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 874 direct education programs, reaching 16,136 youth and 1,437 adults.

SNAP-Ed conducted 419 Policy, Systems and Environment (PSE) activities in 2019, with 109 launched in the past year, all reaching over 526,650 individuals.

Youth Education Outcomes

In 2019, SNAP-Ed direct education programs taught 16,136 young people in 651 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

- 53% Drank more water daily
- 66% Washed their hands before eating more often
- 44% 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

- 69% Knew their vegetables
- 71% Knew their fruit
- 77% Knew types of physical activity

3rd through 8th Graders

Percentages of students who increased or maintained highest frequency

- 37% Ate more vegetables
- 44% 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 23% didn’t drink any SSBs.

From Our Communities

“Every time we do something for a road it needs to have a solution that provides pedestrian and bicycle pathways,” – Local Councilmember

From Our Partners

“Our families... have a difficult time having enough food to pack lunches for their kids and can’t be burdened with another monthly bill from school lunch charges. They especially like receiving a loaf of bread and other items in the weekend backpacks from which they can make student lunches.” – Assistant Principal

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. SNAP offices
3. Public housing sites or individual homes
4. Before and after-school programs
5. Health care clinics and hospitals

Top PSE Activity Sites
1. K-12 schools
2. Food banks/pantries and other assistance sites
3. Mobile vending/food trucks
4. Public housing sites or individual homes
5. Farmers markets

Adult Education Outcomes

Key Behavior Changes
Percentages of participants who increased or maintained highest frequency

- 53% Ate more vegetables
- 49% Ate more fruit
- 39% Did more physical activity
- 63% Decreased regular soda intake

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, 92% of participants were eating fruit once a day, and 97% were eating vegetables once a day