

Family Nutrition Program

Supplemental Food and Nutrition Program Education (SNAP-Ed)



“At lunch, one of my students, who is slightly overweight, was about to purchase a Gatorade. I reminded him of the added sugar and what our FNP nutrition lady taught him. He said, “Oh, snap, that’s right!” He hasn’t bought a Gatorade since.”

—Public School Teacher



Community Partners

School Districts
Health Departments
Even Start
Head Start
Pre Schools
Domestic Abuse Shelters
Halfway Houses
GED classes
Libraries
Parks and Recreation Departments
After School Programs
Boys and Girls Clubs
Healthy Families
Community Action Agencies
Police Athletic Leagues
YMCA
Commodity Distribution Sites
Senior Centers
Elder Care Services
Congregate Meal Sites
Council on Aging
Special Needs Adult Programs

FNP Makes a Difference in Health

- 37,560 Florida residents were contacted 311,062 times for nutrition education classes during fiscal year 2007.
- 19% of participants increased their consumption of fruits and vegetables.
- 14% of participants increased their levels of physical activity.
- 23% of participants began to implement resource management ideas such as menu planning, using a spending plan, and comparison shopping.

Funding

- 2009—\$3,638,680 federal; \$4,726,306 state and local partners

“My child is telling me we need to eat apples or other things instead of sweets. Thanks to the nutrition lady!”

—Parent of Child enrolled in FNP Program

Guiding Principles

Audience: *SNAP Participants* and individuals eligible for SNAP

Greatest Potential Impact: Target audience is *women and children* in SNAP eligible households

Learning experiences: Designed to improve the likelihood that participants will *make healthy food choices within a limited budget* and *choose physically active lifestyles*

Key Outcomes: *Science-based, behaviorally-focused interventions* and can maximize its national impact by concentrating on a *small set of key outcomes*

Maximum Reach: *Coordination and collaboration* take place among a *variety of stakeholders* at the local, state, regional and national levels



“After a food label lesson, a mother in my Healthy Families program managed to lose 70 pounds, just by reading the nutrition facts label on the back of cans and boxes. Pretty impressive, huh?”

—Healthy Families
Community Partner

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call Florida ACCESS toll free at 1-866-762-2237

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