SNAP-Ed programs teach people how to choose healthy food for themselves and their families while stretching their food dollars.

In FFY 2019, Washington State SNAP-Ed conducted 165 direct education programs, reaching 2,727 youth and 481 adults.

SNAP-Ed conducted 54 Policy, Systems and Environment (PSE) activities in 2019, with 7 launched in the past year, all reaching over 129,000 individuals.

Youth Education Outcomes
In 2019, SNAP-Ed direct education programs taught 2,727 young people in 108 schools, after school programs and youth organizations across Washington State.

Attitude and Behavior Changes
Percentages of students who reported an increase in behavior or more positive attitudes, or maintained highest frequency

- 50% Drank more water daily
- 43% Felt more positively about low sugar drinks
- 42% Had less daily screen time
- 27% Ate more whole grains daily

3rd through 8th Graders
Percentages of students who increased or maintained highest frequency

- 35% Ate more vegetables
- 40% Ate more fruit
- 52% Did more physical activity
From Our Local Agencies

The healthy options shelves at [a local corner store] have been updated several times in an attempt to discover what resonates most with customers looking for a healthier option.

As I was leaving the store after restocking the Healthier Options area, a customer approached me and asked, "is that your work?" I said yes. He went on to tell me that he and his wife were trying to live a healthier lifestyle and moving towards a plant-based vegetarian diet. He motioned towards the Healthier Options area and told me that he could see the health on the shelves and he really appreciated how it was set up.

Program and PSE Activities

SNAP-Ed Works Everywhere in the Community

SNAP-Ed nutritional programs and PSE activities take place in a wide variety of locations throughout Washington State. Providing opportunities for education and PSE changes in diverse locations increases access for the people who most need it.

Top Community Education Sites

1. K-12 schools
2. Public housing and individual homes
3. Health care clinics and hospitals
4. Food banks/pantries and assistance sites
5. Youth organizations

Top PSE Activity Sites

1. Food banks/pantries and assistance sites
2. Small food stores with 3 or less registers
3. K-12 schools
4. Farmers markets
5. Community organizations

The Challenge

In 2017, only 68% of adults in Washington ate fruit at least once a day, and only 83% ate vegetables at least once a day.

The SNAP-Ed Success

After SNAP-Ed classes, 95% of participants were eating fruit once a day, and 99% were eating vegetables once a day.

Key Behavior Changes

Percentages of participants who increased or maintained highest frequency

- 43% Ate more vegetables
- 36% Ate more fruit
- 59% Used nutrition labels more often
- 63% Decreased regular soda intake

Adult Education Outcomes


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