SNAP-Ed and the COVID-19 Pandemic

SNAP-Ed programs teach people how to choose healthy food for themselves and their families while stretching their food dollars. Due to the COVID-19 pandemic, SNAP-Ed programs shifted from in-person activities to supporting good nutrition and healthy habits at a distance. In Quarter 3, SNAP-Ed programs identified new ways to reach and engage audiences, and focused on Indirect Education activities.

Changes in Indirect Activities Due to COVID-19
Changes in Indirect Activities that occurred during Q3

- 208 Activities newly started due to COVID-19
- 90 Activities modified due to COVID-19
- 22 Activities cancelled or postponed due to COVID-19

Types of Indirect Activities
The types of Indirect Activities done in Q3 tended to fit into several different categories. Some of the most common included:

- **Online videos**
  - Recipe demos, gardening tips, story times, nutrition topics

- **Flyers and brochures**
  - Recipes for food pantry boxes, information about seasonal produce and Farmers Markets, e-newsletters with nutrition tips for parents

- **Food Access/Resource Lists**
  - Lists of school meal sites, emergency food resources, food distribution sites

- **Social Media Posts**
  - Resources for food access, health and wellness guides, brief nutrition video lessons, gardening tips

- **Online Live Classes**
  - One-time nutrition classes, continuation of planned classes

From Our Providers: Successfully Adapting to Online Classes

Since COVID prevented us from starting our last classes series offered for FY20 starting mid-April we decided to create even more of an online presence. The YMCA is a contracted partner with our Empowering Pregnancy and Motherhood Program. Since their facilities were closed we wanted to also utilize their staff skills by creating an exercise video we could share with our referrals and class participants (pregnant and post-partum women up to one year).

We were able to share this wonderful exercise video on our Empowering Pregnancy and Motherhood webpage and Facebook group so it could be permanently shared with past and future program participants.