

Washington State SNAP-Ed

Annual Report | 2018



Washington State
Department of Social
& Health Services

Transforming lives

Washington State Department of Health
Washington State University Extension
Spokane Regional Health District



Our goal is to improve the likelihood that SNAP-Ed participants will make healthy food choices within a limited budget and choose an active lifestyle.

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For Appendix documents, please visit: <https://wasnap-ed.org/>

SNAP-Ed Leadership Team

Meet

the SNAP-Ed Federal Fiscal Year 2018 Leadership Team

State Agency – Department of Social and Health Services (DSHS)

Bonnie Dalrymple, SNAP-Ed Program Manager

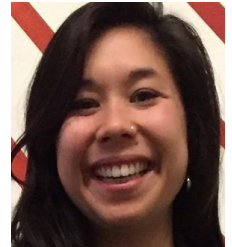
She has worked with DSHS for 13 years, first as a financial services specialist in her local Community Services Office (CSO), then as a financial services supervisor with the Aging and Long Term Supports Administration (ALTSa). Soon thereafter, she moved into the DSHS Medical Services Delivery Program Manager role, during the initial Washington state implementation of the Affordable Care Act. Bonnie fell in love with the SNAP-Ed program in early 2016, and hasn't looked back since. She spends most of her time crisscrossing the state giving technical assistance and coordinated oversight to support the 60+ SNAP-Ed programming agencies.



Implementing Agency – Department of Health (DOH)

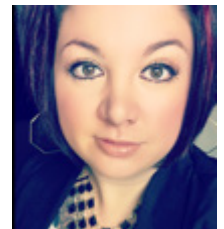
Katie Tong, MS

Katie is passionate about connecting people to healthy foods, and building opportunities for active living - especially in communities with limited opportunities and resources. In her current role, she supports SNAP-Ed agencies in Region 4, and provides leadership around evaluation. Her professional background includes community-based obesity prevention and bilingual nutrition education with Latino youth and families; local food access efforts at farmers markets and CSA sites, and public health evaluation and research. In her spare time, you can find Katie in the mountains, yoga studio, or farmers market.



Megan Harlan, MS, RDN, CDN

Megan strives to help local communities leverage resources to address food insecurity and increase nutritional knowledge. In her current role, Megan supports SNAP-Ed agencies in Region 5 and provides leadership around grant compliance and monitoring in addition to nutrition science and active living education materials. Her professional experience includes utilizing her training as a community health dietitian to advance regional food access efforts between the agricultural community and emergency food system organizations, nutrition education material development for limited income audiences, and in USDA/FNS grant management for food banks and pantries statewide. Megan is happiest with her nose in a book, spending time with her family or in her kitchen learning to cook a variety of cultural cuisines.



"For the month of August, I cut out soda and carbonated drinks. I also realized a lot about myself and my mindset, gained independence, learned about composting, how to make pasta, so much about gardening, and different jobs and careers."

– Jordan B.
HOPE Garden Project, Shelton
setting older youth on path for success



Whitney Ajie, MS

Whitney aims to support the health of low-income children, adults, and families through ongoing, targeted SNAP-Ed program efforts and improved coordination between different local, regional, and state-based systems to address food security. In her role, she supports DOH SNAP-Ed contract managers, establishes program goals and objectives, monitors overall fiscal management, and in general leads the effective administration of the SNAP-ED program in regions 2, 4 and 5. Her professional experience includes community-based nutrition program development and evaluation for low-income audiences, developing and leveraging local, regional and state level partnerships, K-12 school foodservice staff training and school wellness efforts, and statewide grant leadership. In her spare time, Whitney loves cooking, hiking, and sightseeing.



Lindsey Surrell, RDN

Lindsey loves SNAP-Ed, especially helping communities create policy, system, and environmental changes to make it easier to be healthy. When not thinking about health and health equity, Lindsey is spending time with her family, watching good TV, and going for walks.



Jamie Wells, MPH, CHES

Jamie provides support for SNAP-Ed Region 2 and the Washington State Department of Health's Food Insecurity Nutrition Incentive grant. Her work allows her to combine her passions for expanding access to healthy foods and supporting Washington agriculture with her professional interest in using economic tools to improve the health of populations. Jamie's background and professional experience are in research and informatics for communicable and chronic disease prevention. Her outside of work interests include running, cooking, watercoloring, and watching good and bad TV.



Amy Sigman, RD

Amy aims to contribute to people's health and well-being especially in underserved communities. She provides SNAP-Ed support for Region 2 and her work includes technical assistance around PEARS.

Amy's background is in nutrition, and her professional experience includes SNAP-Ed work in two states. Away from work, Amy likes getting outdoors, reading and watching movies.



Implementing Agency – Spokane Regional Health District (SRHD)

Amber Lenhart, Research Scientist

Ms. Lenhart's focus is evidence-based policy making, with a goal of improving health equity in historically marginalized communities. Ms. Lenhart joined the Spokane Regional Health District in early 2018 as a program evaluator. She began her public health career promoting urban American Indian and Alaska Native health at the Seattle Indian Health Board's Urban Indian Health Institute in 2009. While working toward her MPH degree, Ms. Lenhart received the Collaborative Projects/Field Placement award for community-based work with the Tulalip Tribe and Tribal Healthy Homes Northwest. As a graduate student, she focused on applying community-based, participatory research to eliminate environmental health inequities through health impact assessment. Later, as a senior associate for the Health Impact Project (a collaboration of the Robert Wood Johnson Foundation and The Pew Charitable Trusts), Ms. Lenhart promoted and supported the use of tools and approaches that bring health considerations into decisions made in sectors outside of health care.



SNAP-Ed Leadership Team

Sara Cassan, SNAP-Ed Program Coordinator

Sara holds a Bachelor's degree in Social Work with a minor in Sociology and is currently working towards her Master's in Public Administration. Sara is passionate about public health and has over a decade of experience serving her community. She has held positions in nonprofit, for-profit and public agencies. This experience taught her the importance of collaboration among all sectors to ensure a healthy community. Sara loves her work with the SNAP-Ed program and enjoys seeing the progress made towards making the healthy choice the easy choice through the work of local projects around Washington state.



Steve Smith, MPA, SRHD Research Scientist

Mr. Smith received a BA in Philosophy and BA in Communications with an Environmental Sciences minor in 2008 from Washington State University. Mr. Smith has over 7 years of experience in public service including work as a wildland firefighter for the United States Forest Service, Peace Corps, the University of Washington, Seattle Public Utilities, and Spokane Regional Health District. At his current position, he is responsible for coordinating community health needs assessments for Adams, Ferry, Lincoln, Pend Oreille, and Stevens counties as part of a Foundational Public Health Services pilot project through Washington State Association of Local Public Health Officials. Mr. Smith also serves as acting chair of the agency-wide Quality Council, facilitates the Spokane County Opioid Task Force, and provides technical assistance and support for several agency and community partner programs. Mr. Smith's professional interests include program planning and management, quality improvement, qualitative assessment, decision making and analytics, and workforce training and development.



Donna Oliver MS, CN

Ms. Oliver is a Program Manager in the Health Promotion Division at Spokane Regional Health District (SRHD), with twenty-two years' experience in public health. Her academic background includes a Bachelor of Arts in Biology (Gonzaga University 1996) and Master of Science in Human Nutrition (Washington State University 2002). She spent her first ten years at SRHD working in the Women Infants and Children (WIC) Program, providing nutrition and breastfeeding education to low-income participants. As a Certified Nutritionist she taught nutrition courses for Whitworth University pre-nursing students for four years. Later, she spent eight years implementing and expanding regional programming with clinics and partners to provide cancer screening services for low-income adults. She has been involved in multiple statewide Community Health Worker (CHW) efforts including training and State Task Force recommendations, and the development of local community-based models to provide SNAP-education. Her role in providing program leadership and management allows her to build on this relevant experience and to foster her passion for prevention and equity.



Implementing Agency – Washington State University Extension (WSU)

Acacia Zambrana, MPH, RD, SNAP-Ed Program Coordinator

Acacia Zambrana is the Region 3 SNAP-Ed co-IA at WSU Extension in Snohomish, Skagit, Whatcom, Island and San Juan Counties. Acacia is a Registered Dietitian, with a Masters in Public Health from the University of Washington. For the last 14 years she has worked all over Washington State with a focus on helping children develop healthy eating habits, and bringing more Washington-grown food to Washington-grown families. She is now a proud resident of Snohomish County, where she loves to go for motorcycle rides with her husband, and run, read, garden and cook with their 4 children.



Amber Noskoff, SNAP-Ed Program Coordinator

Amber Noskoff is the SNAP-Ed region 3 data specialist and program coordinator at WSU Whatcom County Extension. She graduated from The Evergreen State College with a Bachelor of Science in Health Education, and has spent the last 10 years working to improve the health in her community through nutrition education and healthy food access advocacy. Amber lives in Bellingham with her husband and two daughters, who enjoy spending time together outdoors in nature.



Lee Anne Riddle, SNAP-Ed Program Coordinator

Lee Anne Riddle is currently co-lead of Washington State SNAP-Ed Region 3. In addition, she provides administrative support for the Washington State University SNAP-Ed programs across the state. Working at WSU SNAP-Ed since 2004, she has watched SNAP-Ed evolve into the rich, multi-faceted, client-focused program it is today. Lee Anne earned her BA in Psychology and her MEd in Adult Education from Western Washington University. When not at work, Lee Anne serves on a local school board and spends time with her husband and Maverick, their Corgi.



Evaluation – Department of Health (DOH)

The SNAP-Ed Evaluation Team is based at the Washington State Department of Health. Team members include Nora Downs, MPH, RD, CD (SNAP-Ed Statewide Evaluation Coordinator); Nikki Eller, MPH (Research Investigator); Jeanette Hudson (Program Assistant); Erica Tomas, MPH (Research Investigator); and Anh Tran, PhD, MPH (Epidemiologist). The team brings a variety of experience from public health, nutrition education and dietetics, program evaluation, infectious disease, epidemiology, and data analytics to Washington's SNAP-Ed evaluation. Team members collaborate with SNAP-Ed Implementing Agencies, DSHS, the SNAP-Ed Curriculum Team, and within the Washington State Department of Health to identify and implement evaluation strategies that will help tell the story of SNAP-Ed in Washington.

SNAP-Ed Leadership Team

Curriculum and Training – Washington State University (WSU)

Maggie Grate, MS, RDN, Extension Specialist

Maggie is a Registered Dietitian with over 25 years of experience. She has worked with low-income audiences for many years and has practical experience teaching, managing a SNAP-Ed program and monitoring performance standards for Head Start and ECEAP programs. In her spare time Maggie loves to cycle, quilt and spend time with family.

Mattie Sobotka, MS, RDN, CEP, Extension Coordinator

Mattie is a graduate of WSU's Master's program in Nutrition and Exercise Physiology. She is a Registered Dietitian and a Certified Exercise Physiologist. Mattie has worked as a SNAP-ED educator and knows firsthand what it is like to be in the classroom. In her spare time, Mattie enjoys chasing after her toddler, walking her dogs and playing the game Settlers of Catan.



Terry Perry, RDN, Extension Coordinator Senior

Terry is a Registered Dietitian and has worked in nutrition education her entire career. Located in Spokane, she is committed to helping people understand how to make healthy food choices. Terry has been involved with SNAP-Ed as an educator as well as a manager for the program. In her spare time, she enjoys time with her family, hiking, cycling and thrift shopping. She is an avid reader, especially historical fiction.



Washington State Farmers Markets Association (WFSMA) –

Colleen Donovan, WSFMA Executive Director

Colleen leads the Farmers Market Food Access "Regional Leads" programs that includes ten contractors working with farmers markets throughout WA. Colleen directed Pacific NW programs for Heifer International, partnering with local nonprofits, King County, WSDA, WSU, and small farms dedicated to community-based, just food systems. She has focused on farmers markets since 2009, coordinating research and education projects with the WSU Center for Sustaining Ag and Natural Resources, and closely working with Karen Kinney and the WSFMA. Based in Ellensburg, Colleen stepped into the Executive Director at the WSFMA in June 2018. She has a BS from Cal Poly San Luis Obispo and MA from the University of Washington.



Executive Summary from DSHS

The Washington State SNAP-Education program goals mirror those of the United States Department of Agriculture (USDA)'s, which are to improve the likelihood that the SNAP-Education target audience will make healthy food choices within a limited budget and choose an active lifestyle.

This mission is realized and implemented through a state level leadership model consisting of contracts between the Department of Social and Health Services (DSHS) SNAP-Education program manager and three Implementing Agencies (IAs), two statewide initiatives focused on evaluation and curriculum, and an additional contract with the Washington State Farmers Market Association for increasing farmer's market promotions among the SNAP eligible population.

Federal Fiscal Year 2018 (FFY18) was year one for Washington SNAP-Education's first ever FNS approved three-year State Plan. The state's team of IAs worked hard with DSHS to identify best practices in communication, information sharing, and problem solving as new challenges and innovative programming kicked off. Washington IAs are the Department of Health (DOH), Washington State University (WSU) Extension, and the Spokane Regional Health District (SRHD). Each agency also contracts with DSHS for the following SNAP-Education projects:

- WSU – Curriculum Fidelity and Training;
- DOH – Statewide SNAP-Education evaluation; and
- SRHD – Statewide SNAP-Education Needs Assessment
(results to be shared in the FFY19 annual report)

During the spring, the USDA Food and Nutrition Services (FNS) visited to conduct a Management Evaluation (ME) of Washington's SNAP-Education program. As a result of the week-long deep dive with federal experts, DSHS leadership took immediate action by increasing state agency staffing support. The ME resulted in a clearly defined scope of statewide evaluation needs, and an increased emphasis on health outcomes in order to promote the effectiveness of SNAP-Education interventions.

Statewide Evaluation of Washington SNAP-Ed Programming

Overview

Washington SNAP-Ed's Statewide Evaluation is led by a team from the Washington State Department of Health, headquartered in Tumwater, Washington. In partnership with the Department of Social and Health Services (DSHS), Implementing Agencies (IAs), and local SNAP-Ed agencies, the SNAP-Ed statewide evaluation supports Washington SNAP-Ed's overarching goal of improving the likelihood that SNAP-Ed participants will make healthy food choices within a limited budget and choose an active lifestyle, by using evaluation data to tell the story of SNAP-Ed statewide.

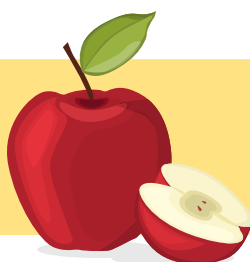
The Evaluation Team creates and carries out Washington SNAP-Ed's statewide evaluation plan. Evaluation strategies are driven by the SNAP-Ed Evaluation Framework¹, as well as recommendations from DSHS and the United States Department of Agriculture Food and Nutrition Service (USDA-FNS).

The purpose of the SNAP-Ed statewide evaluation in FFY 2018 was to establish a widespread evaluation effort that will help stakeholders understand the process, outcomes and impact of SNAP-Ed activities in Washington. Activities included re-assessing FFY 2017 data, establishing a baseline using FFY 2018 data, evaluating direct education using survey, and evaluating PSE projects and partnerships using data in PEARS modules. Results inform statewide reports, program improvement efforts, and this report.

Primary FFY 2018 evaluation activities included direct education evaluation, which focused on individual level SNAP-Ed Evaluation Framework Indicators on healthy eating, physical activity and sedentary behavior, and food resource management (MT1, MT2, and MT3)². Direct education evaluation used participant pre/post surveys drawn from the SNAP-Ed Evaluation Interpretive Guide³. Evaluation tools included:

- University of California Cooperative Extension's Food Behavior Checklist⁴
- Expanded Food and Nutrition Education Program (EFNEP) Physical Activity Questions⁵
- Plan, Shop, Save & Cook Survey for Older Youth⁶
- EFNEP High School Nutrition Education Survey⁷
- Kids Activity and Nutrition Questionnaire (KAN-Q)⁸
- EFNEP 3rd-5th Grade Nutrition Education Survey⁹
- Eat Well + Move¹⁰

In addition to direct education evaluation, the evaluation team also assessed program data and Policy, Systems, and Environment (PSE) project data. The evaluation team used program data to understand the population reached and the settings where SNAP-Ed activities took place. PSE evaluation data was used to learn about the number, type, and setting of PSE Projects, and to inform future Washington SNAP-Ed evaluation plans.



The SNAP-Ed Statewide Evaluation FFY 2018 Funding level was \$638,702

¹United States Department of Agriculture; Regional Nutrition Education Centers of Excellence. 2016. SNAP-Ed Evaluation Framework. <https://snapedtoolkit.org/framework/index/>

²Ibid.

³Ibid.

⁴Townsend, M; Sylva, K; Chao, LK. **UCCE Food Behavior Checklist**. Retrieved from: <https://townsendlab.ucdavis.edu/evaluation-research-tools/food-behavior-checklists/>

⁵Expanded Food and Nutrition Education Program (EFNEP). 2018. **Food and Physical Activity Questionnaire**. Retrieved from <https://ag.purdue.edu/programs/hhs/efnep/Pages/6Resource-Evaluation-Adult.aspx>

⁶University of California Cooperative Extension. **Plan, Shop, Save & Cook Checklist**.

⁷Expanded Food and Nutrition Education Program (EFNEP). 2014. **9th-12th Grade Nutrition Education Survey**. Retrieved from <https://ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Evaluation.aspx>

⁸LeGros, TA; Hartz VL, Jacobs LE. 2017. **Kid's Activity and Nutrition Questionnaire**.

⁹Expanded Food and Nutrition Education Program (EFNEP). 2014. **3rd-5th Grade Nutrition Education Survey**. Retrieved from <https://ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Evaluation.aspx>

¹⁰Expanded Food and Nutrition Education Program (EFNEP), Regents of the University of California. 2013. **Eat Well + Move**. Retrieved from <https://ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Evaluation.aspx>

History of SNAP-Ed Statewide Evaluation Team

Currently in its second year, Washington SNAP-Ed's statewide evaluation was developed to help tell the story of SNAP-Ed throughout the State of Washington. The purpose of the statewide evaluation was to establish a widespread evaluation effort that will help stakeholders understand the process, outcomes and impact of SNAP-Ed activities in Washington.

The information produced by the evaluation has been shared with stakeholders via online presentations, in reports, and via a snapshot (**Appendix A**) shared on the Washington SNAP-Ed website (<http://wasnap-ed.org/evaluation>). The results of the evaluation will be used by the Washington State SNAP-Ed Collaboration and other stakeholders for annual reporting requirements, continual improvement, and to guide future SNAP-Ed activities in Washington State.

Evaluation Team Design

In the first year of the current 3-year plan, Washington's SNAP-Ed statewide evaluation was designed to address state SNAP-Ed goals and program interests using the following evaluation questions. Questions were designed to reflect the purpose of the evaluation, intended outcomes, goals and stakeholder priorities.

1. How many SNAP-eligible Washington residents participate in SNAP-Ed activities?
2. To what extent are Washington State SNAP-Ed participants exhibiting healthy eating behaviors after SNAP-Ed education (MT1)?
3. To what extent are Washington State SNAP-Ed adult participants exhibiting improved food resource management skills after SNAP-Ed education (MT2)?
4. To what extent are Washington State SNAP-Ed participants doing physical activity and reducing sedentary behavior after SNAP-Ed education (MT3)?
5. The Evaluation Team also sought to describe where SNAP-Ed direct education and PSE activities were taking place, and the number of partnerships and coalitions that support Washington SNAP-Ed work.



Statewide Evaluation of Washington SNAP-Ed Programming


Successes in Evaluation FFY18

The evaluation team increased from one FTE to 3.5 FTE in FFY 2018, adding two data analysts, an epidemiologist, and a program assistant to the team in April 2018. Increased capacity led to several successes, including completion of FFY 2017 data analysis, creation of evaluation “snapshots” to provide quarterly updates, more timely responses to questions and requests for technical assistance, and improved planning for future evaluation efforts.

Communications improved in FFY 2018. The evaluation team also launched a monthly evaluation call with DSHS, Implementing Agencies, and other Statewide Initiatives. These calls serve as opportunities for the evaluation team to share preliminary evaluation data, to communicate changes, updates, and deadlines, to answer questions, and respond to concerns. They are conducted via a web-based meeting service so all participants on the call can see preliminary evaluation data, and follow along with the agenda visually.

The Evaluation Team received feedback that Implementing Agencies and local SNAP-Ed providers wanted to see their evaluation data regularly. Once the evaluation team built capacity, they created Evaluation “Snapshots”, one-pagers that provide a high-level summary of Washington SNAP-Ed data in a visually engaging format.

As a result of increased capacity, the evaluation team was also able to respond to a request for new Washington SNAP-Ed Surveys. Existing Washington SNAP-Ed Surveys were drawn from the SNAP-Ed Interpretive Guide, but did not represent the individual needs of Washington State. In response to feedback that surveys were too long and did not relate to individual curricula, the evaluation team began designing new Washington SNAP-Ed Surveys. In FFY 2018, the evaluation team did background research and created drafts. They plan to validate surveys in FFY 2019.



After receiving feedback that implementing agencies and local providers wanted to see their data regularly, the evaluation team created one-page “Snapshots” that provide a high-level summary of Washington SNAP-Ed data in a visually engaging format.

Finally, the evaluation team was able to improve the FFY 2019 evaluation planning process. The evaluation team responded to requests early in the fiscal year from DSHS and requests later in the year from USDA-FNS to update the evaluation plan and provide additional guidance documents. Before FFY 2019 began, the evaluation team authored an evaluation guidance document and created corresponding training videos, all available on the Washington SNAP-Ed website¹¹, so that SNAP-Ed Providers and Implementing Agencies would have a consistent statewide evaluation resource.

Evaluation Team Methods

Washington’s SNAP-Ed Statewide Evaluation is guided by the USDA-FNS’s SNAP-Ed Evaluation Framework and uses approved evaluation tools when possible. The table on the following page describes indicators of interest and how they will be measured. An indicator with an asterisk (*) indicates a SNAP-Ed priority outcome indicator.

¹¹<http://wasnap-ed.org/evaluation/>

Evaluation Question	Individual-Level Indicators	Evaluation Tools for Youth	Evaluation Tools for Adults
2	MT1: Healthy Eating*	Pre/Post Tests: <ul style="list-style-type: none"> • Eat Well + Move K-2 • KAN-Q for grades 4-8 • Grade 3: EFNEP 3-5th grade Nutrition Education Survey • High School: EFNEP 9-12th grade Nutrition Education Survey • High School: Plan, Shop, Save, Cool Checklist 	Pre/Post Tests: <ul style="list-style-type: none"> • UCCE Food Behavior Checklist • Cooking Matters Survey
3	MT2: Food Resource Management*		Pre/Post Tests: <ul style="list-style-type: none"> • UCCE Food Behavior Checklist • Cooking Matters Survey
4	MT3: Physical Activity & Reduced Sedentary Behavior*	Pre/Post Tests: <ul style="list-style-type: none"> • Eat Well + Move K-2 • KAN-Q for grades 4-8 • Grade 3: EFNEP Grade 3-5th grade Nutrition Education Survey • High School: EFNEP 9-12th grade Nutrition Education Survey 	Pre/Post Tests: <ul style="list-style-type: none"> • Physical Activity Questions from Aug 2017 EFNEP Food and Physical Activity
Evaluation Question	Environmental Settings Level Indicators	Evaluation Tools	
	ST7: Organizational Partnerships* MT5: Nutrition Supports* MT6: Physical Activity & Reduced Sedentary Behavior Supports	PEARS PSE Module PEARS Partnerships Module Implementing Agency Annual Reports	
Evaluation Question	Population Result Indicators	Evaluation Tools	
2, 3, 4	R2: Fruits and Vegetables* R7: Physical Activity R9: Healthy Weight	Washington State's Healthy Youth Survey (HYS) Behavioral Risk Factor Surveillance System (BRFSS)	
Evaluation Question	Washington State Indicators	Evaluation Tools	
1	Program Reach	PEARS Program Activity Module PEARS PSE Module	

Statewide Evaluation of Washington SNAP-Ed Programming

Data Collection

Pre- and post-test data was collected from individuals at each direct education class series. Individual participants served as their own controls. Local SNAP-Ed providers and IAs entered local program data, like site information and project reach, into the Program Evaluation and Reporting System (PEARS) quarterly. Data on PSE projects, partnerships, and coalitions were collected from PEARS and Implementing Agencies annual reports at the end of the fiscal year.

Population-level data from the Behavioral Risk Factor Surveillance System (BRFSS) and the Washington Health Youth Survey (WA HYS) were gathered and analyzed at the end of the fiscal year.

Challenges in Evaluation FFY18

The evaluation team responded to a variety of challenges in FFY 2018, including staffing constraints, changes to evaluation activities, and data availability.

The evaluation team experienced staffing constraints in the first half of FFY 2018. This impacted FFY 2017 data analysis, and ultimately led to a finding on USDA-FNS's Washington SNAP-Ed Management Evaluation (ME). The evaluation team was fully staffed with a supervisor, an evaluation coordinator, two data analysts, and a program assistant in April 2018. With full capacity, the evaluation team has been able to revisit FFY 2017 data, conduct mid-year data analysis, enhance communications with local agencies, create evaluation guidance materials for FFY 2019, and conduct small-scale PSE, partnerships, and coalition evaluations using data available in PEARS.

Not all challenges were related to staffing constraints. The evaluation team had hoped to conduct provider visits to get to know local providers and their work, and to perform an in-person evaluation process assessment. The evaluation team initially struggled to get buy-in from IAs to conduct site visits. Once the USDA-FNS



ME established the need for a new statewide needs assessment, the evaluation team agreed to postpone site visits, recognizing that the needs assessment would result in an increased workload for local providers. The evaluation team plans to revisit local provider visits in 2021, incorporating the information gathered by the statewide needs assessment.

Data availability was also a struggle in FFY 2018, affecting the ability to conduct data analysis. Data was either 1) not entered into PEARS by IAs or local providers, or 2) unavailable due to PEARS's transition to their new algorithm, "Surveys 2.0." The evaluation team could not create evaluation snapshots or share data with DSHS, IAs, and local providers in quarters 3 and 4 due to the lack of data. The evaluation team has since worked with the IA who missed data entry deadlines to come up with a data entry plan to limit late data entry. The evaluation team also communicated regularly with PEARS throughout quarters three and four to report bugs and identify solutions. All bugs in PEARS Surveys 2.0 were fixed in mid-October 2018.

Washington SNAP-Ed Evaluation **Results** FFY18

Reach, Demographics, and Program Information - The information in this section represents statewide data.

Age and sex of participants in direct education for FFY18 statewide

Age and sex of participants in direct education for FFY 2018 statewide

AGE	FEMALE	MALE	TOTAL
Less than 5 years	293	225	518
5–17 years	13,935	13,909	27,844
18–59 years	8,202	3,864	11,946
60 years or older	2,383	1,028	3,411
Total	24,693	19,026	43,719

Race and ethnicity of participants in direct education for FFY 2018 statewide

		ACTUAL COUNT* OF PARTICIPANTS	ESTIMATED COUNT* OF PARTICIPANTS	TOTAL
RACE	American Indian or Alaska Native	1,782	394	2,176
	Asian	1,810	534	2,344
	Black	2,874	2,123	4,977
	Native Hawaiian or other Pacific Islander	937	127	1,064
	White	22,589	4,138	26,727
ETHNICITY	Hispanic	8,340	1,638	9,978
	Non-Hispanic	22,177	4,361	26,538
	Total	30,517	5,999	36,516

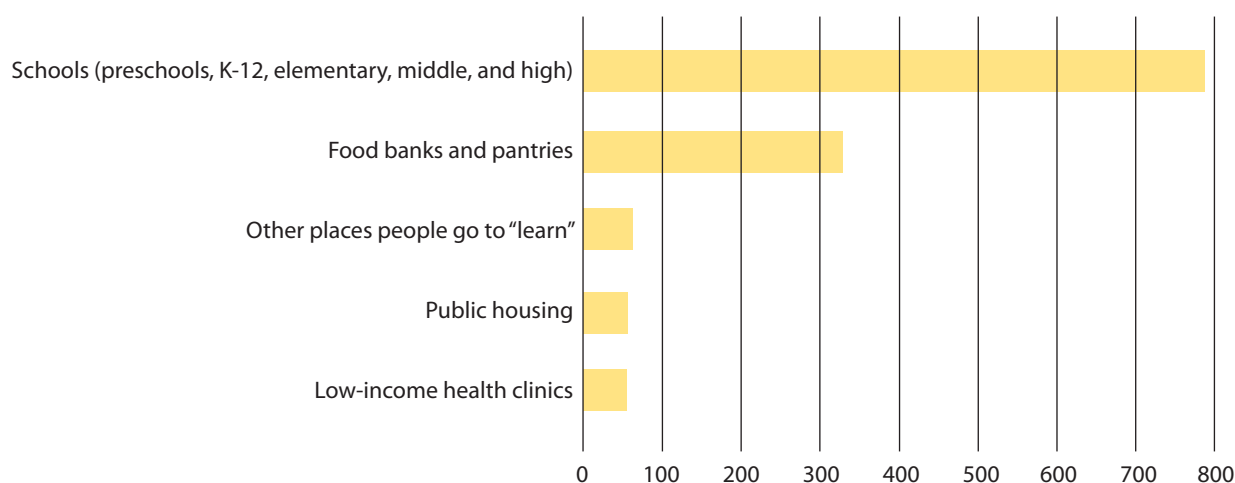
* Actual count refers to participants who self-identified their race or ethnicity, estimated count refers to participants who either did not identify as one of the listed options, or race and ethnicity data was gathered indirectly from other data sources.

Statewide Evaluation of Washington SNAP-Ed Programming

Direct Education Evaluation

Direct Education was conducted in a wide variety of settings in FFY 2018. 48% of activities took place at schools, followed by food banks, public housing, health clinics, and afterschool programs. To a lesser extent, activities also took place at places of worship, cooperative extension sites, shelters, and more.

FFY18 Program Activities
Top 5 Sites for Program Activities* by Number of Program Activities



**Program activities include primarily direct education series. In FFY 2018, they may also include other in-person events like food tastings or school/community events.*

Direct Education was conducted in a wide variety of settings. **48 percent** of the activities took place at schools.



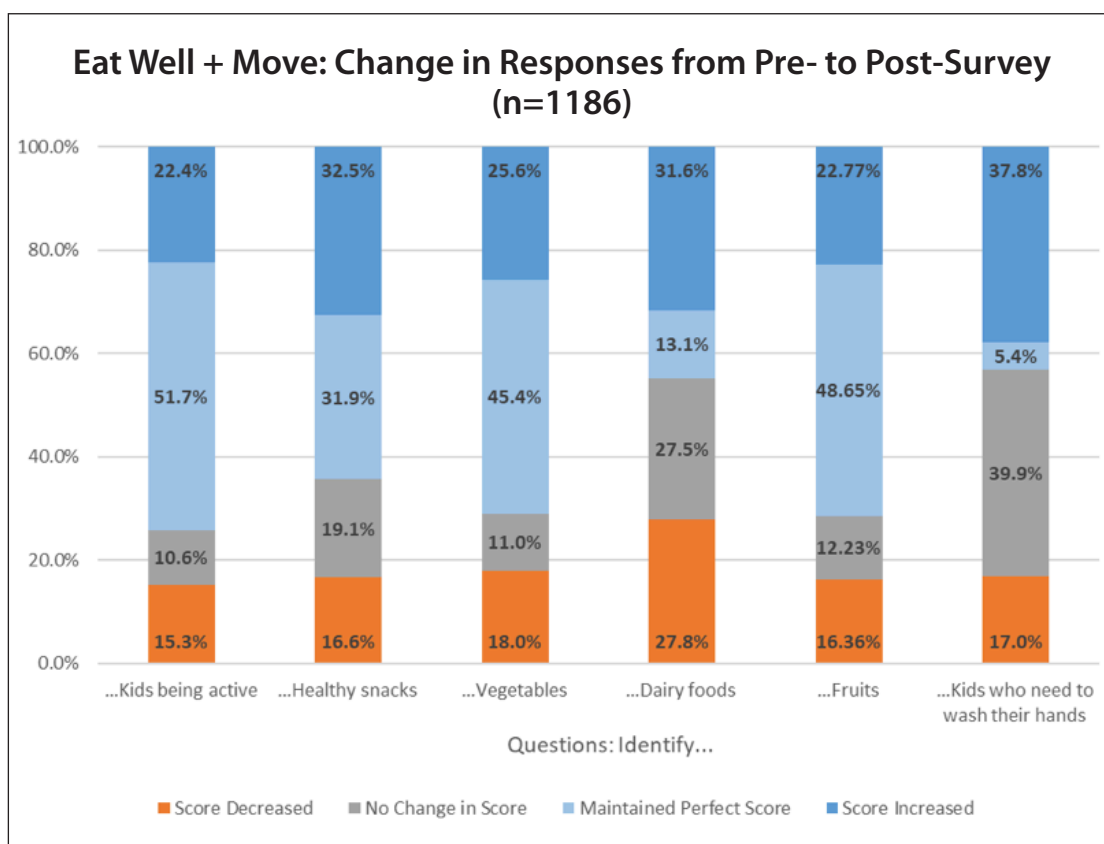
Addressing the SNAP-Ed Framework

Indicators MT1, MT2, and MT3: Healthy Eating, Food Resource Management, and Physical Activity

Results of the *Eat Well + Move* survey

The *Eat Well + Move* survey was given to Kindergarteners, 1st graders, and 2nd graders who participated in SNAP-Ed direct Education. The survey asks students to correctly identify objects or people that belong in the stated category (e.g. of four produce items, identify which are vegetables), demonstrating knowledge change in healthy eating, physical activity, and food safety (ST1, ST3, and ST4). 1,186 students completed both the pre- and post-intervention surveys.

After SNAP-Ed participation, **about 1 in 3 students improved** in their correct identification of healthy snacks, dairy foods and kids who needed to wash their hands, while **about 1 in 4 students improved** in their correct identification of kids being active, vegetables and fruits.

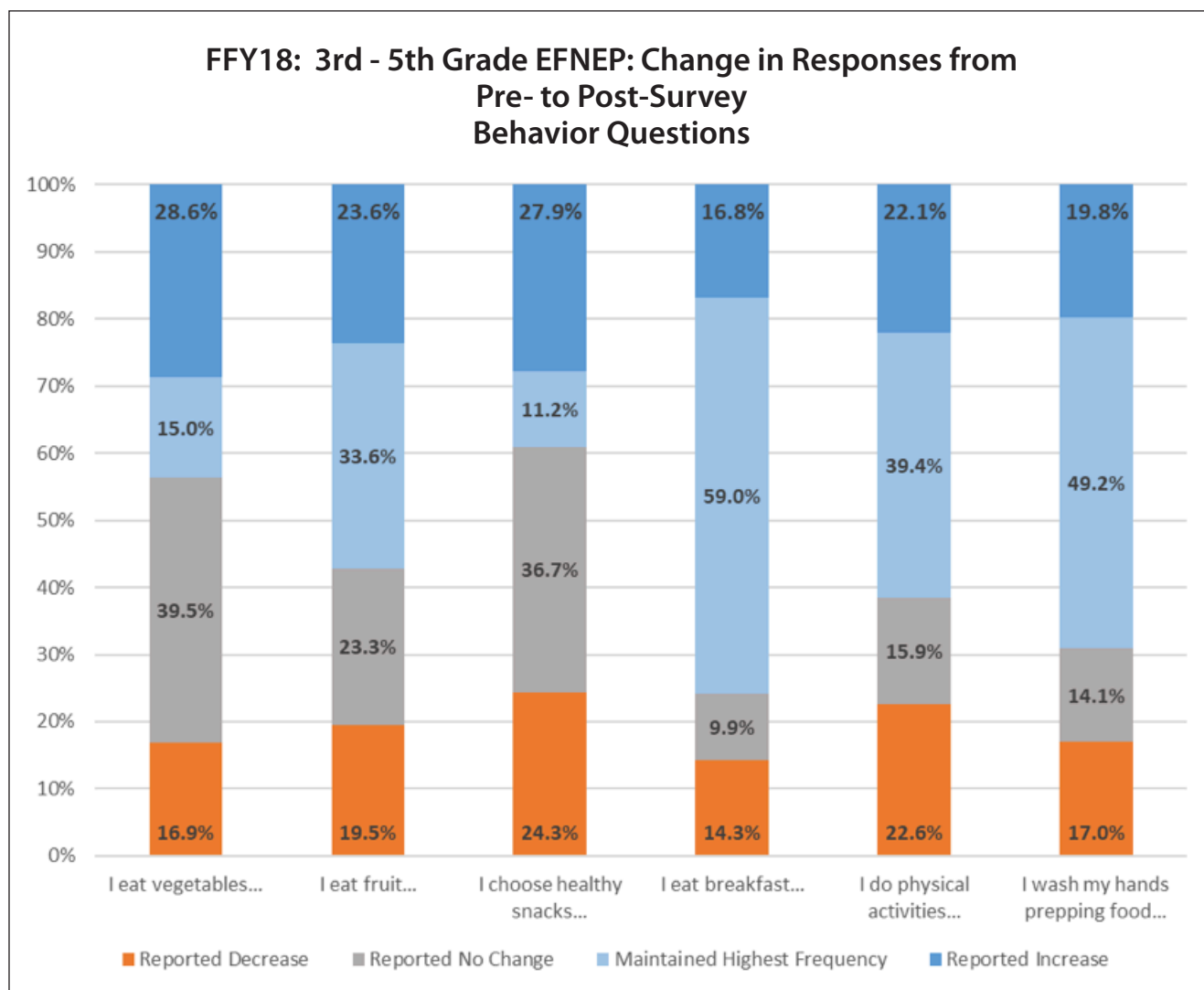


Statewide Evaluation of Washington SNAP-Ed Programming

Results of the 3rd to 5th grade direct education surveys

The 3rd – 5th Grade *EFNEP Nutrition Education Surveys* were given to 3rd grade classrooms in FFY2018. The surveys ask students questions about their knowledge, attitudes and behaviors regarding food consumption, physical activity and food safety. 2,291 students completed both pre- and post-education surveys, though not all of them answered every question.

For individual self-reported change, in the behavior-related questions, around 1 in 4 students reported an increase in how often they ate fruit and vegetables, and chose healthy snacks.

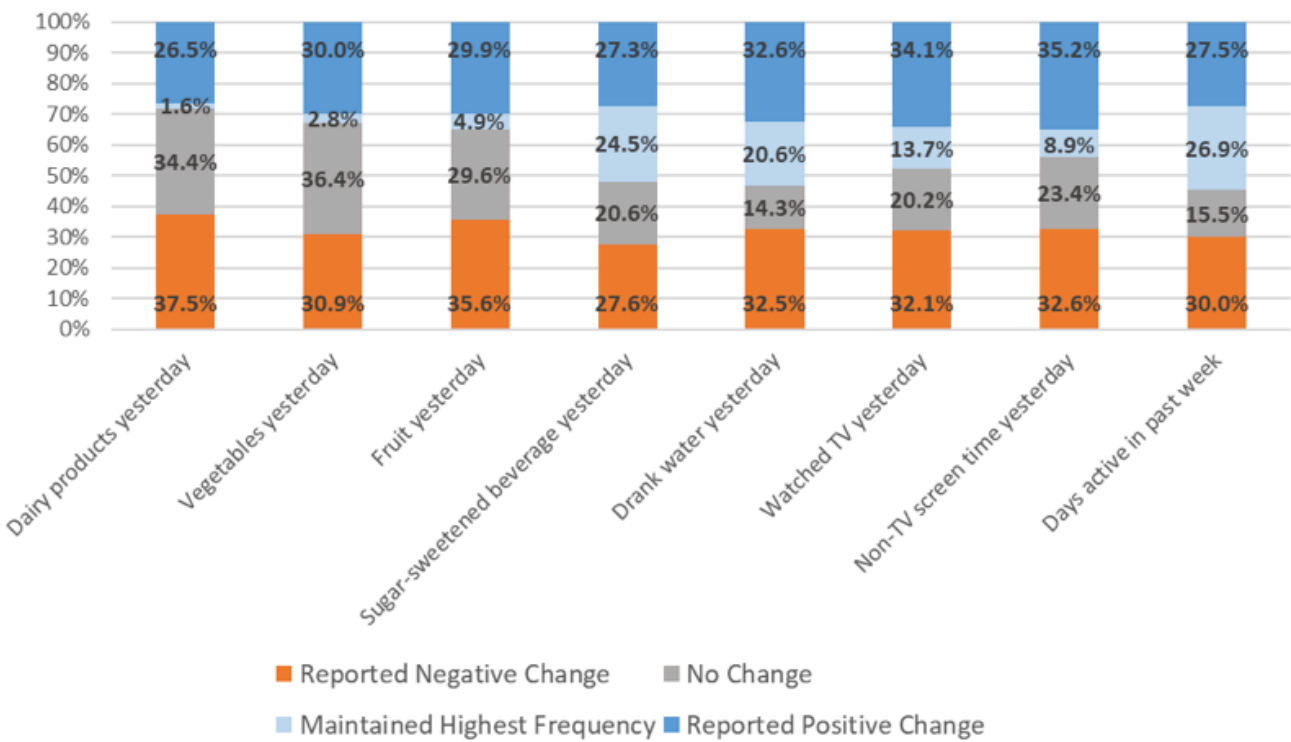


Results of the 4th – 8th grade direction education survey

The *Kids Activity and Nutrition Questionnaire (KAN-Q)* survey was given to participants in 4th through 8th grades. The questionnaire asks questions about food and drink consumption, screen time, physical activity in the past week, as well as assessing knowledge about MyPlate food and physical activity recommendations, and attitudes towards healthy food and activities. **In FFY18, 2,713 students completed both pre- and post-education surveys.** Over half of those students were aged 10 or 11, and over 60% were in 4th or 5th grade.

Almost 1 in 3 students reported drinking more water after the intervention, watching less TV and having less non-TV screen time. 1 in 4 students were already abstaining from sugar-sweetened beverages (SSB) before the intervention, and after, another **1 in 4 decreased their SSB consumption.**

FFY18 KANQ: Change in Responses from Pre- to Post-Survey Behavior Questions



Statewide Evaluation of Washington SNAP-Ed Programming

Results of the 9th – 12th grade direction education surveys

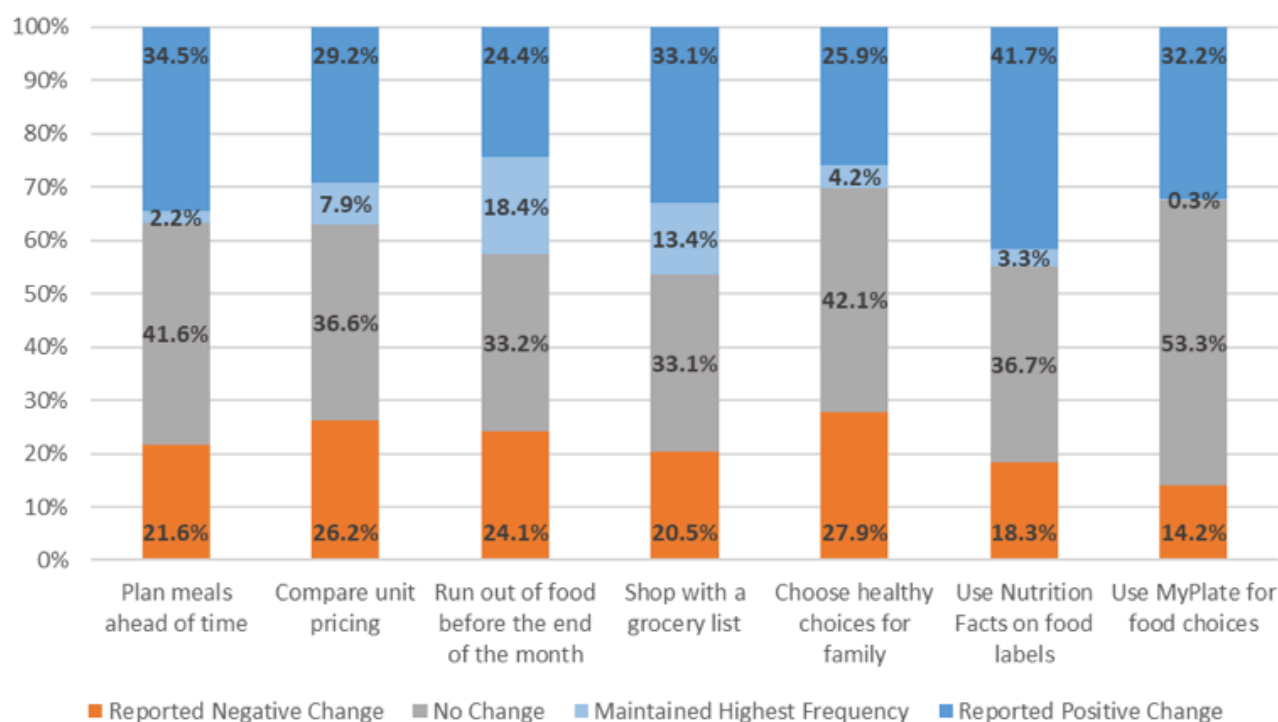
The 9th-12th Grade *EFNEP Nutrition Education Surveys* were given high-school aged participants. The survey focuses on knowledge, attitudes and behaviors regarding food consumption, physical activity, food safety, and food resource management. 30 students completed the 9th-12th grade EFNEP survey prior to receiving direct education. However, only 9 completed the survey again post-intervention. This sample size was **too small for meaningful analysis of behavior change**.

Older youth education results for *Plan, Shop, Save, Cook*

The *Plan, Shop, Save, Cook* surveys were given to high school-aged participants in the *Plan, Shop, Save, Cook (PSSC)* curriculum as part of the Older Youth PSSC Pilot. The survey focuses food resource management. In FFY18, 365 students in the *PSSC* classes completed both pre- and post-PSSC surveys.

1 in 3 participants showed an increase in frequency for planning meals ahead of time, shopping with a grocery list, and using MyPlate to make food choices. Over 2 in 5 participants showed an increase in how often they used Nutrition Facts labels to help make their food choices.

FFY18 Plan, Shop, Save, Cook:
Change in Responses from Pre- to Post-Survey

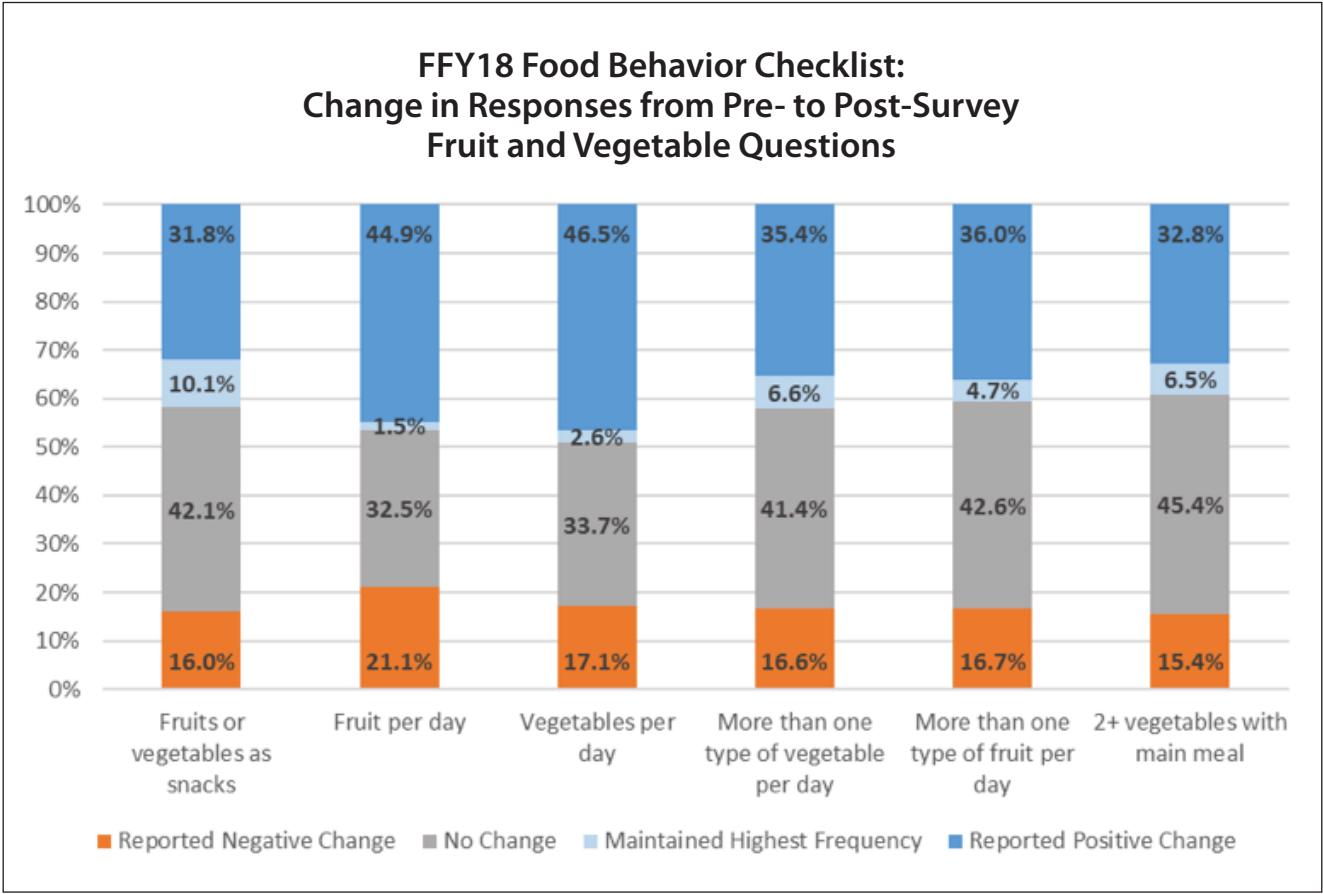


Results of the adult direct education participants

The *Food Behavior Checklists* were given to adult participants, with the exception of adults who participated in a Cooking Matters curriculum. The survey asks participants about eating habits, food preparation, and food resource management. This survey does not ask about physical activity.

Almost half of adult participants reported eating more fruit and more vegetables each day after SNAP-Ed participation. More than 1 in 3 participants reported

eating more than one type of fruit and more than one type of vegetable after participation. One in three adults reported no issues with running out of food before the end of the month on both their pre- and post-survey, and an additional 1 in 4 reported running out of food less often after participation in the class.



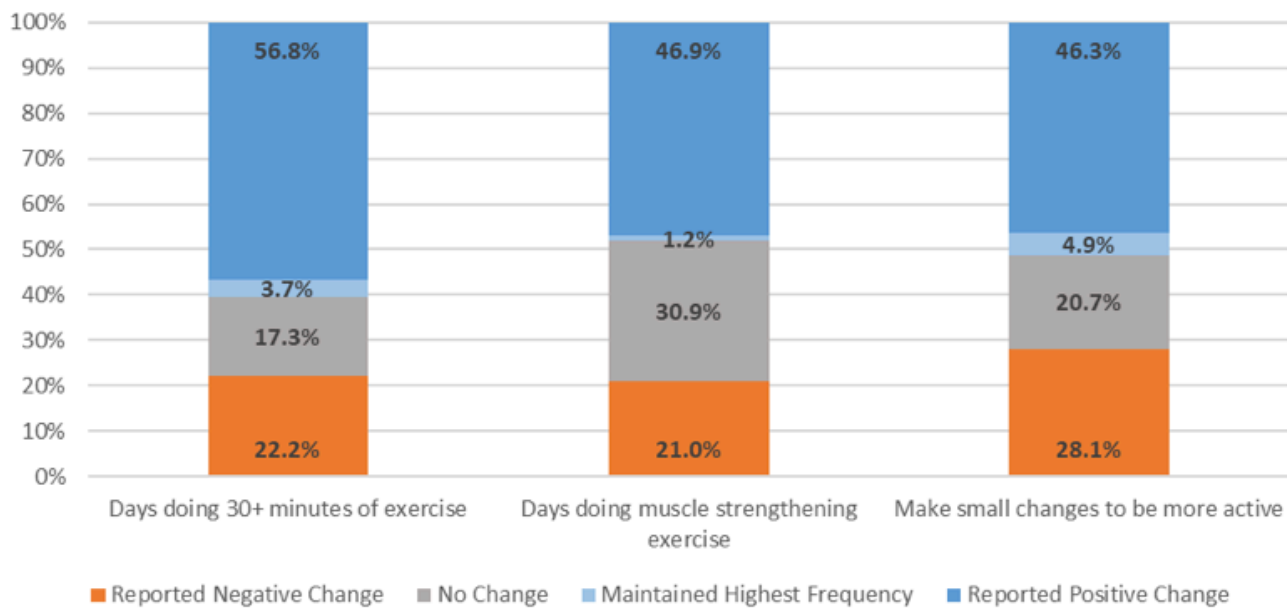
Statewide Evaluation of Washington SNAP-Ed Programming

Adult physical activity questionnaire results

The *Physical Activity Questionnaire* (PAQ) consists of three questions drawn from the adult EFNEP Food & Physical Activity Questionnaire. **Eighty-two participants** completed both pre- and post-tests. Over 1 in 2 adults reported increasing the number of days they did 30 or more minutes of exercise. Close to 1 in 2 adults reported increasing the number of days that they did muscle strengthening exercises and made small changes to be more active.



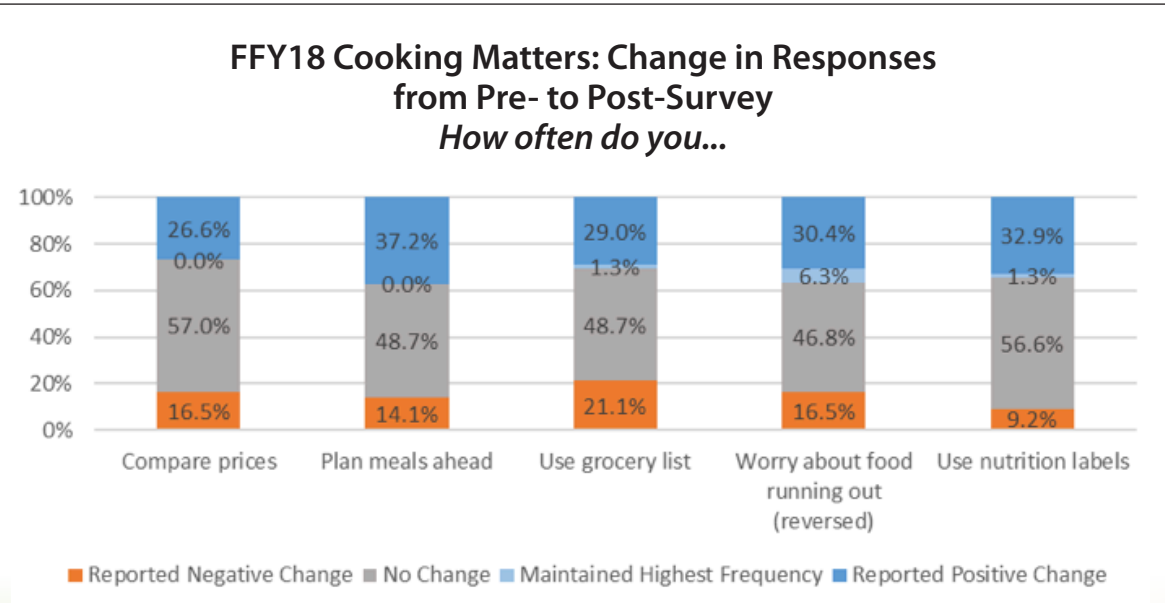
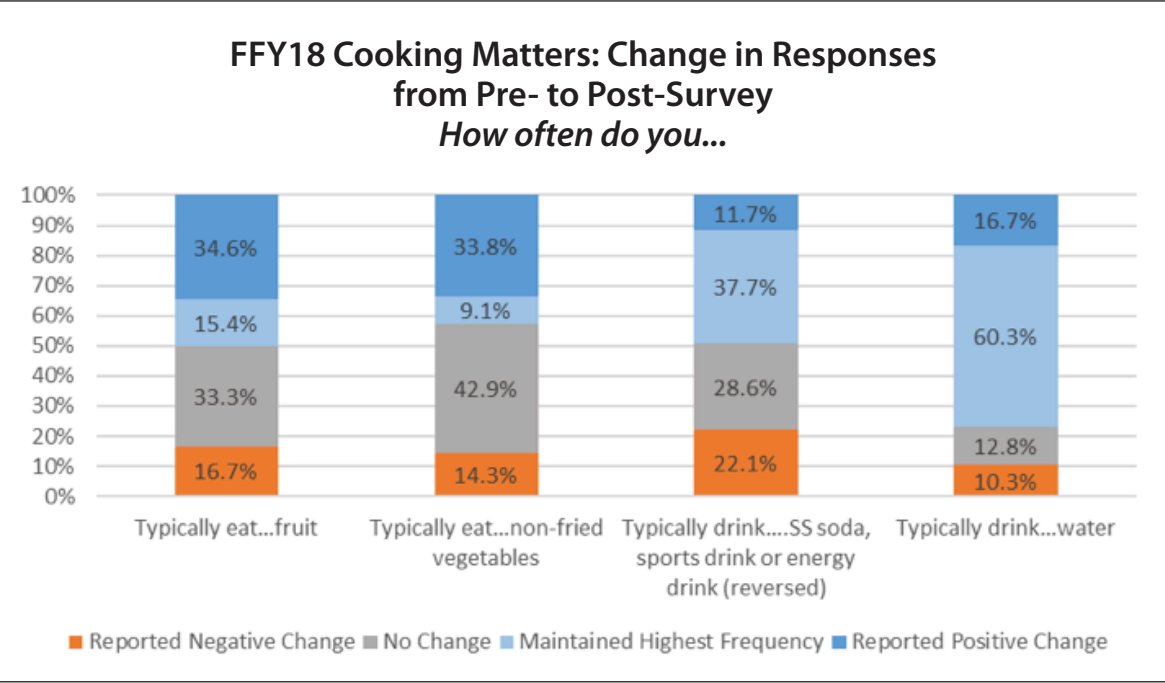
FFY18 Physical Activity Questionnaire: Change in Responses from Pre- to Post-Survey (n=81)



Results of the *Cooking Matters* survey

Cooking Matters surveys were given to adults who participated in a *Cooking Matters* curriculum in FFY 2018. The survey asks questions on eating habits, food shopping habits, and confidence around cooking and eating healthy food on a budget. Seventy-nine participants completed both pre- and post- surveys, though not all answered every question.

About one in three participants ate fruit and vegetables more often after participation in *Cooking Matters*. One in four *Cooking Matters* participants compared prices and used grocery more often after participation. About one in three participants worried about running out of food less often after participation.

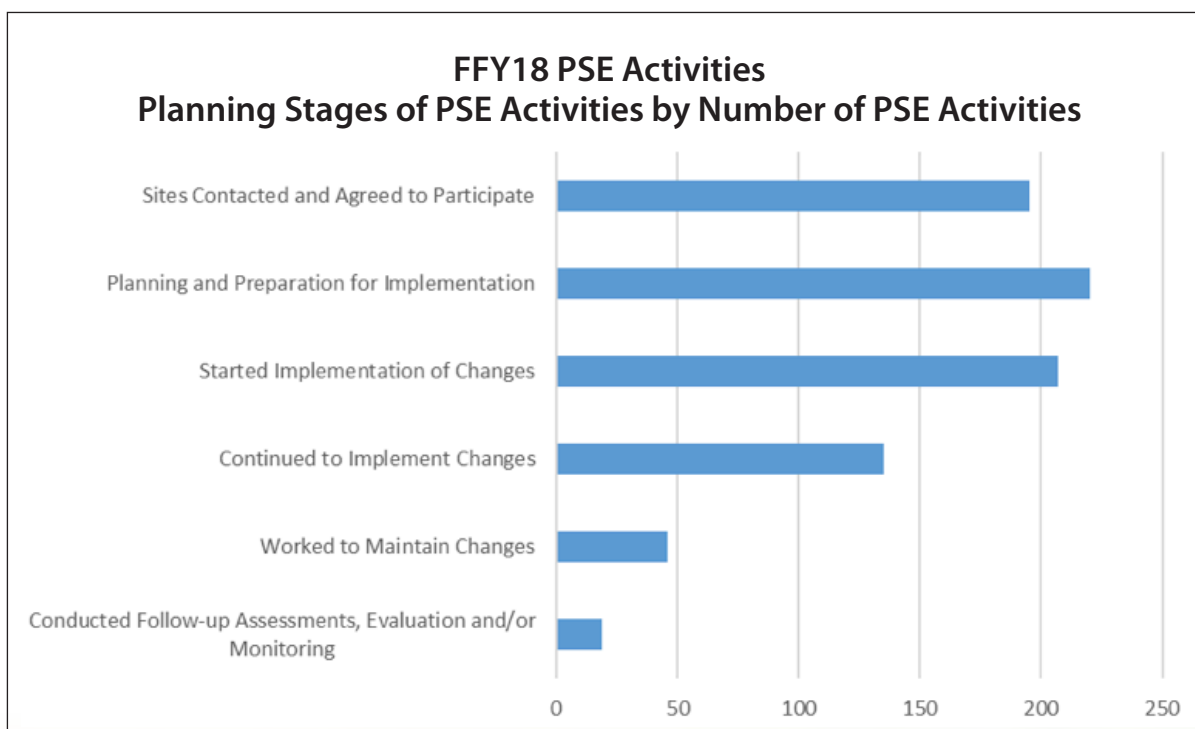
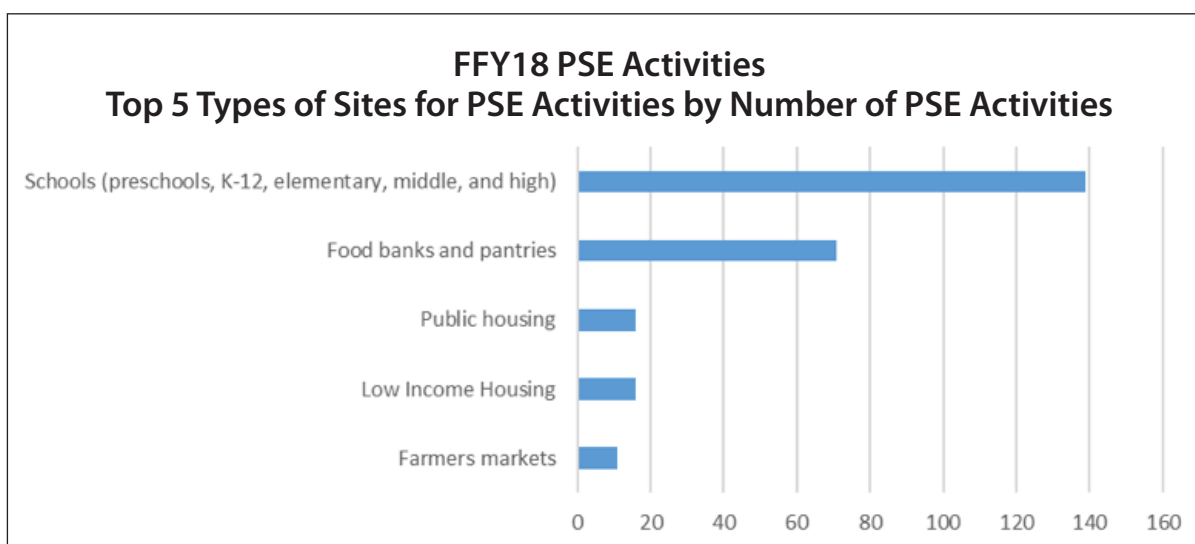


Statewide Evaluation of Washington SNAP-Ed Programming

Policy, Systems, and Environmental (PSE) evaluation

Approximately **384 PSE Activities** took place in FFY **2018**, reaching over **519,200 individuals**. Thirty-six percent of PSE activities took place at schools, followed by food pantries (18%), public and low-income housing (8% combined) and farmers' markets (3%). Activities also took place at food stores, shelters, places of worship, community centers, and more.

PSE projects were also at various stages of implementation at the end of FFY 2018, and many progressed through more than one project implementation stage.



New partnerships in SNAP-Ed FFY18

ST7: New Partnerships

Local SNAP-Ed providers reported 469 partnerships in FFY 2018. Just under 60% of reported partnerships were in collaboration or cooperation stages, in which group decision-making is a focus and resources are shared or personnel are delegated. Relationship depth definitions were drawn from the SNAP-Ed Toolkit¹. FY2018 was the first year Washington State collected data on SNAP-Ed partnerships, so all relationships are considered new.

Number of partnerships Statewide by relationship depth.

RELATIONSHIP DEPTH	NO. OF PARTNERSHIPS
Coalition	13,935
Collaboration	8,202
Cooperator	2,383
Coordination	24,693
Network	24,693
Other	24,693

New coalitions in SNAP-Ed FFY18

ST8: New Coalitions:

Local SNAP-Ed providers reported 55 coalitions in FFY 2018. 31% of coalitions were reported as coalitions committed to joint action. 20% were reported as membership networks with regular information sharing. FFY 2018 was the first year Washington State collected data on SNAP-Ed coalitions, so all relationships are considered new. Relationship depth definitions were drawn from the SNAP-Ed Toolkit².

Number of partnerships Statewide by relationship depth.

RELATIONSHIP DEPTH	NO. OF COALITIONS
Coalition	17
Collaboration	13
Cooperator	4
Coordination	3
Network	11
Other	7

Local SNAP-Ed providers reported **469 partnerships** were in collaboration or cooperation stages.



¹²<http://snapedtoolkit.org/framework/components/st7/>

¹³<http://snapedtoolkit.org/framework/components/st7/>

Statewide Evaluation of Washington SNAP-Ed Programming

Population indicators in Washington SNAP-Ed FFY18

R2: Fruits and Vegetables

Statewide, 67.9% of adults in Washington reported eating fruit at least once per day and 83.1% reported eating vegetables at least once per day in 2017¹⁴. Among youth, 23% of middle schoolers and 19.5% of high schoolers reported eating five or more servings of fruit and vegetables per day¹⁵. Eighty-seven percent of both middle and high schoolers ate at least one serving of fruit or vegetable per day in 2016¹⁶.



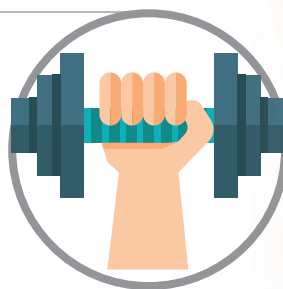
R6: Food Security

Statewide, over 85% of youth did not have to skip or change meals in the past 12 months. Just 2.8% of middle schoolers and 4.1% of high schoolers had to reduce meals almost monthly because there wasn't enough money to buy food¹⁷.



R7: Physical Activity

In 2017, 57.5% of adults reported meeting the weekly guidelines for aerobic physical activity, and 33.3% met the guidelines for muscle strengthening exercise, but only 23.8% were meeting the guidelines for both¹⁸. Among youth, 28.7% of middle schoolers and 22.8% of high schoolers met the overall physical activity guidelines for youth¹⁹, but 57.4% of middle schoolers and 49.7% of high schoolers exercised at least 60 minutes per day on five or more days per week²⁰.



R9: Healthy Weight

In 2017, 36.5% of adults in Washington State had BMI that fell within the normal range²¹. In 2016, 27% of 8th and 10th graders, and 30% of 12th graders were obese or overweight²².



¹⁴<https://www.cdc.gov/brfss/brfssprevalence/index.html>

¹⁵<http://www.askhys.net/FactSheets>

¹⁶*Ibid*

¹⁷*Ibid*.

¹⁸<https://www.cdc.gov/brfss/brfssprevalence/index.html>

¹⁹<https://www.cdc.gov/healthyschools/physicalactivity/guidelines.htm>

²⁰<http://www.askhys.net/FactSheets>

²¹<https://www.cdc.gov/brfss/brfssprevalence/index.html>

²²<http://www.askhys.net/FactSheets>

SNAP-Ed in Action

Washington State SNAP-Ed programming takes place in a variety of settings and for a variety of audiences. The following are only a few of the places and activities from FFY18.

SNAP-Ed is where you **Shop**

FARMERS MARKETS

WSFMA contract highlights

The Regional Leads program facilitates local networks of food access stakeholders centered around farmers markets to increase or expand farmers market food access programming. The project's goal is to increase awareness of farmers markets as healthy options among SNAP clients. Regional Leads work with local communities to develop strategies to increase access to healthy foods, reduce food insecurity, and strengthen local food systems.

Activities focused on 'Eat and Shop' Interventions, include:

- Developing and identifying funding for a county-wide SNAP-EBT fruit and vegetable incentive program.
- Supporting farmers markets in FMNP and EBT authorization.
- Coordinating with SNAP-Ed Implementing Agencies on plan progress, implementation, and opportunities to expand reach to farmers markets and/or counties not currently served by Regional Leads.
- Expanding the SNAP Ambassador program to more markets in the region to organize market tours.
- Creating partnerships with local SNAP-Ed contractors. Basic Food Outreach contractors, anti-hunger organizations, and other community based organizations to raise awareness of EBT at farmers markets.
- Building relationships with markets not participating in program to determine feasibility of providing support.

By the numbers

18 farmers markets had **cooking demos**

29 farmers markets had **weekly kids programming** at their markets

10 farmers markets **began accepting EBT** in the 2018 season

11 farmers markets **received authorization for FMNP**

There were **3 SNAP Ambassadors** this season at farmers markets providing outreach assistance and market tours.

Farmers Market Flash, housed at WSU Skagit County Extension, provided kids activities at the farmers market including **scavenger hunts and art activities**, to increase the appeal for families to visit the market.



SNAP-Ed in Action

SNAP-Ed is where you **Shop**

CLARK COUNTY WSU EXTENSION, CLARK COUNTY

In partnership with Clark County Farmers Market, Clark County WSU SNAP-Ed team's goal this season was to increase the amount of produce taken home by SNAP eligible customers. And they did! Participation doubled from last year totaling 1,928 community members. The SNAP-Ed team attributed this success to adding behavioral economic strategies to their booth, new marketing strategies, which included changing the name to Summertime Yum. They also added interactive demos with food samples, and offered fun physical activities for both kids and adults.

Clark County Farmers Market's partnership was also essential to this success, including its support for a matching incentive program. Participants receive \$5 in tokens to purchase fresh fruits and vegetables when \$5 in SNAP benefits are spent.



SECOND HARVEST, SPOKANE, WA

Second Harvest has jumped right into their Mobile Market efforts by providing rural and urban locations with fresh produce and other food resources. The Mobile Markets address transportation barriers by bringing food to people where they are at.

Second Harvest attempts to provide direct nutrition education and healthy food samples with recipes at each Mobile Market event that is not receiving other SNAP-Ed services.

The Second Harvest Nutrition Outreach Coordinator continues to encourage healthy nudges in the food pantry setting. One of the easiest and most effective nudging strategies, according to Feeding America, is having multiple exposures to the food you are trying to encourage, in this case, fresh produce. Their largest environmental changes come from our mobile distributions. Second Harvest SNAP-Ed providers are out in the community addressing food access and providing opportunities for kids and families (at low-income schools) seniors (at low income senior housing sites) and for families (at our community mobile markets).



The Mobile Markets are broken down into 3 different categories:

- **Community Mobile Markets:** Serve up to 250 families, 10,000 pounds of food, 10 – 12 different food items per family.
- **School Mobile Markets:** Serve up to 100 families, 1500 pounds of food, 5 – 7 different food items per family.
- **Senior Mobile Markets:** Serve up to 80 families (typically single dwellers), 900 pounds of food, 3 – 5 different food items per family.



SNAP-Ed in Action

SNAP-Ed is where you **Shop**

COMMUNITY ACTION CENTER, WHITMAN COUNTY

The clients at the Community Action Center appreciate fresh produce, especially when grown locally. Community Action Center spearheaded a Whitman County Community Needs Assessment with 15 community partners that honed in on the experiences of residents with an income of less than \$2,000 per month, regardless of family low-income residents said improving access to food was one of their top felt needs. Approximately 40% of low-income rural residents were concerned about their access to food and 11% were concerned about accessing food “most” or “all” of the time. The most common self-reported source of food assistance in Whitman County was local food banks. The food insecure population often are not given access to local, fresh items, and citing cost and distance to farmers markets. Sites that sell produce are described as inaccessible, although Community Action Center clients have fond memories of certain items such as kale and eggplant, which were often part of cherished meals growing up.



Summary of environmental and systems changes:

- **Included** fresh produce in food pantry offerings
- **Prioritized** farm-to-table/increase in local produce
- **Made improvements** to the layout and display of food



Through partnerships, Community Action Center’s food bank garden program was able to extend beyond the gardens they maintain. Local farmers, gardeners, and markets got involved in overcoming the barriers to accessing fresh, local food. Community Food, a Food Pantry in Pullman, Washington, received fresh fruit and vegetables from sources such as the hydroponics gardens on site, community garden plots run by volunteers, several gardeners and gleaners (including food bank clients), a local gleaning organization called Backyard Harvest, Farmers Market vendors, as well as Second Harvest and Northwest Harvest.

The food bank is supplied with abundant produce from many sources around the region. Produce can be found in the “free room” nearly every day of the week, as well as the recently named “farm-stand” in the lobby of our building set up to look like a market stand. Lastly, produce is often matched between locations in the lobby with shelf space in the actual pantry, offering clients two chances to choose this healthy option.

PUBLIC HEALTH SEATTLE & KING COUNTY (PHSKC), KING COUNTY

In June 2018, the 12-member South King County Food Coalition adopted nutrition standards, which prioritize client health and nutrition. The Coalition committed to prioritize foods that meet USDA MyPlate recommendations, provide more fresh foods, serve foods with dignity, and educate clients and the community. Kate Ortiz at Public Health Seattle & King County is helping food banks implement this policy through technical assistance and resources that make it easier for clients to make the healthy choice.



White Center Food Bank (Before)

For example, SNAP-Ed staff supported White Center Food Bank and MultiService Center, two member food banks, to improve client experience through changes to their set-up and food distribution. The White Center Food Bank used to distribute food from behind a counter, which required clients to point to the foods they wanted and make quick decisions. The MultiService Center food bank distributed foods along one counter, and had a lot of underutilized space.



White Center Food Bank (After)

When SNAP-Ed staff offered technical assistance and funding support, both food banks seized the opportunity to do things differently in a more client friendly manner. After closing for a week to revamp their spaces and train volunteers, each food bank welcomed clients to 'shop' for foods in their new grocery store layouts.

"Folks love that they can shop to select their own groceries and move at their own pace, which is exactly what we were hoping for!"

shared White Center Food Bank staff. "We hope that this change continues to make trips to the food bank a more and more positive experience for those that we serve."

SNAP-Ed in Action

SNAP-Ed is where you **Shop**

WSU SKAGIT COUNTY EXTENSION, BURLINGTON

WSU Skagit County Extension uses their local Safeway store to facilitate the Grocery Store Tours they offer in conjunction with adult ESBA and PSSC classes. Safeway is a great location as they provide wonderful unit pricing on their products as well as a beautiful produce section with local produce. They were in contact with the produce manager to start a Harvest of the Month promotion as well as talking with the general manager to schedule tours.

WSU Skagit wrote to the Safeway Corporation located in Seattle to request \$10 gift cards as an incentive for their programming. Clients would be given a gift card if they participated in the class series and attended the Grocery Store Tour. The Safeway Corporation generously agreed to donate 20, \$10 gift cards to our program. They were very supportive of WSU Skagit's work in the area and wanted to provide encouragement to their clients to make healthier choices. The gift cards may be used in conjunction with their EBT Benefits to stretch their dollars.

Through July of 2018 participants were able to take part in the Safeway Complete Eats Program, giving clients \$5 worth of free fruits and vegetables for every \$10 of fruits and vegetables purchased. This was a great way of combining the two programs, enabling clients to increase their purchasing power to buy more fruits and vegetables.

The partnership between Safeway and WSU Skagit SNAP-ED has allowed Safeway's donation to go to the people who need it the most within the community. The gift cards will allow clients to use their new shopping skills and knowledge to better nourish their families.



WSU Skagit County Extension uses their local Safeway store to facilitate the Grocery Store Tours they offer in conjunction with adult ESBA and PSSC classes.



SNAP-Ed is where you **Live**

CLALLAM COUNTY WSU, CLALLAM COUNTY

Clallam County WSU's partnerships with Tribes in their area share the same goal: increasing food access in their community and creating an environment where the healthy choice is the easy choice.

With the **Lower Elwha Klallam Tribe, SNAP-Ed staff and Tribal members** addressed two needs:

- 1.) The local food bank often does not have enough quality produce for clients to choose from, and
- 2.) Community members who receive cash assistance from the Tribe's General Assistance (GA) program are required to complete community service/job training; yet it has been difficult for GA clients to find enough approved community service opportunities.

The partnership between SNAP-Ed and the Tribe created an ideal connection by creating gleaning job opportunities that would not only fulfill the requirements of the GA program, but also increase the amount of produce available at the pantry.

An example of one success from the program: a family of three from the local tribal community helped glean blueberries from a local farm and were able to take **two pounds of blueberries home themselves, and donated 10 pounds to the tribal food pantry.** The family was able to experience something new together, learn about growing blueberries and provide others in a similar situation with the opportunity to try fresh, local produce!

Both of these partnerships showcase differing approaches to the same outcome, addressing food access in their community and helping to make the healthy choice the easy choice.



SNAP-Ed in Action

SNAP-Ed is where you Live

YAKIMA COUNTY WSU EXTENSION, YAKIMA

According to census data, 22% of Yakima County households are receiving SNAP benefits, almost double the national average, and 32.1% of children in Yakima County are living in poverty. Yakima also has higher-than-state-average percentages of adults and youth who are obese.

The Yakima Union Gospel Mission (YUGM) was established in 1936 and provides emergency food, shelter and clothing; food boxes for families and seniors; the New Life addiction recovery program; free medical and dental clinics; and basic computer and vocational training.

During FY17 Yakima WSU SNAP-Ed established the groundwork for a successful partnership with YUGM, and established an on-site edible garden at the YUGM in coordination with the medical clinic. Through the leadership of a SNAP-Ed program assistant and the outstanding support provided by the community, gardening became a central part of SNAP-Ed programming at the YUGM.

Gardening has many benefits and addresses barriers faced by the homeless and other vulnerable populations at the Yakima Union Gospel Mission. It is a low-cost way to supplement a low income household's access to fresh fruits and vegetables.

This year Yakima WSU expanded the edible garden, added six more apple bin, for a total of 12, and hosted a work party to assemble the new bins and fill them with soil and compost. Plants and organic fertilizer were donated by master gardeners who volunteered their time to make sure our project was a success.

The garden was planted with a variety of vegetables, fruits and herbs, which were selected based on the demographics of the patients using the services of the medical clinic.

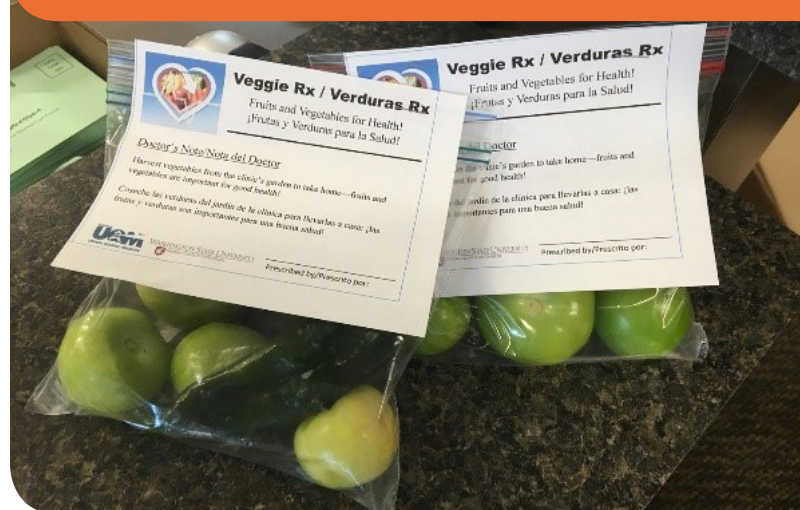
Tomatillos, a variety of tomatoes, basil, oregano, chives, parsley, radishes, an assortment of bell peppers, hot peppers, cucumbers, cantaloupe, watermelon, summer squash and pumpkins were the highlights of the garden.

The plants took little time to get established and soon started producing amazing fruits and vegetables that were harvested by the patients of the clinic on a weekly basis. The harvest went to patients who tended the garden and to patients in the Clinic's waiting room.

Patients reported feeling a sense of peace by working in the garden. They also felt grateful to take vegetables and fruits home as many were experiencing food insecurity. Some patients volunteered on a weekly basis because they enjoyed gardening and wanted to help others by harvesting fresh and nutritious food for them.

Over 300 pounds have been harvested so far from these apple bins, which is satisfying. It also provides a challenge to make the garden even more productive next year, reaching more patients and continuing to engage champions and community members.

All vegetables harvested from the garden were washed, bagged, weighed and a "vegetable prescription" was stapled to the bags before being given to the patients.



SNAP-Ed is where you **Learn**

HOPE GARDEN PROJECT, SHELTON

HOPE Garden Sets Older Youth on Path for Success

HOPE Garden's Older Youth Program not only focuses on food and nutrition, through the Plan, Shop, Save, Cook curricula, but the overall health of their youth participants. Below are snippets of youth-written testimonials from this year's graduates. Some of the quotes below have been edited for spelling.

"We talk every day to make sure everyone is okay and then play a game or get to work. I feel like talking to someone about our lives is a luxury some of us don't feel like we don't get or deserve so it's nice to do it together as a group. We walk almost every day to keep us healthy and even though I sometimes hated it, I'm glad I did it."

– Lily R.

"Although I had some rough situations going on, the garden distracted me in a way. It made me feel better about myself as a person, like I could actually accomplish things. These past eight weeks have been more than amazing for so many reasons: friends, getting outside more, learning to cook new things each Wednesday, and not to sound greedy but the paycheck. I've learned so many social skills and how much hard work can help change me into a more active and healthy person."

– Marilyn W.

"I have learned about soil, seeds, moisture, you name it. Not only have I learned how to garden, I have learned of many plants that can be grown. In addition to learning of them, I have learned how to utilize them in helpful ways, such as healthful foods."

– Maisie G.

"HOPE Garden has helped me in ways I could not help myself, it has pushed me to my limits to get out and walk. I loss a lot of pounds from walking to work and everywhere I'll have to be."

– Jerimya C.



"I think the gardening portion is so incredible, because of all the stuff that we worked for. We could harvest and eat, which absolutely blew my mind! I think I'll probably start a small garden of my own as well."

– Joseph S.

"For the month of August, I cut out soda & carbonated drinks. I also realized a lot about myself and my mindset, gained independence, learned about composting, how to make pasta, so much about gardening, and different jobs/careers."

– Jordan B.

"My second year in HOPE was one of the roughest of my life. Many weeks the only thing I had to look forward to in my life was the garden, and the community there. I would not be exaggerating to say that I wouldn't be alive today if I didn't participate on my second year. During that year I was put into a team leadership position. I learned so much and am grateful. HOPE helped me realize I can do anything, and helped connect me with people to help me realize my goals."

– Reuben R.

SNAP-Ed in Action

Highlights from the Curriculum Team

The Curriculum and Training Statewide Initiative is managed through Washington State University (WSU) Extension. Staffed by a team of four, the group is responsible for statewide curriculum selection, monitoring and training. Located on WSU Extension campuses in Puyallup and Spokane, the Curriculum Team (CT) works with all SNAP-Ed providers, implementing agencies and other statewide initiatives to help achieve the program's overarching goal of assisting low-income families in their understanding of healthy food choices, the importance of physical activity to their health, and ultimately a reduction in rates of obesity.

Our work provides tools and support to implement direct education in local communities and to better understand and integrate Policy, Systems and Environment (PSE) strategies into the SNAP-Ed program. The majority of work for this initiative touches the environmental domains of learn and live. Our work touches the learn environment in many traditional education settings. These include schools, grades K-12, before and after school programs, extension offices and more. Lessons are also being taught in places where people live. Housing sites, health care clinics and residential treatment centers are examples. The SNAP-Ed Toolkit identifies additional places where direct education takes place in the Washington State SNAP-Ed Program. In FFY2018, the CT worked with SNAP-Ed providers across the state in all counties served by SNAP-Ed.

Funding for FFY2018 was \$422,668 for the Curriculum and Training Statewide Initiative.

The CT conducted statewide monitoring, including onsite observations, to assess the level of consistent curriculum implementation with fidelity. A total of 101 site visits, across five regions, were completed during FFY2018. Technical support in terms of classroom management, allowable curriculum modifications and teaching strategies were also shared with educators.

Written reports were sent to local provider managers and their Implementing Agencies. Time spent in all regions allows the CT to better understand challenges faced as well as the positive impact of SNAP-Ed across the state.



The CT saw dedicated, creative educators working with participants across the state of Washington. Following are several examples of the work seen during site FFY2018 site visits for curriculum fidelity. They serve to provide a glimpse of the positive programming taking place.

During FFY2018, the CT conducted statewide, face to face trainings for the following curriculum:

- 1) ***Eating Smart • Being Active***, 2017 Revision (48 participants),
- 2) ***Eat Fit***, 2018 Revision (20 participants) and
- 3) ***CATCH*** - Train the Trainer (15 trainers-trained).
Trainings were held in a variety of locations, spanning all five SNAP-Ed Regions.

An emphasis for trainings during this year was how to incorporate physical activity into direct education activities. We found that educators were excited to learn more about this and we will continue to provide opportunities for practice and support of these strategies in future trainings and through technical assistance (TA).

Curriculum Fidelity is part of the work done by the CT. When curriculum is delivered with fidelity we know there is a greater degree of behavior change seen. Conversely, poor implementation or lack of implementation fidelity can, and often does, change or decrease the impact of the intervention. Direct education in the Washington SNAP-Ed program focuses on research and evidence-based curricula that meet the needs of local communities and target populations. These include age appropriate curricula, materials and activities that help address language and cultural barriers, and practical application for selection and preparation of healthy, culturally appropriate food.

SNAP-Ed is where you **Learn**

TULALIP TRIBAL COMMUNITY CENTER, TULALIP, WA

Eating Smart • Being Active

Staff implementing *Eating Smart • Being Active (ESBA)* classes for the Tulalip Tribe make a point of empowering participants to take an active role in their healthy food choices. Gardening skills are being taught alongside the *ESBA* classes. Produce grown at the center is used during *ESBA* classes and reinforces the importance of filling half your plate with fruits and vegetables.



SNAP-Ed in Action

SNAP-Ed is where you **Learn**

WSU TRI-CITIES, TRI-CITIES WSU CAMPUS

Many college students struggle with food insecurity. At WSU Tri-Cities, a campus in the Washington State University system, 33 percent of students reported experiencing financial difficulty in a 2016 survey. Many students in the WSU Tri-Cities 2017 fall class also met high-risk factors for food insecurity, according to the same survey. Within the last two years, WSU Tri-Cities has had more than 350 requests for food by students.

Second Harvest's Healthy Pantry Initiative works with food pantries to improve access and appeal of healthy foods. Second Harvest notes that Healthy Pantry Initiative partners need to have the capacity and willingness to make changes to increase healthy food access for clients. In FFY18, the WSU Tri-Cities Cougar Cupboard proved to be an ideal collaborator.

Second Harvest provided Healthy Pantry Initiative training and technical assistance to the campus-based food pantry at WSU Tri-Cities. They helped WSU Tri-Cities transition from operating a small storage area for nonperishable canned and boxed food items in the corner of an office to establishing an actual food pantry. An old concession area on campus was remodeled for the pantry so it can handle fresh and frozen products. The new space also has a permitted kitchen for food demonstrations and sampling. Second Harvest has been able to coordinate with WSU staff to ensure the remodeled location is well-equipped to store, display and distribute produce and other healthy fresh staples to students in need and their families. Impact

Remodeling and expanding the Cougar Cupboard campus-based pantry allowed for greater fresh food access for students in need. Tri-Cities plans to offer health and nutrition workshops to educate and empower students to make healthy choices as well. The Cougar Cupboard helps local WSU students and their families and also serves the WSU Nursing School on a separate campus. Qualitative surveying of Second Harvest's Cougar Cupboard contact will help inform continuous improvement to Healthy Pantry Initiative work.

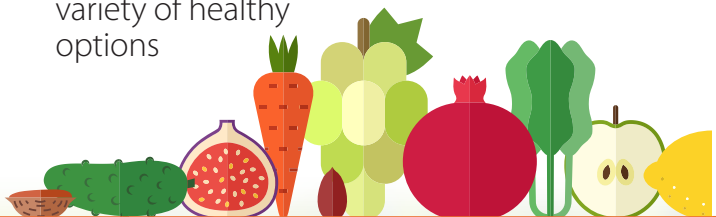


"This partnership will ensure that our students can come to school and focus on their academics and not have to worry about where their next meal is coming from. It will be a lifeline for many of our students."

– Marisela Garza, WSU Tri-Cities

Summary of environmental, systems, and promotional changes:

- Established a new food pantry distribution space
- Improved layout and display of food
- Employed point-of-purchase and distribution prompts
- Increased shelf space, amount or variety of healthy options



SAN JUAN COUNTY HEALTH AND COMMUNITY SERVICES, SAN JUAN AND ISLAND COUNTIES

Partners to Implement Backpack Program at San Juan Island Elementary School

Nourish to Flourish: a Coalition to end hunger on San Juan Island was formed in April of 2018 to explore initiatives that ensure low-income children are able to access healthy foods. One strategy identified was to start a backpack program called 36 Weekends.

In partnership with community volunteers, the Rotary, and the San Juan Island Elementary School, this program sends home nutritious food for kids who might otherwise go hungry over the weekend during the school year. The SNAP-Ed coordinator worked with the Coalition to develop guidelines for the backpack program, food purchasing and storage, as well as secure funding for 36 Weekends.

This weekend backpack program started on Orcas Island and as of September 2018 has expanded on San Juan to low income children at the elementary school. Letters went out to those who qualify for free or reduced lunches in late spring. A website was created (<https://www.sji36weekends.org/>) and the coordinator was able to purchase food orders, gather volunteers from the community and obtain food storage at the Key Bank.

Rotary has allocated \$23,000 for the next four years to ensure sustainability of the program. Another \$1,500 was allocated by United Way in the 2018-2019 school year. At this time, there are 18 students signed up. The first ten weeks is estimated to cost about \$1500. There is a handful of volunteers to pack small bags for the participants every Friday and bring to the school. The office staff distributes paper bags to the students with their weekend meals.

Newspaper article highlighting the success story: <https://www.sanjuanjournal.com/life/friday-harbor-elementary-school-students-to-receive-free-weekend-meals/>

The backpack program named **36 Weekends**, sends home nutritious food for kids who might otherwise go hungry over the weekend during the school year.



SNAP-Ed in Action

SNAP-Ed is where you **Work**

WSU SKAGIT COUNTY EXTENSION, SKAGIT COUNTY

WSU Skagit County builds Relationships and Increases Reach Among Latino Participants with Job Training Partner

In the summer of 2018 the Skagit County SNAP-Ed program asked a partner to teach a 4 week Plan, Shop, Save, Cook series in Spanish at the Goodwill Training Center in Mount Vernon. This was a new relationship that Skagit SNAP-Ed was fostering and the first programming that they had scheduled with Goodwill. The series began with three participants and by the last class that number had grown to 14. More students attended the classes because of word of mouth and the positive reputation the class was gaining.

Participants enjoyed the cooking demonstrations and new recipes. The manager was thrilled with the first set of classes, stating "The classes are always starting on time and the participants are always happy when they leave one of your classes. Thanks for your effort!" The Skagit office is proud of this partnership because it has taken a long time to establish, build trust and create a working relationship with Goodwill.

A second series of classes was requested in English, which had a smaller but dedicated group of six students. These students were engaged throughout the lessons and shared their successes in reading ingredient labels at the grocery store and looking for the unit pricing. The series ended with a grocery store tour. The students were enthusiastic about the hands-on learning experience and asked many pertinent questions. It was rewarding to see one student's curious pride when she learned that popcorn is a whole grain and can be a healthy snack to eat.

Goodwill has now scheduled a third class that will be bilingual in English and Spanish. We look forward to the challenge of teaching in two languages and the satisfaction of facilitating new learning.



Students were engaged throughout the lessons and shared their successes in reading ingredient labels at the grocery store and looking for the unit pricing. It was rewarding to see one student's curious pride when she learned that popcorn is a whole grain and can be a healthy snack to eat.

KING COUNTY WSU EXTENSION, RENTON, WA

Veterans Supporting Each Other in Healthy Habits (MT1, MT2, MT3)

Last summer, SNAP-Ed continued a years-long partnership with the Compass Veterans Center in Renton, and offered Eating Smart, Being Active classes for residents. The Veterans Center is a housing site for individuals who have previously served in the military and experienced homelessness for some period of time. Many residents have substantial barriers to both physical and mental health, and providing relevant and compassionate nutrition education for this group has strengthened SNAP-Ed partnerships and provided many lessons along the way.

Although the SNAP-Ed educator was nervous about delivering some elements of the updated Eating Smart Being Active curriculum, especially the Cardio Pyramid, to this group, she identified modifications that allowed for everyone to participate. This turned out to be a great success. Several participants reported a positive experience in the class and motivation to make healthy changes.

Randall, a disabled veteran who has experience significant health issues in the past, is now walking more. Sometimes Randall walks up to 5 miles a day, and he has joined a gym. In previous years, Randall has used a cane and occasionally used a wheelchair to get around the building, but thanks to a renewed dedication to physical activity and extensive work with his medical providers, he says he is feeling much better.

One participant, Joan, decided that she didn't want to continue participating after hearing the overview of the class series on the first day. She suffers from Parkinson's disease, and was worried about her ability to participate in the physical activity component of the classes. However, her care team convinced her to give the classes another shot. Not only did she return to participate actively in all parts of the classes, she didn't miss a single class of the nine-week series.



Randall, a disabled veteran who has experienced significant health issues in the past, is now walking more. Sometimes he walks up to 5 miles a day and has joined a gym.

Participants are also working to eat more healthfully. Lee, who is in his 60s, found that the bone health lesson resonated with him strongly. He has been making a point to eat more calcium rich foods, such as sardines, since learning more about the importance of non-dairy sources of calcium. Another class participant, S'Kaila, reported that she is now adding more vegetables to the meals she prepares for her family.

This group demonstrated a strong sense of community and helped hold each other accountable for the healthy habits they learned about and adopted during the class series.

SNAP-Ed in Action

SNAP-Ed is where you **Eat**

TULALIP SNAP-ED, TULALIP RESERVATION

The Tulalip SNAP-Ed program conducted their first Eating Smart Being Active classes on the Tulalip Reservation in FFY2018. The classes took place at the historic Tulalip Dining Hall, a beautiful building located on the beach of the Tulalip Bay. The target audience for this group, was anyone affiliated with the Tulalip Community (tribal members, spouses, employees, health clinic patients). They used the 2018 version of the Eating Smart Being Active (ESBA) Curriculum, with 9 weekly classes. They held a few one-time events earlier in the year, to get people interested in ESBA. They found evenings were the best time for people to meet, and thought if they were offering classes during dinner time, a meal would need to be provided to get people there. They were able to partner with the Diabetes Prevention Program (DPP) to provide extra funding for food, allowing them to cook a family meal together each night, and send participants home with a bag of groceries to recreate the meal. The classes were consistently attended by 20-25 people.

The program felt blessed to have **Senator Patty Murray's Assistant, Ann Seabott, visit one of the ESBA Classes in early March.** She was very interested in the work they were accomplishing, and wanted to take back information to Senator Murray to advocate for SNAP-Ed in the Farm Bill at Senate. Being Native country, the Tulalip SNAP-Ed Program has invested a large amount of time and resources into building relationships and gaining trust with Tribal members and Tribal Departments in order to conduct such work. Continued partnership with the DPP program has resulted in a part-time Tribal SNAP-Ed program coordinator position turning into a full time position with DPP. The position is still assisting the SNAP-Ed program, but now through sustainable funding from the DPP. This is an excellent example of how an initial SNAP-Ed investment in a Tribal community can result in additional resources to expand nutrition and physical activity resources, and even provide employment to Tribal members.



The partnership between the Tulalip SNAP-Ed Program and Diabetes Prevention Program is an excellent example of how an initial SNAP-Ed investment in a Tribal community can result in additional resources.

Plans for FFY2019

Plans for FFY19

Washington SNAP-Ed continues moving forward in strengthening its regional operating model, which administratively supports increased focuses on locally centered community programming.

Key opportunities reaching towards continual improvement include:

1. Strategic planning rooted in the results of the FFY19 statewide SNAP-Ed needs assessment.

This work, being completed by SRHD's data center division, will drive the focus and goals of Washington's next multi-year plan.

2. Strengthening the SNAP-Ed and FINI Synergies in Washington State's Large-Scale FINI project.

- i) In 2015, Washington State prioritized expanding healthy food access and affordability for SNAP customers. With the support of more than 60 multi-sector partners (farmers markets, healthcare, grocery stores, academia, government, non-profit organizations), Washington State Department of Health (DOH) was awarded a \$5.86 million competitive Food Insecurity Nutrition Incentive (FINI) grant. The Washington SNAP-Ed grant is a key partner and supporter of Washington's FINI programs. Together, SNAP-Ed and the DOH FINI grant work closely to maximize FINI grant incentive opportunities.



Farmers Market Match is when SNAP shoppers spend food benefits at FINI-funded farmers markets, they receive tokens or vouchers to spend on fruits and vegetables.



- ii) **Background of FINI:** Access to affordable, healthy foods is often challenging for the most vulnerable of populations, including low income individuals, racial and ethnic minorities, and the elderly. The FINI grant supports three incentive programs that help Washingtonians who use SNAP afford more fruits and vegetables.
- **Farmers Markets Match:** When SNAP shoppers spend food benefits at FINI-funded farmers markets, they receive additional tokens or vouchers to spend on fruits and vegetables at the market. Over 90 markets across Washington State currently offer FINI-funded match incentives to SNAP shoppers.
- **Retail Fruit and Vegetable Coupons:** In 169 Washington Safeway store locations, SNAP shoppers who buy at least \$10 worth of qualifying fruits and vegetables with their SNAP benefits and Safeway Club Card receive a coupon for \$5 off their next purchase of the same.
- **Fruit and Vegetable Prescriptions:** At select sites, health care providers, community health workers, community nutritionists, and health educators prescribe fruits and vegetables to patients and clients who use SNAP. The prescription is a paper voucher that recipients can use like cash to buy fruits and vegetables at participating farmers markets and Washington Safeway stores.

iii) Our Approach

FINI implementing agencies and SNAP-Ed providers are natural collaborators. To implement FINI programs, DOH strategically partners with agencies located throughout Washington in counties where there are high rates of SNAP usage, poverty, and chronic diseases. Serving the same or similar audiences, SNAP-Ed providers and FINI implementers often have existing long-term partnerships. In some cases local SNAP-Ed providers are also FINI implementing agencies.

SNAP-Ed providers at more than 30 agencies reported integrating FINI programming and SNAP-Ed in FFY18. Key ways SNAP-Ed supported FINI efforts are highlighted below.

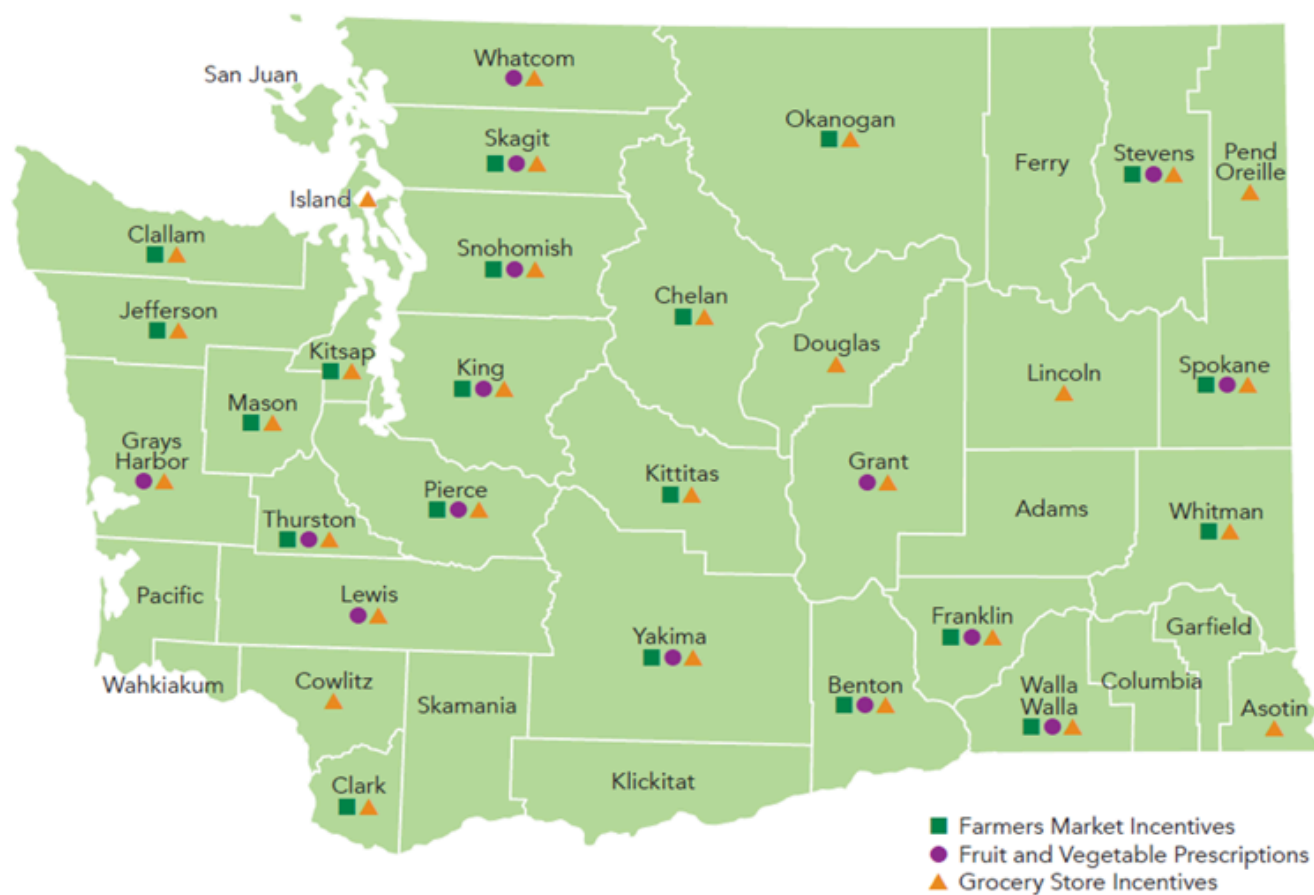
- **Direct Education at FINI Locations:** SNAP-Ed providers are leading farmers market tours and retail tours for SNAP customers. These tours help SNAP customers understand how to maximize their budgets in farmers market and retail settings while also teaching SNAP customers healthy shopping skills.
- **Off-site Education in a Community Setting:** SNAP-Ed providers are promoting farmers market, retail, and prescription programming during SNAP-Ed class series and one-time events. SNAP-Ed providers are also out in the community educating community stakeholders and partners about FINI incentive opportunities. By educating community partners about the FINI grant SNAP-Ed providers help to expand the reach of FINI programs.

- **Technical Assistance to FINI Implementers:** SNAP-Ed providers are assisting new implementing farmers markets and retail stores by providing guidance in areas such as outreach and training for staff and volunteers.
- **State-level Coordination and Resource Sharing:** Several SNAP-Ed partners serve on the FINI Advisory Network. As members of the FINI Advisory Network, SNAP-Ed providers lend their insight and expertise to the development and current and FINI programming. For example, the Washington State Department of Social and Health Services, an Advisory Network Member and State SNAP-Ed Agency, was instrumental in the distribution of over 100,000 FINI promotional mailers to SNAP clients.

iiii) Coming in FFY19

In FFY19 the DOH FINI grant and Washington SNAP-Ed look forward to coordinating and collaborating on projects related to food access program evaluation, promotion, and strategic planning for expanding SNAP incentives. Specifically, DOH FINI and SNAP-Ed have plans to work together to **identify areas of opportunities to engage independent grocers in SNAP incentive work.**

Washington Counties Where FINI Activities Take Place



3. Please continue following Washington SNAP-Ed at our website at: <https://wasnap-ed.org/>.



Washington State
Department of Social
& Health Services

Transforming lives
