

# NORTH CAROLINA



## SNAP-ED PROGRAM RESULTS 2020

### WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) offers food assistance to millions of eligible (at or below 130% federal poverty level) individuals and families to reduce hunger and help put healthy food on the table.



SNAP-Ed is the nutrition education program of SNAP. SNAP-Ed equips eligible North Carolinians with knowledge and skills to make healthier choices.

### WHAT IS SNAP-Ed?

To do this, the North Carolina Department of Health and Human Services' Division of Social Services, Economic and Family Services partners with Alice Aycock Poe Center for Health Education, Down East Partnership for Children, Durham County, East Carolina University, North Carolina Agricultural and Technical University, North Carolina State University, Second Harvest Food Bank, and the University of North Carolina (UNC) at Chapel Hill and UNC at Greensboro.

### AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Adults ate more fruits and vegetables



Teens drank fewer sugar-sweetened beverages



Children drank more low-fat or fat-free milk

**6,865** NORTH CAROLINIANS WERE SURVEYED IN DIRECT EDUCATION PROGRAMS.

### POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES

Include changes to formal, written policies, ways in which business is conducted, and environments to increase healthy eating and physical activity where eligible North Carolinians eat, learn, live, play, shop, and work.

THERE WERE...

62

POLICY CHANGES

89

SYSTEM CHANGES

62

ENVIRONMENTAL CHANGES

ACROSS **164** SITES WITH A COMBINED REACH OF **108,175**

# FARM FRESH

A Community-Based Approach for Preventing Diabetes, Supporting Local Farms, and Increasing Access to Healthy Foods in Rural North Carolina

The Second Harvest Food Bank in partnership with local farms launched Farm Fresh - a program that combined fresh produce with a health education text campaign to meet the needs of the rural Appalachian community. With grant funding, the food pantry purchased produce directly from farms. Individuals recognized as "at-risk" had the opportunity to take part in the program. Farm Fresh transformed the physical food environment at the food pantry by increasing the variety of healthy food options and improving storage for fresh produce. These changes were supported with staff training on methods for storing fresh produce to ensure quality and safety.

This program reached 100 households distributing 9,500 pounds of produce. Participants reported the fresh produce helped their household eat healthier. Participants also reported higher confidence in managing their health, being more physically active regularly, and improved food security status. Farm Fresh generated \$17,703 in local economic activity and established three new markets for local farms to sell their products. **Farm Fresh connects the dots around challenges and opportunities in rural communities for food-insecure families while providing much needed income for small-scale fruit and vegetable growers.**



## NORTH CAROLINA STATE NUTRITION ACTION COUNCIL (NC SNAC)

The goal of NC SNAC is to improve coordination and cooperation among agencies that implement United States Department of Agriculture (USDA) Food and Nutrition Services (FNS) programs. In the federal fiscal year 2020, NC SNAC focused on food security by increasing awareness of the USDA FNS programs in North Carolina. The coalition identified the need to create both print and online material to expand outreach and promotion. NC SNAC created a food resource guide promoting these programs. Members of NC SNAC distributed printed materials through community partners, and digital materials through websites and newsletters to aid clients in accessing food resources. These materials are found and shared from [www.ncdhhs.gov/SNAC](http://www.ncdhhs.gov/SNAC)

## TOP CHANGES IMPLEMENTED:

### POLICY

- Increased nutrition education or cooking activities
- Established or improved nutrition policy
- Established policies to increase time spent doing physical activity



### SYSTEMS

- Implemented novel healthy food distribution systems
- Initiated or expanded farm-to-table/use of fresh or local produce
- Improved child feeding practices



### ENVIRONMENT

- Edible gardens
- Increased opportunities for structured physical activity
- Improved physical activity facilities, equipment, structures, or outdoor space



All North Carolina SNAP-Ed Implementing Agencies put into effect multi-component PSE interventions (i.e., education, marketing, community involvement, and training). These components enhance the impact and sustainability of the healthy changes into future years.