



## Eating Smart. Living Strong.

Ohio SNAP-Ed, a nutrition education program serving low-income adults and youth throughout Ohio, is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Our goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles.

For more information about how you can offer your clients this FREE, evidence-based program about improving diet quality with limited resources and promoting physical activity, explore [go.osu.edu/snap-ed](http://go.osu.edu/snap-ed)



Department of  
Job and Family Services



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COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
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## Cook Up A HEALTHY PARTNERSHIP



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## Why Choose Nutrition Education?

SNAP-Ed programs produce results!

- Nearly half of SNAP-Ed participants regularly consume a variety of fruits & vegetables
- 49% of SNAP-Ed participants reported being more physically active most days
- More than 1/3 of SNAP-Ed participants say they were more food secure after taking part in a SNAP-Ed program

Contact us today to talk about partnering with Ohio SNAP-Ed!

## Short-staffed? Resources spread thin? Need a quality nutrition program?

*We are the answer!*

Ohio SNAP-Ed is the nutrition education component of the federal Supplemental Nutrition Assistance Program (SNAP). In Ohio, more than 60 counties, including ours, provide SNAP-Ed classes to low-income people in our community. SNAP-Ed programs help participants to:

- Make healthy food choices
- Balance a healthy diet with physical activity
- Stretch food dollars
- Keep food safe



Our FREE program is taught by Ohio State University Extension staff trained

to work with low-income audiences. Our staff teaches classes in a culturally sensitive and respectful manner which recognizes the unique strengths and abilities of each individual.

## Hungry to Learn

Ohio SNAP-Ed makes a difference in the lives of those in our communities who have the fewest resources available to feed, clothe, house, and educate their families. We focus on adults & youth with the most need – those participating in or eligible for SNAP benefits.

For more information about Ohio SNAP-Ed, explore [go.osu.edu/snap-ed](http://go.osu.edu/snap-ed)

