

NORTH CAROLINA



SNAP-Ed PROGRAM RESULTS 2025



The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is the nutrition education program of SNAP aimed at reducing hunger for families whose incomes are at or below 185% of the federal poverty level. The purpose of SNAP-Ed is to help individuals make healthy food choices and choose physically active lifestyles based on the Dietary Guidelines for Americans and the implementation of public health approaches.

To do this, the North Carolina Department of Health and Human Services, Division of Child and Family Well-Being partners with nine implementing agencies across North Carolina.

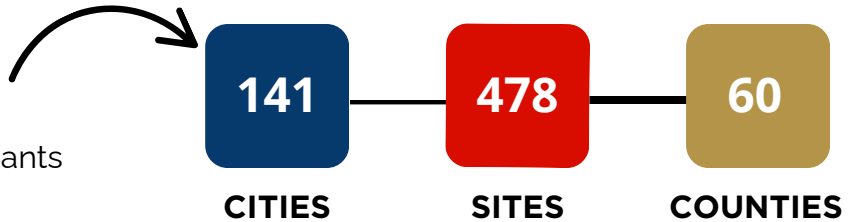
- **Alice Aycock Poe Center for Health Education**
- **Down East Partnership for Children**
- **Durham County Department of Health**
- **East Carolina University**
- **North Carolina Agricultural and Technical University**
- **North Carolina State University**
- **Second Harvest Food Bank**
- **University of North Carolina at Chapel Hill**
- **University of North Carolina at Greensboro**

DIRECT EDUCATION

Direct education interventions aim to improve the health of North Carolinians eligible for SNAP by equipping them with the skills to make healthier choices.

In FFY 2025, North Carolina SNAP-Ed implemented...

1,380 direct education interventions
reaching **44,703** participants



Success Story

Steps to Health supported 73 gardens across North Carolina in communities, schools, and early care and education sites, transforming them into spaces that promoted healthy habits, hands-on learning, and community connection. School and ECE gardens helped children learn where food comes from, reinforced classroom lessons, and encouraged trying fresh produce, while community gardens increased access to healthy foods and strengthened relationships through shared activities like nutrition classes and cooking demonstrations. Together, these gardens highlight how partnerships and innovative use of gardening can create sustainable, long-term opportunities for healthier living.

AFTER PARTICIPATING IN SNAP-ED PROGRAMS:



Healthy eating behaviors among youth showed significant improvements in variety of fruit and vegetable consumption and in drinking water



Adults showed significant improvements in frequency of fruit and vegetable consumption but remained consistent for variety of fruits and vegetables and healthy drinking behaviors



Seniors significantly improved variety of fruit and cups of fruit and vegetables consumed each day

POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES:

PSE interventions aim to create 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.

IN FFY 2024, THERE WERE 836 PSE CHANGES IN NORTH CAROLINA.



TOP CHANGES IMPLEMENTED:

Policy

- Food safety policy
- Zoning policy
- Policy related to edible gardens
- Policy that encourages the establishment of new food distributions sites and improved hours of operation at sites

Systems

- Integrating culturally relevant, healthy, traditional foods at food service or distribution sites
- Mechanism for distributing seedlings to families or communities for home gardening

Environmental

- Initiation, improvement, expansion, reinvigoration, or maintenance of edible gardens
- Use of the garden for nutrition education



"Gardens provide learning opportunities for everyone. When learning how food grows, children are more likely to try what they have grown."

- Steps to Health Project Coordinator

MULTI-COMPONENT PSE INTERVENTIONS:

Multi-component PSE interventions include either nutritional or physical activity support along with at least one of the following: education, marketing, community involvement and trainings. Multi-component interventions will enhance the impact and sustainability of the healthy changes into future years.

314 sites reported multi-component PSE intervention with a **NUTRITION** related component

83 sites reported multi-component PSE intervention with a **PHYSICAL ACTIVITY** related component



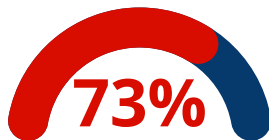
The garden got the seniors outside and brought back memories from their childhood experiences gardening. They were excited to see the plants grow and organized a team and schedule of who would check on their plants daily. Having this garden has given them hope. They are already planning ahead; starting some plants from seed inside for the spring planting. The garden has given the seniors a purpose.

– Nancy Lee, Smithfield Senior Center Director



SUSTAINABILITY OF PSE CHANGES

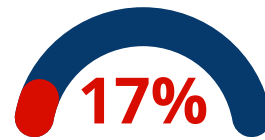
To ensure sustainable PSE changes, organizations institute site-level sustainability plans and mechanisms. **Of the 275 PSE interventions with documented PSE changes:**



Had a sustainability plan fully in place



Were in the process of having a sustainability plan in place



Had no sustainability plan in place

Sustainability Mechanisms

