

SNAP-Ed Nutrition Education Program

The CT Department of Public Health (DPH) collaborates with the University of Saint Joseph (USJ) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed) services throughout the state of Connecticut. SNAP-Ed is a federally funded grant program that supports evidence-based nutrition education for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). The SNAP-Ed goals are to encourage SNAP recipients to make healthy food choices within a limited budget and to be physically active.

The nutrition education activities listed below are from the **Eating Smart • Being Active** (ESBA) curriculum. ESBA is developed using the latest research from the current *Dietary Guidelines for Americans*. Each education topic features hands-on activities to reinforce learning and apply new skills, including food preparation, food tasting, and physical activity. All SNAP-Ed activities are provided by trained nutrition professionals including registered dietitians, nutrition educators, and students at **no cost** to you.

Education Topics:



**EATING SMART
BEING ACTIVE**

- **Get Moving!** (physical activity as part of a healthy lifestyle)
- **Plan, Shop, \$ave** (stretch food dollars and read nutrition fact labels)
- **Fruits & Veggies** (increase the amount and variety of fruits and vegetables)
- **Make Half Your Grains Whole** (identify whole grain foods and their benefits)
- **Go Lean with Protein** (choose lean proteins and keep food safe)
- **Build Strong Bones** (eat calcium rich foods and choose low-fat dairy)
- **Make a Change** (choose foods/drinks low in fat, salt, and sugar)
- **Celebrate Healthy Meals** (how to involve family in good food choices)

Nutrition Education Sessions

- * Interactive display
- * Engaging discussion with activities (20 minutes)
- * Food tastings and recipes
- * Supportive materials to encourage a healthy lifestyle



Nutrition Education Workshops (In-person & Online)

- * Facilitated group discussion
- * Food preparation, tasting, and physical activity
- * Supportive materials to encourage a healthy lifestyle
- * 8 Topics (45- 60 minutes each)
- * Typically one workshop per week



Telephonic Health Coaching

- One-on-one discussion with a health coach, registered dietitian or nutritionist
- Personalized wellness plan
- 6 calls with health coach (30 minutes each)
- Typically one per week



MyPlate for My Family (eLearning):

MyPlate for My Family (MPFMF) is a SNAP nutrition education curriculum designed for parents and caregivers who are SNAP-eligible. The curriculum has four lessons promoting physical activity and healthy food choices within a budget the USJ SNAP-Ed program adapted into eLearning.



- Learn how to establish healthy eating habits and have an active lifestyle in a fun and interactive way.
- Lessons are self-paced, complete with cooking demonstrations, practice games, and physical activity ideas.
- Healthy recipes, tips, and much more all accessible through the links below, or on portal.ct.gov
- [MyPlate Family Meals](#)
- [Watch your Fats, Sugars, and Sodium](#)
- [Vegetables and Fruits - Simple Solutions](#)
- [Family Time Active and Fun!](#)



Training & Technical Assistance for Child Care Professionals:

The Nutrition & Physical Activity Self-Assessment for Child Care (**NAPSACC**) is a training and technical assistance program designed to assist child care programs in establishing nutrition and physical activity practices and policies that align with the latest obesity prevention research and guidelines.



- Programs complete a simple checklist to determine where they meet current best practices.
- A technical assistance provider will support goal setting and implementation, and may provide up to 5 hours of staff training.
- Teachers receive books, CDs, and other materials to assist with incorporating nutrition and physical activity in the classroom.
- Programs receive a gift card for achieving their self-selected goal(s).

The Coordinated Approach to Child Health (**CATCH**) **Early Childhood** is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5.

Each program that participates in **CATCH Early Childhood** will receive:



- Training and tools to implement a fun nutrition and physical activity program.
- Convenient and flexible lesson plans and sample schedule.
- Over 400 moderate-to-vigorous physical activity cards and relaxation exercises for transitions back to the classroom.
- A music CD that keeps the class motivated, moving, and having fun.
- Parent tip sheets to send home and encourage family involvement.
- A technical assistance provider to help you implement **CATCH**.

To schedule SNAP-Ed activities at your organization, please contact:

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Demographic information and outcome measures are collected so the program objectives and effectiveness can be evaluated. With participant permission, USJ SNAP-Ed will follow-up 6 weeks after the session to assess the behavior changes that have made based on the education provided. This institution is an equal opportunity provider.