Since 1995, the Oklahoma SNAP-Ed program under the auspices of Oklahoma Cooperative Extension Service has worked with low-income families and youth improving their diets and food related behaviors. Additionally, families increase their ability to manage food budgets and related sources such as SNAP benefits (previously food stamps) in order to not run out of food by the end of the month. In 2014, SNAP-Ed reached 1,622 adults and 1,950 youth directly, and nearly 4,569 family members indirectly.

**2014 IMPACTS: OKLAHOMA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - EDUCATION (SNAP-Ed)**

**REACHING DIVERSE POPULATIONS**

At least 47% of all SNAP-Ed adults are minorities.

**MINORITY**

- White: 52%
- African-American: 16%
- American Indian or Alaska Native: 13%
- Native Hawaiian or other Pacific Islander: 1%
- Multiple races identified: 0%
- Race not provided: 0%

**NON-MINORITY OR NOT PROVIDED**

- 53%

**DEFINING THE PROBLEM**

Oklahoma’s statistics on hunger and food insecurity are startling. However, by serving the state’s limited-income populations, Extension’s SNAP-Ed program is working to improve the conditions of those most in need … SNAP eligible adults and youth.

**INVESTING IN THE SOLUTION**

Statewide the SNAP-Ed program leverages federal and state funds and provides approximately 74 job opportunities to local citizens, which contributes more than $1.5 million to the state economy in salaries and benefits. The program operates in Oklahoma in 28 counties.

**OKLAHOMA SNAP-Ed UNITS**

- **Comanche Unit**: Caddo, Comanche, Jackson and Stephens counties
- **Kiamichi Unit**: Choctaw, Haskell, LeFlore, McCurtain, Pushmataha and Pittsburg counties
- **Northwest Unit**: Garfield, Kay and Lincoln counties
- **Pontotoc Unit**: Atoka, Bryan, Carter, Coal, Johnston, Marshall, Pontotoc, Pottawatomie and Seminole counties
- **Tulsa Unit**: Tulsa county

**DEBRA GARRARD-FOSTER**

State Community Nutrition Education Programs Coordinator

Oklahoma State University, Nutritional Sciences
Oklahoma Cooperative Extension Service
301 Human Sciences Building, Stillwater, OK 74078
debra.greene_garrard@okstate.edu  (405) 744-6283
WHY IT WORKS

In addition to funding, fully staffed county Extension offices are key contributors to the overall success of SNAP-Ed. Extension educators support the Nutrition Education Assistants (NEAs) in day-to-day program activities and provide consistent access to research-based information. Also, they assist NEAs in continuing the Extension tradition of forming strong partnerships with community agencies to address the needs of low-income families. These partnerships provide education and services that are mutually supportive without the duplication of efforts and resources.

SNAP-Ed strives to hire NEAs with a strong understanding of the barriers many limited-income families face in achieving a healthy diet. As paraprofessionals, the NEAs are skilled in using hands-on interactive teaching methods which enable them to influence changes in behavior and impact the lives of those they teach.

A few short months ago this participant struggled with the basics of knowing how to prepare simple recipes for her family. She resorted to frying almost everything. After completing the program she commented, “I changed the way I cook after learning some better ways. I don’t fry anymore. I also buy more whole grains, vegetables, and fruit. By doing this, I have lost weight and feel better because some of my other health problems are gone.”

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP

DEMONSTRATING RESULTS

IMPROVEMENT IN FOOD GROUPS

Data reported through diet recalls show that SNAP-Ed graduates eat more closely to MyPlate recommendations. It also shows there is still a need for nutrition education.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Amount Consumed Before SNAP-Ed</th>
<th>Amount Consumed After Participation in SNAP-Ed</th>
<th>Amount Needed to Meet MyPlate Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6.7</td>
<td>7.3</td>
<td>†</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1.7</td>
<td>1.6</td>
<td>†</td>
</tr>
<tr>
<td>Fruit</td>
<td>1.3</td>
<td>0.9</td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td>1.4</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Meat</td>
<td>3.0</td>
<td>3.0</td>
<td>†</td>
</tr>
</tbody>
</table>

† This graphic shows recommendations for females ages 19-30 who get less than 30 minutes per day of moderate physical activity, beyond their normal daily activities. Recommendations for males, other age groups, and other activity levels vary (see MyPlate.gov).

WHY IT WORKS

In addition to funding, fully staffed county Extension offices are key contributors to the overall success of SNAP-Ed. Extension educators support the Nutrition Education Assistants (NEAs) in day-to-day program activities and provide consistent access to research-based information. Also, they assist NEAs in continuing the Extension tradition of forming strong partnerships with community agencies to address the needs of low-income families. These partnerships provide education and services that are mutually supportive without the duplication of efforts and resources.

SNAP-Ed strives to hire NEAs with a strong understanding of the barriers many limited-income families face in achieving a healthy diet. As paraprofessionals, the NEAs are skilled in using hands-on interactive teaching methods which enable them to influence changes in behavior and impact the lives of those they teach.