



SNAP-Ed Hours: Suggestions for ANR Agents

SNAP-Ed is educating people who are receiving or eligible for the Food Benefit Program to:

- ❖ Make healthy food choices within a limited budget
- ❖ Choose a physically active lifestyle
- ❖ Achieve & Maintain good health
- ❖ Avoid running out of food
- ❖ Prepare & store food safely

Audience

Please note: The audience should be representative of SNAP eligible people (at least 50% of audience). If you feel that the audience has some SNAP eligible but less than 50% participants you can count part of your time (i.e. You spent 4 hours on farmer's market nutrition related programs and 25% of audience was SNAP eligible you can count 1 hour. Hours devoted to planning the activities also count towards SNAP.)

Examples of places for SNAP-Ed Nutrition Education

- Farm, Home, and Garden Shows
 - Displays or Booths on nutrition and/or food safety and food supply (places for food acquisition)
 - Demonstrate a recipe and provide sample tastings (Ex. Grilling Beef)
- Farmer's Markets
 - KY Recipe Cards include Selection, Storage & Varieties found at <http://www.ca.uky.edu/HES/index.php?p=208> (cut apples, tomatoes etc. for tasting)
 - WIC & Senior Coupons (securing vendor participation)
 - GAP Training (food safety & food handling component)
 - Customer appreciation (displays, demos, and sampling of fresh product)
- Eligible Schools (garden projects, fresh produce samples, tours linking foods to the farm and encouraging good eating habits)
- Migrant Coalition Events (food safety & food security)
- County Fairs, Field Days, Customer Appreciation Days
 - Food Safety Display
 - Hand Washing <http://www.ca.uky.edu/HES/index.php?p=306>
 - Food Safety <http://www.ca.uky.edu/HES/index.php?p=307>
 - Food Budgeting Display
 - Spending Leaks <http://www.ca.uky.edu/HES/index.php?p=575>
 - Produce Sampling
 - To increase consumption of fruits and vegetables
- Educational Meetings or ANR Winter Meetings (nutritional display, food prep demonstrations
 - Nutritional display
 - Food prep demo(safe handling and storage of poultry)
<http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.085.PDF>

Address the issue of Healthy Eating at the beginning or the end of the class no matter what the subject material is, especially if you are feeding a meal. You can only count the amount of time you spend talking about Food and Nutrition.

The Food and Nutrition UK Calendars work great for these kinds of meetings, just say pick up a Calendar on your way out, for helpful healthy recipes and tips. The recipes are also available in a single copy from the NEP Website. – See “Resources.”

- June Dairy Month activities
 - Milk tasting with informational handouts NEP 206:
<http://www.ca.uky.edu/HES/index.php?p=208>
 - Milk Matters <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB-128.pdf>
 - Downloadable Display
 - Dairy Choices <http://www.ca.uky.edu/HES/index.php?p=308>
- Food Pantries
 - Work with farmers to supply produce
 - Supply recipes and or sampling for food available at the food bank each month
- Housing Authorities
 - Container, raised beds, and community gardens
- Lunch and Learn Garden classes
 - Preparing and Canning Poultry, red meats and fish
<http://www.ca.uky.edu/agc/pubs/fcs3/fcs3329/fcs3329.pdf>
- Wild Game & Fish
 - Share recipes and tastings: <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.044.PDF>
 - Home processing
 - Jerky Safety <http://www.ca.uky.edu/HES/fcs/factshts/FN-SSB.085.PDF>
- Mass media, radio, newspaper, websites, & social marketing
 - Food supply, preparation, and nutrition
 - Gardening

Add a SNAP-Ed nutritional recipe to your monthly newsletter that is related to in-season produce. When you the agent, do this you can count the hours of putting the newsletter together, printing, stamping and mailing the newsletter.

How to Categorize Agent Hours in CATPAWS!

- ❖ Direct (delivering message/lesson in person including planning and preparing time)
- ❖ Indirect (mailings, handouts, radio, unmanned displays...)
- ❖ Administrative (supervising & training volunteers, paper work...)

Example of Places with Bulletin Racks or Boards to put Information

(This would qualify as Indirect SNAP-Ed hours)

- Stockyards
- Farm Supply stores and Feed Mills

Resources Available for SNAP-Ed Teaching and Displays

- Food and Nutrition Calendar
- NEPieces (individual listing of each calendar recipe with grocery list)
<http://www.ca.uky.edu/HES/index.php?p=732>
- NEP Downloadable Displays (choose from 10 displays to be printed on 8 ½ x 11 paper, then attached to a display board) <http://www.ca.uky.edu/HES/index.php?p=200>
- NEP Curriculum Lessons (covering a variety of nutrition topics)
<http://www.ca.uky.edu/HES/index.php?p=208>
- National Dairy Council <http://www.nationaldairycouncil.org>
- Kentucky Proud Availability Chart (tells what month produce is in season)
<http://www.kyagr.com/marketing/farmmarket/documents/PRODUCEAVAILABILITYGUIDE.pdf>
- Healthy Foods for Healthy Backpacks flyer (explains what foods are healthy to include in backpacks) <http://www.ca.uky.edu/hes/fcs/nep/Backpack-Pub-3.pdf>
- Video Resources (downloadable food demos available to use on laptop at meetings or field days) <http://www.ca.uky.edu/HES/index.php?p=163>
- Kentucky Department of Agriculture (Kentucky Proud information, recipes, videos, products and producers) <http://www.kyproud.com/>
- Promotion of MyPlate and the Dietary Guidelines – printable material available from:
<http://www.choosemyplate.gov/tipsresources/printmaterials.html>
- Kentucky Beef Council – (recipes and nutrition information) www.kybeef.com
- UK Extension Food and Nutrition Publications:
<http://www.ca.uky.edu/hes/index.php?p=207>
- The National Honey Board - <http://www.honey.com/>
- Plate it Up! Kentucky Proud - recipes, media scripts and demonstration guides for Kentucky Commodities- (Recipes available now, other materials in 2012)
- Farm to School Curriculum (available in 2012)

Check with your FCS agent, NEP assistant or Champion Food Volunteers for more ideas.

Or if you have further questions you may contact

The Nutrition Education Program Team

at 859-257-2948

SNAP-Ed Reimbursement FACTS:

If you are cooking a meal or serving refreshments for a meeting, make sure you have some kind of nutrition material related to the food served. Keep in mind that you cannot be reimbursed for the meal. We can only reimburse for sampling, so you might provide a dish and a recipe for the participants to sample.

Tips to Better SNAP-Ed Reimbursement:

When completing the SNAP-Ed reimbursement forms found at the NEP home page <http://www.ca.uky.edu/HES/index.php?p=146> remember to use common sense on the program title, food choices and purchases, keeping in mind your limited resource audience.

Original Program Title	Better Topic
Shooting Match Cookout - Feeding	Foods Safety Lesson for 24Youth NEP -211& NEP -211a <u>2 sessions</u>
Field Day	Eating local fruits and vegetables
Vendor training	Farmer's Market WIC and Senior Voucher training
Hunter's camp	Wild Game and Fish, Preparation and Storage
Eat Cheap	Gardening 101
Original Purchase	Better Choice
Fresh Salmon	Local fish or less expense variety
Filet or Prime Rib	Substitute less expensive options or other nutritional meats