



SNAP-Ed New York

PROGRAM IMPACTS 2023



**SNAP-Ed
New York**

SAVE TIME. SAVE MONEY. EAT HEALTHY.

19 Agencies

16 Community

3 State

NYS Department of Health

NYS Office for the Aging

NYS Department of
Agriculture and Markets

Funded by...

USDA's Supplemental
Nutrition Assistance
Program (SNAP).

Teaches...

how to shop for and cook
healthy meals on a
limited budget while
utilizing their SNAP
benefits.

Provides...

programs in different
community spaces, schools,
and online to people of all
ages who are low-income and
eligible for SNAP or other
means-tested federal
assistance programs.

Why SNAP-Ed

SNAP-Ed NY plays a vital role in improving public health by helping prevent or delay diet-related chronic diseases among low-income New Yorkers. SNAP-eligible populations face barriers such as affordability, limited access, and low nutrition literacy, which challenge their ability to consume nutrient-rich foods. SNAP-Ed NY addresses these barriers through evidence-based nutrition education, promotion of healthy habits, and support for healthier food environments. In collaboration with individuals, community organizations, and state agencies, SNAP-Ed NY delivers programs that encourage healthy eating and physical activity, aligned with the latest Dietary Guidelines for Americans.

The program has 4 primary nutrition-related objectives designed to improve health among the SNAP population:



Increase the consumption of
nutrient dense fruits and
vegetables, whole grains, lean
meats and low-fat dairy
products

Increase physical activity and
reduce sedentary behaviors



Decrease the consumption of
sugar-sweetened beverages

Reduce the consumption of low-
nutrient, high-energy dense
foods containing large amounts
of added sugars, salt and
saturated fat

The program has three primary objectives related to food insecurity and hunger that are designed to improve health among the SNAP population:



Improve food
resource
management
skills



Improve food
preparation
skills



Increase access
to affordable and
nutritious food

By empowering SNAP recipients with practical nutrition education, SNAP-Ed NY strengthens public health, supports food security, and reduces the economic burden of preventable chronic diseases across New York.

SNAP-Ed New York FFY 2023 Review

Nutrition Workshops

182,979

Reached

12,507

Events

30,656

Sessions

Indirect Activities

445,256

Reached

3,071

Events

4,483

Media Channels

Policies, Systems, & Environmental Changes (PSE)

122,933

Reached

254

Initiatives

726

Changes

Community Partnerships

1,489

Partners

1,303

Workshop Partners

186

PSE Partners

This report reflects data from the Program Evaluation and Reporting System (PEARS), representing approximately 90% of SNAP-Ed NY implementing agencies. It may not capture the full scope of SNAP-Ed activities conducted across New York State.





NUTRITION WORKSHOPS





About Nutrition Workshops:

SNAP-Ed NY offers **free, community-based education** focused on healthy eating and active living for youth, families, seniors, and single adults.

The program provides **hands-on educational sessions**, including cooking demonstrations, physical activities, and community discussions, designed to meet people where they are with the resources they have.

Educators use a **trauma-informed, weight-neutral, and evidence-based** approach to discuss strategies for saving time and money while eating healthy on a limited budget.

This program serves **all age groups** and is available in various community spaces, schools, and online, aiming to make healthy choices accessible and easy for everyone.



"These classes have helped me SO Much! Like, I don't even bring soda into my house anymore, and I've been making the foods we make here at my home. My friends really like them!"

- SNAP-Ed NY Participant

We teach, empower and connect:



Healthy eating & smart shopping on a budget.



Basic cooking and food safety skills.



Tips and recipes to support saving time, meal planning and preparation using available resources.



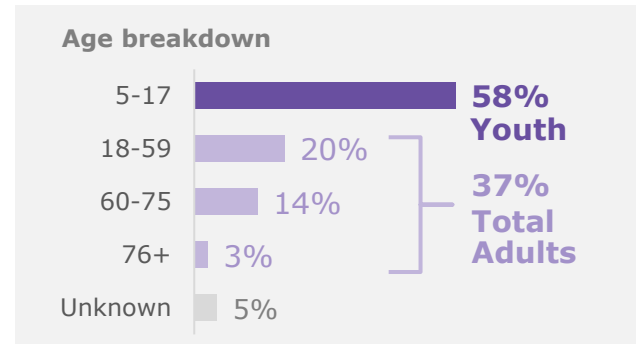
Staying active and little changes that can make a big difference in overall health.

FY2023 Participant Demographics

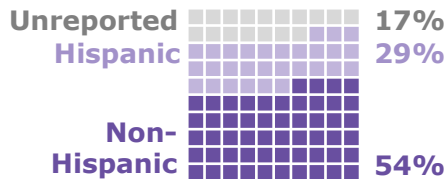
Most are female and this has been relatively constant across the years



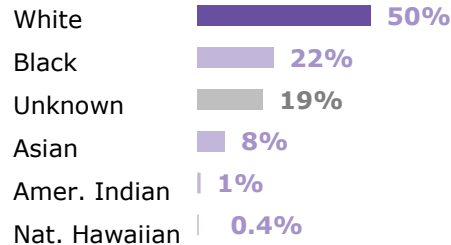
Most are youth and this has been relatively constant across the years



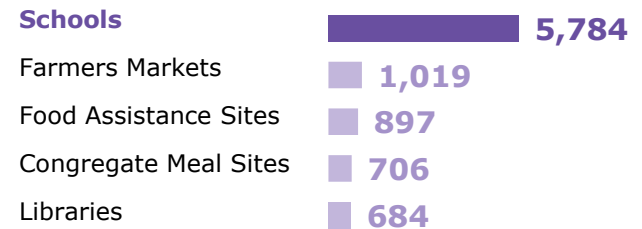

Most who report their ethnicity are non-Hispanic and this has been relatively constant across the years



About half who report their race are White and this has been relatively constant across the years




Almost 1/2 of activities happened in schools
(9,180 activities total)

"I love it when you come into our classroom with different recipes! Your food is amazing, and I like the fact that you show us all of the recipes that we can make at home. My parents always tell me to try new things, even if I THINK I might not like it."







- SNAP-Ed NY Participant



"After the lesson, I knew I had to change and thanks to you, **now my family loves veggies.** I cut them and put them on a platter in the middle of the table so that my family can eat them as a snack."

- SNAP-Ed NY Participant

FY2023 Program Outcomes

	Intent to change	Actual change
	6,385 Participants Surveyed after a single session Percent of participants who intend to make the following changes...	1,151 Participants Surveyed after multiple sessions Percent of participants who made the following changes since attending the series...
 Eat more fruits	79%	51%
 Eat more veggies	84%	53%
 Drink less sugar-sweetened beverages	75%	55%
 Increase physical activity	70%	49%
 Compare prices when shopping	77%	51%
 Cook more meals at home	80%	45%



"I didn't realize how little produce I was eating regularly. I am starting to add more fruits and veggies."

- FVRx Participant



"My doctor told me to eat more fiber-rich foods and now that I know where to find fiber I'll choose more whole grains and fruits and veggies."

-FVRx Participant



"Your healthy recipes are great. I **regularly use your recipes for my family.** My daughter and I prepare them together because I think it is very important for the kids to learn about nutrition and your recipes are easy to follow, even for her. I hope you can continue with this program next year. **We learned so much from you.**"

- Nutrition Education Participant

Participant & Partner Quotes



"From now on I will eat more plant-based proteins like the beans and lentils you mentioned. I always liked them but never knew how healthy they are."

- SNAP-Ed NY Participant



"My [daughter] is researching culinary schools and is so excited to continue cooking with me. Again, thank you SO much. This was an experience she will always remember."

- Parent of SNAP-Ed NY Participant



"The Nutrition Scavenger Hunt offered a unique engagement opportunity for our scholars to learn about a variety of fruits and vegetables. They enjoyed learning interesting facts and identifying the different fruits and vegetables in a fun and interactive way."

- Lauren Burr, Assistant Director of Food Service, Middletown School District





POLICY, SYSTEMS & ENVIRONMENTAL (PSE) CHANGES





About Policy, Systems & Environmental (PSE) Interventions:

Community-level health promotion where we...



Work



Live



Learn



Shop



Eat



Play

Partnerships are instrumental to our success.

Our efforts are collaborative by design, aiming to complement and enhance existing initiatives rather than duplicate them.

Partnerships span sectors including education, healthcare, community-based organizations, and faith communities — to support sustainable, community-driven impact.

Efforts include...

- School Wellness and Smarter Lunchroom
- Fruit & Vegetable Prescription Program
- Farm to Worksite or Community Site
- Community Obesity Prevention Training
- Rescued EATS
- Peer-to-Peer Obesity Prevention

Where and what type of PSE changes were completed in FY2023

122,933

Reached

254

Initiatives

726

Changes

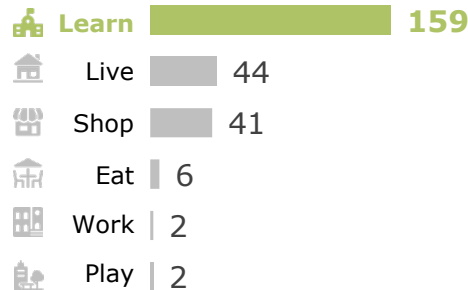
186

Community
Partners

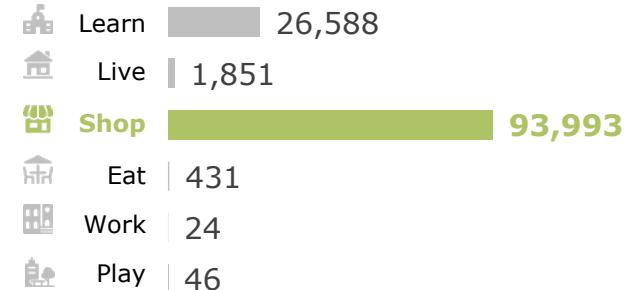
PSE reach includes participants who have or will be impacted by the type of PSE change. For instance if a food security screening questionnaire is adopted as part of patient intake in a medical facility, the reach for this system change will be reported as all patients who have been screened and referred to SNAP-Ed for the Fruits and Veggies Rx program. If a school wellness policy is revised and adopted at a school district level, the reach will be the total number of students in said district who will be impacted by such a policy change.



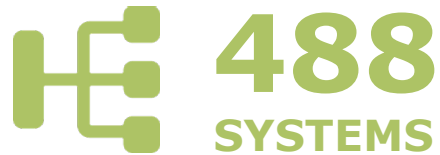
Across 254 activities in FY23, most (63%) happened in a **LEARN** setting



Among the 122,933 people reached, most (76%) came from a **SHOP** setting



Out of 726 PSE changes...



Including:

- Acceptance and use of SNAP/EBT/WIC
- Food system transportation options (to increase food access opportunities)
- Use of a clinical screening tool for food insecurity and/or a referral system to nutrition or healthy food access resources (e.g. direct education, food bag, resource list, produce prescription, etc.)
- Food purchasing/donation specifications or vendor agreements towards healthier food(s)/beverages
- Novel distribution systems to reach high-risk populations, such as home delivery for the elderly, backpack programs, etc.
- Farm-to-table/use of fresh or local produce
- Implementation of guidelines on use of food as rewards or during celebrations
- Incorporation of physical activity into the school day or during classroom-based instruction



Including:

- Price manipulation, coupons, discounts to encourage healthy food choices (including fruit & vegetable prescriptions with cost-offset)
- Ongoing, point-of-decision prompts to make a healthy eating behavior choice (could include signage, taste tests, and other interactive displays)
- Storage for fresh produce and other perishable foods
- New food bank, food pantry, or emergency food distribution site
- New healthy retail outlet
- Incorporated physical activity/reduced sitting during usual, on-going site activities and functions



Including:

- Policy to increase time spent doing physical activity
- Policy that encourages the establishment of new healthy retail outlets
- Policy to improve hours of operation of food distribution site, food bank, retail, cafeteria, etc. to improve convenience of/access to healthy food



“Being grateful for local growers and the flexibility they've offered....and other partners -- housing units like low-income senior housing service coordinators are recruiting participants above and beyond job descriptions...local churches giving space free of charge for pop-up distribution sites.” – SNAP-Ed NY Nutritionist

FY2023 PSE Impact Case Studies



Policy



System



Environment



Work



Live



Learn



Shop



Eat



Play

NYS Location	Type	Where	Impact	Description
Waterloo Middle School, Seneca County			900 students	SNAP-Ed collaborated with school staff to extend breakfast time, supporting students' ability to consume a nutritious meal that contributes to their overall health and readiness to learn.
Enlarged City School District of Middletown, Orange County			7,235 students	SNAP-Ed NY partnered with the district Wellness Committee to evaluate and update the wellness policy using the CDC's Whole School, Whole Community, Whole Child framework. Staff co-facilitated the committee, supported consensus building, and assisted with implementation.
Lockport City School District, Erie County			1,703 students	SNAP-Ed collaborated with school leadership, kitchen staff, and students to complete Smarter Lunchroom assessments and implement strategies like creative menu naming, veggie-and-dip pairings, and flavor stations to increase consumption of nutrient dense foods.
Rensselaer Elementary School, Albany County			30 students	SNAP-Ed supported the integration of physical activity into the school day through classroom-based strategies beyond PE and recess to reduce sedentary time and support healthy development.



FY2023 PSE Impact Case Studies



Policy



System



Environment



Work



Live



Learn



Shop



Eat



Play

NYS Location	Type	Where	Impact	Description
Federally Qualified Health Care Centers, Bronx, Kings County			668 low-income residents	Through the Food Box initiative, SNAP-Ed partnered with a local farm stand to bring fresh, locally grown produce directly to worksites and community locations.
Medical Center Partner, St. Lawrence County			18 participants	SNAP-Ed implemented a Fruit and Vegetable Prescription Program (FVRx) at a medical center, encouraging providers to screen for food insecurity and connect patients with both fresh produce access and SNAP-Ed nutrition and food resource management education. The program was supported through partnerships with supermarkets, farmers markets, public transit, and financial organizations.
Pantry/Soup Kitchen site, Niagara County			2,800 individuals	At a pantry and soup kitchen site, SNAP-Ed provided obesity prevention training and worked with staff to modify recipes for improved nutrition—substituting brown rice for white, oats for breadcrumbs, and incorporating lentils and more vegetables—while maintaining the meals' comfort and familiarity for participants.



Participant & Partner Quotes



"Food Service can now serve some new items because we have the support of this committee. It's going to improve our breakfast participation rates and help get healthier foods into these kids in the morning."

- Debra DonLeavy, *Food Service Director*,
Middletown City Schools



"We chose the most ambitious evaluation tool out there because we want to continue to challenge ourselves to give our students the best. We don't want to pick a tool that would let us off the hook and not force us to have important conversations about the health of our students. We owe it to them."

- David Coates, *Athletic Director*, **Waterloo Middle School**



"Mary said that thanks to the vouchers, they were eating a lot more fruits & veggies and that they both felt better. April shared that her daughter was researching recipes based on what her mom was buying with her vouchers. She said they tried a vegetable stir fry. For the last session, the families of the participants were invited to join everyone for a cookout. They made veggies and chicken kabobs, and grilled peach halves for dessert."

- *Feedback from* **Hudson Valley SNAP-Ed NY Program Participant**



"He [participant] has participated in these workshops in the past and I have noticed how much easier it has been to incorporate new foods he buys at the store...The vouchers are also very helpful with shopping for those in-season items and the workshops give us a lot of ideas for using fruits and vegetables in a creative way."

- *Feedback from the* **St. Lawrence County SNAP-Ed NY Program**



"I really enjoy working with you and your team. It is so refreshing to partner with an organization that shares similar values and collaborates with each other as well as we do. I very much appreciate all of the effort and passion you put into each of your programs, because it is a lot of work... Thank you for all that you do for us here in our little corner of Ulster County! I am so very grateful for you and our partnership."

- FVRx Partner, **Ulster County**

Lead Agencies

BronxWorks
Children's Aid Society
City Harvest
Common Threads
Cornell Cooperative Extension Agencies
Food Bank of New York City
New York Common Pantry
NYS Ag and Markets
NYS Department of Health
NYS Office for the Aging

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Connect with SNAP-Ed NY



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SNAP-Ed NY extends our sincere gratitude to the community members who participate in our programs and generously share their experiences. Your involvement helps shape and strengthen our efforts.

We also thank our local, state, and national partners whose contributions, collaboration, and ongoing support enhance and connect the work being done by teams across New York State. Your partnership is essential to our shared success.

This institution is an equal opportunity provider.

SNAP-Ed New York is funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

