

IMPACT REPORT



Supplemental Nutrition Assistance Program – Education (SNAP-Ed) Expanded Food & Nutrition Education Program (EFNEP)



SNAP-Ed goal: The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget, and choose physically active lifestyles consistent with the current dietary guidelines for Americans and the USDA food guidance.

519

Participants

379

Graduated

73%

Completion rate

631

Family members served

21

Volunteers

Nutrition

89%

of participants showed improvement



Food Safety

76%

of participants showed improvement



Budgeting

75%

of participants showed improvement



Fruits/ Veggies

46%

of participants showed improvement



Physical Activity

69%

of participants showed improvement

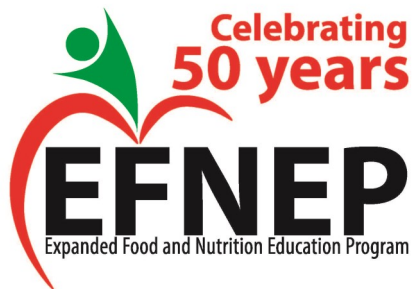


FARMER'S MARKET COMMUNITY PROJECTS

- Worked with 4 farmer's markets in low income areas: Waianae, Wahiawa, Waipahu, and Kalihi.
- **PRODUCE CARDS** – We provided vendors with laminated produce cards that featured a seasonal fruit or vegetable to pass out to customers. Cards provided information on the nutritional value of the featured produce and a customized URL link and QR code to access more information on selection, storage, recipes, etc. Data was collected when customers accessed the URL link or QR code. Vendors were asked to complete pre- and post-surveys to determine the produce card's effectiveness in increasing fruit and vegetable purchases.
- **RINSE! RUB! REPEAT! SIGNAGE BOARDS** – Double-sided standing display boards with "RINSE! RUB! REPEAT!" were provided to farmer's market coordinators and posted at entrances/exits and near EBT machines for an intervention focused on food safety. A QR code which linked to a University of Hawaii video on "Safe Produce: KEEP IT CLEAN!" to show proper produce washing was also provided to collect data when accessed by customers.

Feedback from Participants & Agencies :

- "Very educational. Clients enjoy learning from instructor and doing the hands-on activities."
- "I personally got a lot of information from this course, the class after discussion also recited new knowledge "
- "I enjoyed & learned a lot! I love our teacher. She's da bomb!"
- "The information was helpful and informative for everyday living. I learned new information as well as reinforced what I already knew."
- "Lots of useful information. Learned great shopping tips and about healthy eating."
- "Thank you for teaching us about getting healthy and how to budget our money."



Provides:

- Nutrition classes for **Adults** and **Youth** to eat better, keep foods safe and budget their money
- Knowledge and skills to help make better choices for themselves and their families
- Grow Your Own, a supplemental curriculum, teaches adults to create a sustainable container garden and harvest their own fruits and vegetables. These classes encourage participants to eat more fruits and vegetables.

1023

Participants

742

Graduated

73%

Completion rate

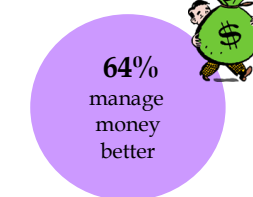
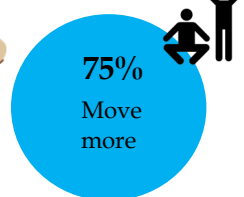
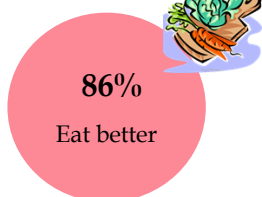
1,778

Family members served

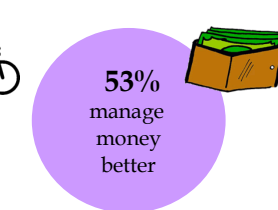
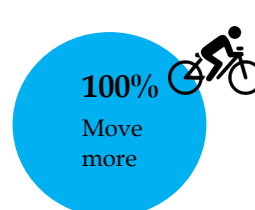
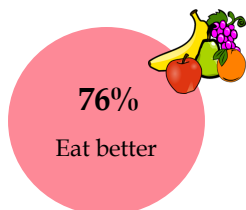
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Volunteers served

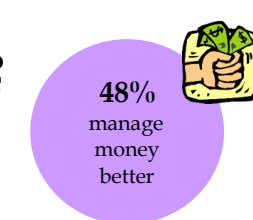
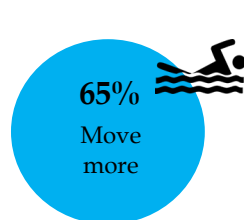
Adults that went through
Food & Money Basics
curriculum



Adults that went through
Grow Your Own
curriculum



Youth that went through
Health Kids Club
curriculum



Feedback from Participants & Agencies :

- “ It was great! Students learned a lot & enjoyed all the food activities.”
- “Instructor engaged with the group very well; they were able to share and reflect on what they learned each day. They continued to talk about the physical activities and enjoyed his teaching.”
- “The budget box is such a great tool. I am really excited to use it. The goal setting is really great and instructor had us set a goal for each week (after the lesson). It’s nice to set goals and see the results of the goals.”
- “I felt like I learned a lot from these classes and I can take what I learned and share it with my family.”
- “There were some things I already knew, but learned the importance of why to do it. Learned a lot of new things too.”



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