

# 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 [sports drink]. 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 [one] 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

- 153,937 Florida residents participated in 16,958 nutrition classes, for a total of 862,829 contacts during the 2009 fiscal year.
- 71% of children participants intend to increase their overall fruit and vegetable consumption.
- 48% of children participants intend to engage in daily physical activity.
- Adults are five times more likely to increase their overall fruit and vegetable consumption and three times more likely to engage in daily physical activity and practice food resource management techniques.

## Funding

- 2010—\$7,155,165 federal; \$9,198,828 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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