

# SNAP-ED WORKS



## 2021 Region 3 SNAPshot



### THE SNAP-ED DIFFERENCE

SNAP-Ed's goal is to make it easier for everyone to eat healthy and be physically active, in alignment with the most current recommendations.

In FFY 2021, SNAP-Ed in **Region 3** participated in

**49**

**Policy, Systems, and Environmental (PSE) activities**

that reached **16,516** people.

In FFY 2021, SNAP-Ed in **Region 3** participated in

**6**

**Direct Education Programs**

that reached **42** youth and **12** adults.

### ACTIVITIES AND PARTNERSHIPS

#### SNAP-ED WORKS EVERYWHERE IN THE COMMUNITY

SNAP-Ed's strong partnerships allow **Policy, System, and Environmental** activities to take place in a wide variety of locations throughout **Region 3**, increasing access for the people who most need it.

##### Farm to Community

"When local healthy food is accessible to all income groups, our communities benefit too: Area farmers gain new customers and make more money, small businesses thrive, and more food dollars stay in the local economy."

- San Juan County Health and Community Services (San Juan County)



##### Direct Education

"We learned that virtual education is a resourceful, economic, and creative way to reach our partners clients. Virtual education has been a goal of our program and the pandemic gave us the need to explore new options other than in person education."

- Skagit WSU (Skagit County)



##### Access to Healthy Foods

"The pandemic has forced us to think through the inequities in the food system, and what the access barriers are (language, access to technology). We anticipate this kind of thinking will continue as we develop and refine our programs in the future."

- Common Threads Farm (Whatcom County)



##### Farm to Community

"It is so nice to check in with someone and feel supported. I have felt so discouraged at times, like I'm doing this all by myself and I'm failing, and it's nice to hear someone tell me what I'm doing well and hear that others have the same challenges."

- SNAP-Ed participant, United General District 304 (Skagit County)



##### Health Promotion

"Our biggest success that was having our first in person event at the TANF Fair. We are able to see many new and familiar faces and just enjoy being a part of the community. There were lots of meaningful conversations, hugs and laughter. Brought a lot of hope for the future!"

- Tulalip Tribes (Snohomish County)



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## EDUCATION OUTCOMES

### PARTICIPANTS

In 2021, SNAP-Ed direct education programs in Region 3 taught **12** adults and **42** youth in tribal organizations, K-12 schools, temporary housing sites, and after-school programs.

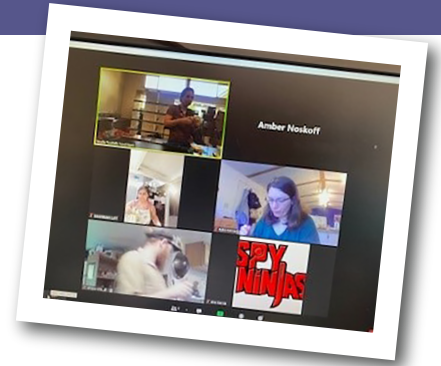
“I enjoyed hearing other people’s strategies for feeding their kids.”

– Adult SNAP-Ed participant

“This was a small class size, but there were great goals, conversations and discussion between all participants. Overall – went very well, and participants had a great time!” – Tulalip Tribes (Snohomish County)

“[This] was a wonderful learning class lots of useful info.” – Adult SNAP-Ed participant

“When asked, What’s a change you’re thinking [of] making? ‘Eat more salads.’” – Elementary school SNAP-Ed participant



## DIVERSE PARTNERSHIPS

### TOP PARTNERSHIP SECTORS

The Washington SNAP-Ed program values diverse partnerships. The quality of our programming in FFY 2021 was enhanced through increased collaboration with our **38** partners across Region 3.

The Sterling Paz Garden is a community garden space located behind the Sterling Meadows housing complex. The garden had been out of use and in poor repair for many years. Partners from **WSU Whatcom County Extension**

**SNAP-Ed**, Common Threads, WSU Whatcom Master Gardeners, and Sterling Meadows initiated the restoration of the garden in the summer of 2020, following the changing needs and food landscape brought on by the COVID-19 pandemic. Partners from several community organizations spent the fall and winter months planning the Sterling Paz garden for 2021, and in March of 2021, work began to turn the overgrown beds into prepared rows ready for planting in late spring. The three organizations continued to work together throughout the growing season, delivering vegetable plant starts, planting the garden, providing learning opportunities, and providing garden growing, harvesting, and cooking resources to community garden participants.



– Whatcom County WSU

**1** Food banks and food pantries



**2** K-12 schools



**3** Non-profits and local foundations



**4** Food stores



**5** Other government programs and agencies



# SNAP-ED 2021 Region 3 SNAPshot

## POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES

SNAP-Ed participated in **49** PSE activities across Region 3, with **2** projects newly started in FFY 2021.



### ACCESS TO HEALTHY FOODS

There were **21** Access to Healthy Foods interventions spread across **21** sites. Key areas of focus for Access to Healthy Foods interventions included:

- Promotion and **marketing of healthy foods**
- Changes to systems that impact **food access** and **procurement**
- Creating **gardens** with edible foods



In response to COVID-19, school districts, food banks, and the other Snohomish County community members representing the local food system came together to identify community assets, needs and opportunities to enhance local food system success. This collaboration led to the development of the Snohomish County Fresh Food Forum. The Fresh Food Forum is “a web resource for people who need food, grow food, distribute food, or otherwise support the Snohomish County food system.” The website is a one stop shop for information on accessing farmers markets and the food assistance programs they offer; growing food; emergency food access; garden and farm education and supporting food sovereignty. Currently, the workgroup includes members from the Snohomish Conservation District, Tulalip Tribes, the Snohomish County Food Bank Coalition, **Snohomish County, WSU Extension**, SNAP-Ed, the Puget Sound Food Hub, and local farmers. The workgroup and website represent a first step to increasing Snohomish County food system collaboration and is planning to continue to work together to better countywide food access.

— Snohomish County WSU



### HEALTH PROMOTION AND PHYSICAL ACTIVITY

There were **2** Health Promotion interventions and **4** Physical Activity interventions spread across **6** sites in Region 3. These PSE projects took place in adult job training sites, outdoor spaces, bicycle and walking paths, and other sites, with changes focused on:

- Implementing or changing **physical activity policies**
- Creating **gardens** with edible foods
- Changing the environments to encourage **structured physical activity**



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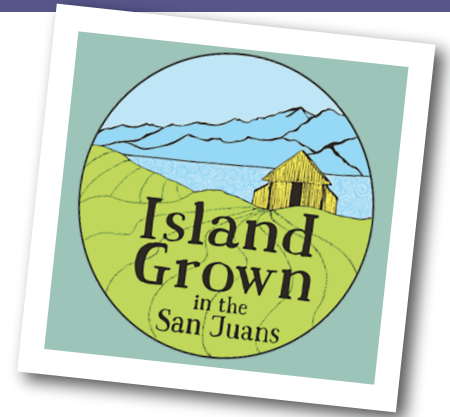
## POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) ACTIVITIES



### FARM TO COMMUNITY

There were **22** Farm to Community interventions spread across **21** sites in Region 3. Key areas of focus for Farm to Community interventions included:

- Setting up and maintaining **gardens**
- Improving the environment for **nutrition education**
- Changes to systems that impact **food access**



In FFY21, the San Juan Island Ag Guild Board, which includes **San Juan County Health and Community Services** as part of the San Juan County Food System Team, became the fiscal sponsor for the Debit Food Access Card Pilot Program. This allowed 150 clients in San Juan County to spend \$150 pre-loaded onto a debit card on EBT eligible foods at participating vendors. The pilot was designed to offer clients more choice of where to shop. Additionally, it was used to streamline access issues for local farmers who want to accept EBT but for whom there is administrative and financial burden connected to accepting SNAP benefits. Over 20 farms or food hub sites enrolled, including a small farm located on remote Waldron Island. One client said, “I just spent the whole \$150.00 card at the Lum Farm and they were so grateful because they had been struggling. It brought me so much joy just to see the smiles on their faces. And I can breathe easier now knowing that I have food in my freezer and fresh vegetables. This program is so wonderful for so many people and for so many reasons. It’s helping the whole community and will bring smiles to so many people which has been missing for awhile. I thank you both, with all of my heart, for all of your help.”

— San Juan County Health and Community Services

## INDIRECT ACTIVITIES

In Federal Fiscal Year 2021, Region 3 conducted **70** Indirect Activities to support PSE activities and Direct Education programs. These Indirect Activities reached **92,067** people across the region.

### Key Channels for Indirect Activities:

1. Flyers, posters, recipe cards, and other hard copy materials
2. Social media
3. E-newsletters, texts and other electronic materials
4. Magnets, reference cards, and other education reinforcement items
5. Community events and fairs



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