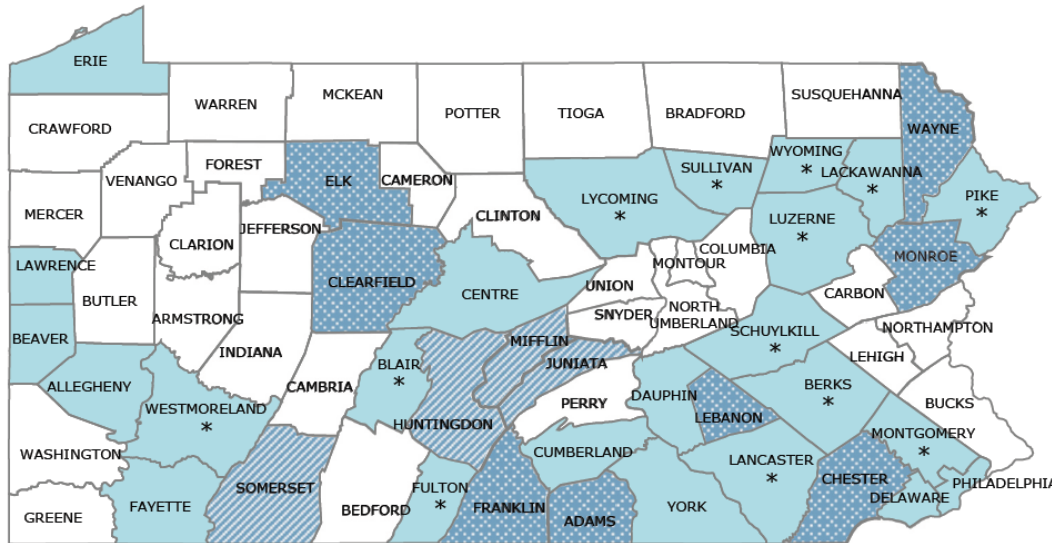


On track with healthy eating for low income audiences

2009

Pennsylvania Nutrition Education Tracks Fiscal Year 2009 Statewide Programming



- Direct education provided by Tracks Local Partners
- Only indirect education in County Assistance Offices and/or food pantries provided through PA NEN
- * County received both direct education from Tracks Local Partner and indirect education in CAOs and/or food pantries through PA NEN
- Direct education provided through uCASH initiative



- Adagio Health, Inc.
- Albert Einstein Healthcare Network
- Altoona Area School District
- Community Action Development Commission of Montgomery County
- Commission on Economic Opportunity
- Community Action Program of Lancaster County
- Fayette County Community Action Agency
- The Food Trust
- Fulton County Food Basket
- Health Promotion Council of Southeastern PA, Inc.
- Marywood University
- Maternal & Family Health Services, Inc.
- Pennsylvania Nutrition Education Network
- PSU Nutrition Links
- PSU Westmoreland County Cooperative Extension
- School District of Philadelphia
- Williamsport Area School District

Supplemental Nutrition Assistance Program Education (SNAP-Ed) Across the Commonwealth of Pennsylvania



PENNSYLVANIA
NUTRITION EDUCATION TRACKS

On track with healthy eating for low income audiences



Barbara Lohse, PhD, RD
Program Director

Pennsylvania Nutrition Education Tracks (TRACKS), funded by the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS), delivers Supplemental Nutrition Assistance Program Education (SNAP-Ed) to Supplemental Nutrition Assistance Program (SNAP) eligible audiences across the Commonwealth.

About SNAP-Ed Program

TRACKS programming is locally driven, but common statewide goals and objectives consistent with FNS directives structure the content, process, and evaluation aspects. TRACKS consists of three age specific programming tracks: Preschool (<5 yrs), School-age (5-17 yrs), and Adult/Senior (18+ years). Each track encompasses specific goals and objectives, educational strategies, curricula, and evaluation tools appropriate for the target audience.

Funding

Approximately \$34 million dollars of combined federal (USDA) and state/local (cost-share) funds were spent in FY 2009 to provide over 6.4 million direct education* contacts to approximately 216,123 participants,** 59.7% of whom were reported as SNAP participants or eligibles. FY2009 TRACKS expenditures represent a cost to the federal government of approximately \$2.35 per contact.

SNAP-Ed Delivery

As shown in the Figure (back cover), programming was delivered in 36 Pennsylvania counties by 17 Local Partners.

* Direct education actively engages participants in the learning process with an educator or interactive media
** Number of individuals who received education one or more times during the fiscal year.

Preschool Track

Where are Preschool Track Programs Provided?

- Programming delivered by 6 Local Partners in 9 counties
- Delivery Sites: Head Start Centers, Preschools, Daycare Centers, Medical Centers

Preschool Track Highlights

- Provided 126,630 direct education contacts to 6,932 participants
- Developed a Digital Photo Receiver program incorporating Food and Nutrition Service preschool caregiver core nutrition messages



School Age Track

Where are School Age Track Programs Provided?

- Programming delivered by 15 Local Partners in 22 counties
- Delivery Sites: Schools, Recreation Centers, Community Centers, Summer Feeding Sites, Cooking Camp

School Age Track Highlights

- Provided 6,228,263 direct education contacts to 198,793 participants
- Implemented the 4th Grade Vegetable Core, a standardized core nutrition education initiative. Evaluation indicated significant improvement in students' vegetable-related attitude, self-efficacy, preference, and knowledge



“The campers are exposed to a wide variety of foods and cooking techniques and benefit the entire family when they take their new skills home. This program is the highlight of my year!”

- Chef Anne Quinn Corr
(Cook Like a Chef! Camp)

Adult/Senior Track

Where are Adult/Senior Track Programs Provided?

- Programming delivered by 11 Local Partners in 31 counties
- Delivery Sites: Senior Centers, Public & Low-Income Housing, Churches, Food Pantries, Community Centers, Family Planning Clinics, Salvation Army Sites, County Assistance Offices, Adult/Family Literacy Programs, Medical Clinics, Health Centers, Urban/Community Gardens, Farmers Markets, Group Living Sites, Soup Kitchens, Shelters, Extension Offices

Adult/Senior Track Highlights

- Provided 55,527 direct education contacts to 10,398 participants
- uCASH initiative enabled senior center programming in four un-served, rural counties



“You put your foot in that corn salad!”
[This is a modern compliment meaning: the corn salad is really good!]

- Food Demonstration Participant
(City Harvest)