

Did you know that the Supplemental Nutrition Assistance Program provides **nutrition education** (SNAP-Ed) in qualifying* schools?

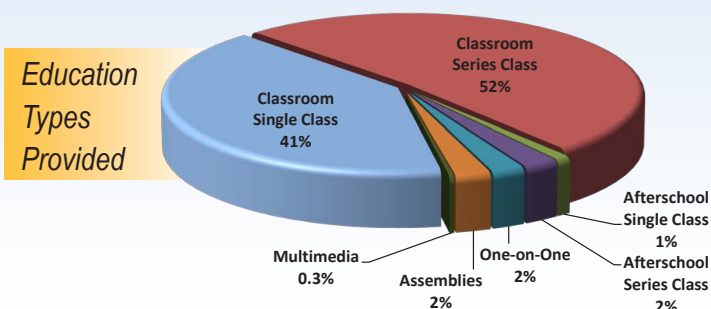
This is important because our records show that:

- Only 11% of 8th graders eat vegetables 3 or more times per day; only 14% of high school students do so.
- Only 14% of 8th graders and 21% of high school students drink 3 or more glasses of milk daily.

In the 2009-10 school year PA SNAP-Ed:

- Reached over 200,000 school students.
- Provided more than 6 million education contacts.
- Funded over 280,000 education sessions.

SNAP-Ed is making a difference!



Students graph calcium content of convenience store foods

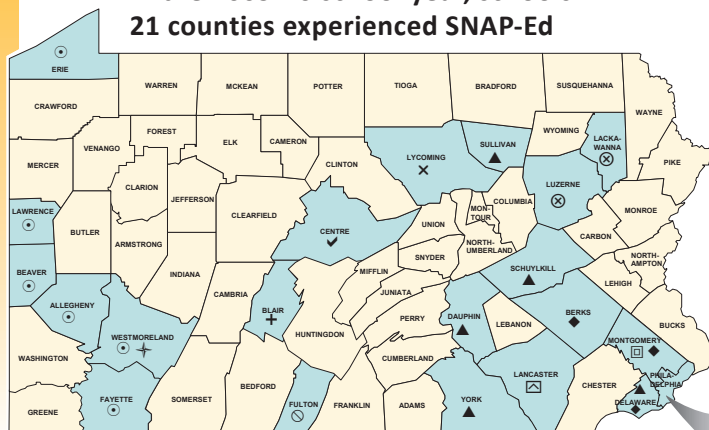
*How schools qualify for SNAP-Ed funds.

Schools with 50% or more students receiving free or reduced price meals are eligible for TRACKS **nutrition education**. Afterschool or summer programs may also qualify.

Is Your School Included?

Check the interactive map at www.panutritiontracks.org/public/maps/schoolage.html to find out. If your school is eligible, but not receiving SNAP-Ed, please contact the TRACKS office or a local partner in your county. We want to reach students in all counties.

In the 2009-10 school year, schools in 21 counties experienced SNAP-Ed



Local Partner Key

- Adagio Health, Inc.
- + Altoona Area School District
- ⊗ Commission on Economic Opportunity
- ⊠ Community Action Program of Lancaster Co (CAPLANC)
- Fulton County Food Basket
- ⊠ Montgomery Co Comm Action Dev Commission (CADCOM)
- ▲ Penn State Cooperative Extension, Nutrition Links
- ✓ Penn State Nutritional Sciences
- + Penn State Cooperative Extension, Westmoreland County
- ◆ The Food Trust
- ⊗ Williamsport Area School District

Albert Einstein Healthcare Network
Drexel University
Health Promotion Council
School District of Philadelphia
The Food Trust
University of Pennsylvania

Pennsylvania SNAP-Ed Statewide Initiatives

4th Grade Vegetable Core

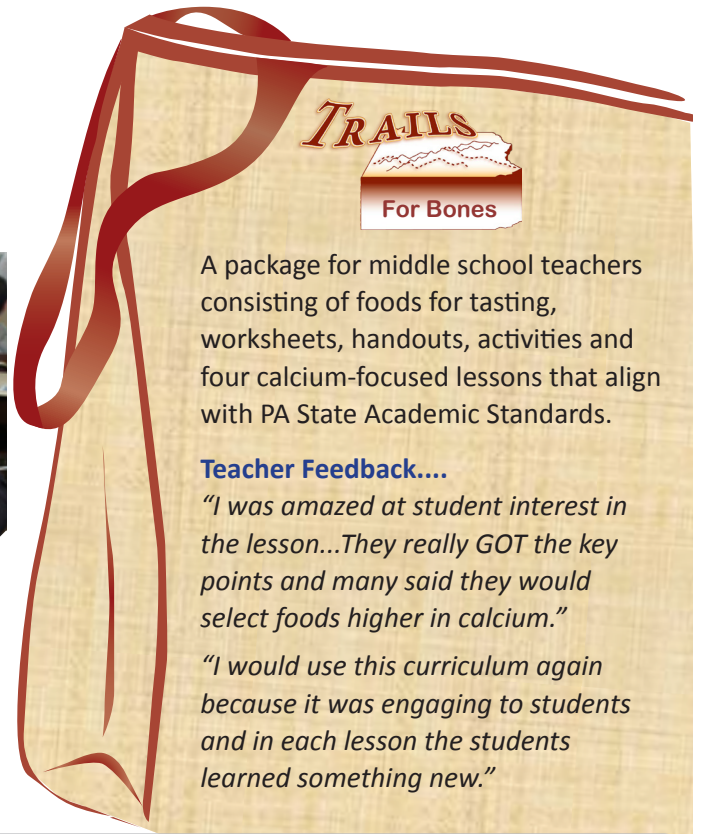
Four vegetable-focused lessons that align with PA State Academic Standards and include food tastings, worksheets, handouts and activities. Significant improvement in attitude, self-efficacy, preference, and knowledge was shown in a two year impact study.

What do educators think of the 4th Grade Vegetable Core?

"They enjoyed measuring out the vegetables and were amazed to see what 2 ½ cups actually looked like.

My class really looked forward to these lessons. I feel they benefited greatly!!!

At first the children were a little grossed out by the black beans (most of them never trying them before) once they tried it they liked the salsa and the black beans."



A package for middle school teachers consisting of foods for tasting, worksheets, handouts, activities and four calcium-focused lessons that align with PA State Academic Standards.

Teacher Feedback...

"I was amazed at student interest in the lesson...They really GOT the key points and many said they would select foods higher in calcium."

"I would use this curriculum again because it was engaging to students and in each lesson the students learned something new."

Assembly Programming

About 140,000 children received PA SNAP-Ed through assembly programming.



*"What a creative and entertaining way to teach good eating habits."
(School Nurse)*

*"Children thoroughly enjoyed the show and learned quite a lot from it. Live theater is something that our children are not often exposed to and this made a lasting impression on many."
(Kindergarten Teacher)*

After-School Programming

Approximately 229,000 nutrition education classes were delivered in after school settings.



*"Cooking is fun because now I know I can make it at home."
(student age 11)*