



# Food Supplement Nutrition Education – Maryland’s SNAP-ED Program

HELPING FOOD INSECURE FAMILIES IN NEED TO CHOOSE **HEALTHY FOOD**, INCREASE **PHYSICAL ACTIVITY** & **SPEND FOOD RESOURCES** WISELY.

“ I now give my children fruits & vegetables for snacks instead of chips and cookies. We also have more vegetables for dinner. My children seem willing to try more veggies if they have helped me prepare them. ”  
- FSNE PROGRAM PARTICIPANT

**Maryland’s Food Supplement Nutrition Education (FSNE)** program provides nutrition education to help low-income individuals and families make healthy food choices, develop food preparation skills, improve food shopping skills, and increase physical activity. FSNE partners with community collaborators at sites with the capacity to provide nutrition education opportunities as well as environmental or policy changes that will help individuals and families establish healthy nutrition and physical activity behaviors.

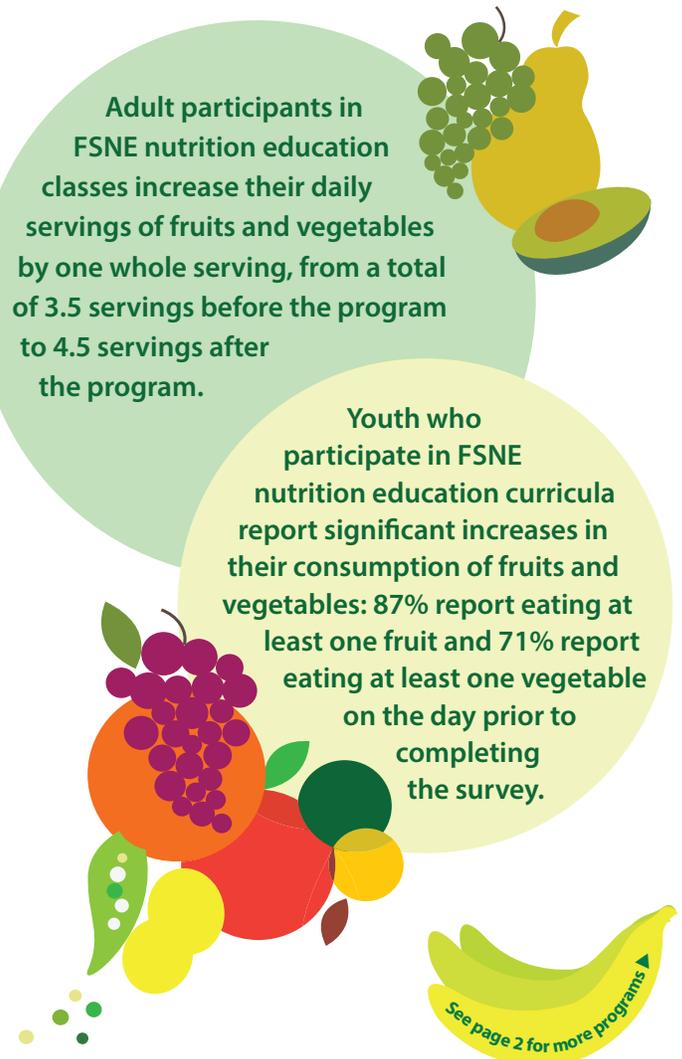
FSNE also provides nutrition education training to volunteers and professionals who provide services to low-income families, thus expanding the reach of the program.

FSNE programming sites include schools, preschool and childcare centers, out of school program sites, farmers’ markets, and food assistance sites.

Maryland FSNE program outcomes show positive results. Adult learners are developing better food shopping skills and eating more fruits and vegetables. FSNE youth programming helps participants become more willing to try new fruits and vegetables and increase their consumption of healthy foods.

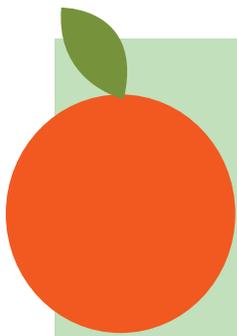
*“My children are involved in the local community garden. They spend much less time indoors watching TV and more time outside getting some exercise with their friends.”*

-FSNE participant



To learn more about our programs, visit: [www.extension.umd.edu/fsne](http://www.extension.umd.edu/fsne)

To access resources for FSNE participants, including a link to our Facebook page and blog, visit: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)



FSNE programs, provided in both in-school and out of school settings, reach students, teachers, and parents. Multi-layer collaboration is critical to integrating key nutrition messages into the curriculum, school policies, the lunchroom, and family mealtimes. Examples of the many FSNE school-based programs in Maryland are found below:

**Growing Healthy Habits** uses gardening as a vehicle for promoting healthy eating and physical activity. The curriculum provides opportunities for tasting new foods, and emphasizes the importance of eating a variety of fruits and vegetables for both meals and snacks.

**Integrating Nutrition into the School Curriculum** is a 30-hour course providing two MSDE continuing education credits. The course provides elementary school teachers basic information on nutrition and current health issues relevant to both children and teachers. The course focuses on practical ways to integrate nutrition education into both the required curriculum and the total school environment.

**Read for Health** is offered in schools, pre-schools, Head Start and Judy Centers, youth centers, and literacy programs and targets children and their families. The program uses reading to teach the importance of healthy eating and physical activity. Health messages conveyed through select books are reinforced with activities, food tastings, and a family newsletter.

FSNE also offers programs for school food service staff and teachers to help establish a healthy classroom and school environment for children. Worksite wellness programs are available for the personal health benefit of school staff who serve as role models for youth.



Maryland FSNE is a “learner-centered” program. Teaching methodology and curriculum content focus on the learning styles of participants, the challenges of buying healthy foods on a limited budget and making the most of what limited food resources are available to low income families. Many materials are available in both English and Spanish. Examples of the many adult FSNE programs available and the community settings where they typically are provided include:

**Nutrition To Go!** is a collection of one-concept tabletop displays with supporting nutrition lessons and activities. Short learning sessions are designed to be offered in waiting rooms, school-sponsored parent events, food pantries, and other community settings.

Offered in partnership with Share Our Strength, **Cooking Matters at the Store** is a program that provides participants an opportunity to learn to shop smarter and make healthier food choices at the local grocery store. Participants practice key food shopping skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grains.

The **Market to Mealtime** program encourages consumption of fruits and vegetables. The curriculum reflects the Maryland growing season and highlights produce grown locally throughout the seasons. This program is offered in community settings including farmers’ markets, food banks and pantries, and school-sponsored family events.

**1-2-3 Feed Me!** is a professional training for early childhood education teachers and childcare providers. The program focuses on feeding practices for preschool-age children and empowers providers to foster healthy eating habits in the young children in their care. The program is accredited for 2 or 3 continuing education MSDE credits.

