



Supplemental Nutrition Assistance Program-Education

Supplemental Nutrition Assistance Program-Education works to improve the likelihood that people eligible for Supplemental Nutrition Assistance Program (SNAP) benefits will make healthy food choices within a limited budget and choose physically active lifestyles. It is funded through the U.S. Department of Agriculture.

The Minnesota Department of Human Services contracts with the University of Minnesota Extension and seven Anishinaabe tribal nations — Bois Forte, Fond du Lac, Grand Portage, Leech Lake, Mille Lacs, Red Lake and White Earth — to deliver Supplemental Nutrition Assistance Program-Education programming across the state. In 2019, approximately 15,000 Minnesotans participated in Supplemental Nutrition Assistance Program-Education courses. An additional 233,000 Minnesotans accessed related information, including websites, newsletters, social media and health fair publications.

Choosing safe, healthy foods and lifestyles

Supplemental Nutrition Assistance Program-Education nutrition educators use evidence-based, behaviorally focused nutrition education and obesity prevention interventions to help Minnesotans stretch food dollars further and make healthier nutrition choices. They focus on participants:

- Increasing fruit, vegetable, whole grain, and low-fat or nonfat calcium-rich foods in their diets
- Making wise decisions regarding food portions, drinking water instead of sugary drinks and avoiding foods high in sodium
- Increasing physical activity and reducing sedentary behavior
- Maintaining appropriate calorie balance during each stage of life.

Educators partnered with 1,150 community-based organizations in 2019 to offer education programming where Supplemental Nutrition Assistance Program participants could easily access services in their communities.

Learning for a lifetime

In addition to nutrition education, programming includes public health information for participants to improve nutrition and make healthy choices by:

- Teaching how to shop for healthy foods, within a limited budget, at area stores and farmers markets
- Demonstrating quick, easy, fun ways to prepare healthy, delicious meals
- Training community partners on changing practices and systems to create a healthier environment
- Teaching in English, Spanish, Somali, Hmong, Anishinaabe and Oromo.



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