

# Healthy Kids. Smart Kids.

Ohio SNAP-Ed is a nutrition education program serving SNAP (food stamp)-eligible adults and children. We are a partnership

between the Ohio Department of Job and Family Services and Ohio State University Extension. Our goal is to improve the likelihood that our participants make healthy choices and choose active lifestyles.

SNAP-Ed has an impact on youth!

- Participants report making more choices based on MyPlate recommendations – choosing healthy snacks and eating breakfast more often, and being more physically active
- Research shows that children who eat healthy diets and are physically active score higher on standardized tests<sup>†</sup>

Contact us today for a FREE, top-notch, evidence-based program designed for students in grades K-2. Our program is facilitated by staff trained to deliver fun and inspiring lessons in a manner that recognizes the unique strengths, abilities, and differences in each student.

Explore [go.osu.edu/snap-ed](http://go.osu.edu/snap-ed)

<sup>†</sup>Role of Nutrition in Learning and Behavior Resource List, August 2011. [www.nal.usda.gov/fnic/pubs/learning.pdf](http://www.nal.usda.gov/fnic/pubs/learning.pdf)

**Ohio** | Department of  
Job and Family Services



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COLLEGE OF EDUCATION AND HUMAN ECOLOGY  
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GRADES  
K-2



**Better Lives.  
Stronger  
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## Quality, Evidence-Based Programming that Aligns with Common Core State Standards

We know how important it is for schools to choose programs that align with the Common Core State Standards. The Balance My Day curriculum provides students the opportunity to:

- Read informational text & confirm understanding of key concepts
- Recall information from experiences / gather information
- Represent & interpret data
- Relate addition & subtraction to measurements of weight / volume

These standards are achieved through interactive, hands-on lessons that integrate nutrition and physical activity knowledge with reading, writing, mathematics and science.



## Hungry to Learn

Ohio SNAP-Ed youth programming teaches children how to make healthy food choices, read labels, and get plenty of physical activity. Our lessons are fun, interactive, and educational. Students enjoy the hands-on learning and physical activity that are incorporated into each lesson.

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

## Why Choose Nutrition Education?

- Skipping breakfast adversely affects cognition and increases absenteeism – nutrition education promotes the benefits of eating a nutritious breakfast
- Studies have shown a direct link between higher fitness levels and math test achievement scores – physical activity is incorporated into each lesson

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

