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.

fcs.osu.edu/nutrition/fnp