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

The SNAP-Ed Difference

In FFY 2019, Washington State SNAP-Ed conducted 188 direct education programs, reaching 3,967 youth and 155 adults. SNAP-Ed conducted 107 Policy, Systems and Environment (PSE) activities in 2019, with 22 launched in the past year, all reaching over 159,000 individuals.

Youth Education Outcomes

In 2019, SNAP-Ed direct education programs taught 3,967 young people in 152 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

54% Drank more water daily
66% Washed their hands before eating more often
45% Had less daily screen time
28% Ate more whole grains daily

Kindergarten through 2nd Graders

Percentages of students with perfect scores on surveys after nutrition education

73% Knew their vegetables
78% Knew their fruit
74% Knew types of physical activity

3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

41% Ate more vegetables
49% Ate more fruit
58% Did more physical activity

The Challenge

In 2018, 75% of Washington State 8th-graders drank sugar-sweetened beverages (SSBs) in the last week, while 17% bought SSBs at their school.

The SNAP-Ed Success

After completing SNAP-Ed, 28% of middle schoolers drank fewer sugar-sweetened beverages every day, and 26% didn’t drink any SSBs

From Our Local Agencies

Kids getting to explore their natural surroundings in the garden can lead to great discoveries. Timmy and Carder (7 years old) say that they like to come to the garden during recess because they “can find amazing creatures!”… Kids will often carry around potato bugs that they find, naming them and caring for them during recess. They always return them to the beds when recess is over, saying that the bugs will like it more in the garden than the classroom.

From Our Partners

“Things are going better than expected! We have received a lot of comments on how clean and spacious our lobby is looking.” - Food Bank Staff