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Stronger Communities.
Healthy People

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Supplemental Nutrition Assistance Program Education

Ohio State University Extension Family and Consumer Sciences' Supplemental Nutrition Assistance Program Education (SNAP-Ed) helps low-income individuals and families in Ohio:

- Make healthy food choices on a limited budget
- Increase healthy eating behaviors
- Use resources to stretch their food dollars
- Be physically active



SNAP-Ed is delivered in a variety of settings and provides hands-on, interactive learning experiences for program participants. Family and Consumer Sciences SNAP-Ed nutrition staff use evidence-based lesson plans to deliver the most current information related to nutrition, physical activity and food resource management.

Each year, SNAP-Ed reaches more than 80,000 low-income adults and youth through programs that focus on healthy eating, food resource management and physical activity. As a result of SNAP-Ed programs, participants report eating more fruits and vegetables, feeling more food secure and being more physically active.

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THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES
THE COLLEGE OF EDUCATION AND HUMAN ECOLOGY
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