The SNAP-Ed Difference
SNAP-Ed programs teach people how to choose healthy food for themselves and their families while stretching their food dollars. In the first quarter of FFY 2020, Washington State SNAP-Ed conducted 264 direct education programs, reaching 5,323 youth and 260 adults.

Youth Education Outcomes

Kindergarten through 2nd Graders
Students with perfect scores on surveys after nutrition education
- 76% Knew their vegetables
- 71% Knew their fruit
- 84% Knew types of physical activity

3rd – 12th Graders
Students who increased or maintained highest frequency
- 37% Ate more vegetables
- 43% Ate more fruit
- 25% Washed their hands more often

Healthy Behavior Changes (6th – 12th graders)
Students who reported an increase in behavior or more positive attitudes, or maintained highest frequency
- 55% Ate fast food less often during the week
- 48% Drank fewer sugary beverages
- 35% Did more physical activity
- 31% Used nutrition labels more often

Adult Education Outcomes

Adult Participants
Adults who increased or maintained highest frequency
- 43% Ate more vegetables
- 42% Ate more fruit
- 40% Did more physical activity
- 48% Drank fewer sugary beverages

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