



Supplemental Nutrition Assistance Program - Education (SNAP-Ed)

The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

MAY 2015

Current Partnerships

21st Century Community Learning Center

Allison Pointe

Archway Housing Services

Arvada Food Bank

Arvada K-8

East Elementary

Family Tree

Foster Elementary

Jefferson County Public Health

Jefferson County WIC

Lakewood WIC

Lumberg Elementary-Jefferson Center

O'Connell-Jefferson Center

Second Chances

Slater Elementary

The Action Center

Jefferson County SNAP-Ed

Since October 1, 2014:

Families

- 104 families have been enrolled in SNAP-Ed and 380 family members have been reached.

Graduates

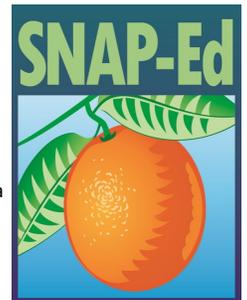
- 51 participants have graduated from SNAP-Ed, completing at least six lessons.

Volunteers

- 21 volunteers have contributed 91 hours.

Number of Classes

- 111 classes have been taught.



Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. Extension programs are available to all without discrimination.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-888-818-0063.

Comments from SNAP-Ed Participants

"I was thinking of your program the other day. I went shopping and you are right; top and bottom shelves show the cheap brands and eye level have the brand names that cost more!"

"Your classes are teaching me how to offer healthier foods to my child that he will enjoy eating."

"Since taking the Eating Smart • Being Active classes, I am more aware of what I am feeding my child. I am cooking more at home and I don't spend as much money eating out."

"When our class cooked the enchilada casserole, we all realized it was a cheap, healthy and easy-to-make recipe. We all said we would make this recipe for our families."



Comments from SNAP-Ed Educator

"My participant, Dave, has diabetes and when he started class, he came in with a 64 oz. glass of pop. After taking the first class, he now comes in with the same glass but filled with ice water. Dave was surprised when he saw how much sugar is in pop."

"My participants are cooking the recipes they receive from the classes. They are adding whole grains to their family's diets."

"My participant and her family enjoyed the pasta salad. They were surprised to learn to read nutrition labels. They also said they were going to stop defrosting their meats on the counter or let food sit out for more than two hours."

"During the Plan, Shop, and Save class, my participant said she does not cook. Well, when we got to the Build Strong Bones class she said, "I'm buying this food from the recipe to cook tonight." She said she made a change and is now cooking these nice and easy recipes."

"My participant from Mt. Loretto Apartments had never eaten vegetables until taking my nutrition classes. Then she made a meal all by herself. She also saved \$80 when she went grocery shopping one week. So it does work to use a shopping list."



Elena Mauricio
SNAP-Ed Educator

For more information about SNAP-Ed in Jefferson County, please contact:

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