity prevention activities.

. . .based on the current Dietary Guidelines for Americans (DGA)

These guidelines are the foundation of nutrition education and obesity prevention efforts in all FNS nutrition assistance programs.
Dietary Guidelines Drive Recipe Selection
All SNAP-Ed activities, strategies, and interventions should be consistent with the DGA and the associated USDA food guidance system, MyPlate.

MyPlate messages and resources are available at http://www.choosemyplate.gov/.
But Wait! There’s More!

Strategies can focus on limiting, as well as increasing, consumption of certain foods as long as they are consistent with the Dietary Guidelines.

Negative written, visual or verbal expressions about any specific brand of food, beverage or commodity cannot be made.
Recipes for SNAP-Ed

We all need to follow SNAP-Ed Guidance.

Channel the Dietary Guidelines when choosing recipes.

When in doubt-ask!
The Role of the Nutrition Educator

Look at the big picture.

Stick to the basics of the Dietary Guidelines and MyPlate.
Please do not give specific dietary advice.

We don’t provide Medical Nutrition Therapy.

Please do not offer dietary advice based on your personal beliefs or preferences.
2015-2020 Dietary Guidelines for Americans (DG)

The complete reference can be found at:

https://health.gov/dietaryguidelines/2015/guidelines/
2015-2020 Dietary Guidelines for Americans

Based on the latest scientific research
Advice to promote health and reduce risk of chronic diseases
Nutrient needs should be met primarily from food.
A healthy eating pattern can be adapted to individual preferences.
1. Follow a healthy eating pattern across the lifespan.

- All food and beverage choices matter.
- Choose a healthy eating pattern at an appropriate calorie level to achieve or maintain a healthy body weight.
- Get enough nutrients, and reduce the risk of disease.
2015-2020 Dietary Guidelines for Americans

2. Focus on variety, nutrient density, and amount.

Choose a variety of nutrient dense foods from all food groups:

- ✓ fruits and vegetables
- ✓ whole grains
- ✓ low-fat dairy
- ✓ lean protein
3. Limit calories from added sugars and saturated fats and reduce sodium intake.

- Follow an eating pattern low in added sugars, saturated fats, and sodium.

- Make sure to cut back on foods which are higher in added sugars, saturated fats, and sodium to fit within a healthy eating pattern.
4. Shift to healthier food and beverage choices.

- Choose nutrient dense foods and beverages in all food groups in place of less healthy choices.

- Choose foods that fit your cultural and personal preferences to make it easier to choose healthy foods.
5. Support healthy eating patterns for all.

✓ Everyone has a role in supporting healthy eating whether at home, in school, at work, or in your community.
Time for Some Fun!