

OSU Extension: Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP)

The Oregon State University Extension Service engages with communities statewide to provide nutrition education to thousands of limited income youth, families, and adults through its two national nutrition education programs funded by the U.S. Department of Agriculture:

- Supplemental Nutrition Assistance Program Education, better known as SNAP-Ed, in partnership with the Oregon Department of Human Services.
- Expanded Food and Nutrition Education Program (EFNEP).

SNAP-Ed/EFNEP Programming

OSU Extension's research-based programming focuses on obesity prevention through community collaborations and engagement to help make the healthy choice the easy choice. Additionally, educational programming teaches families and individuals practical skills that promote healthy eating and physical activity based on the U.S. Dietary Guidelines for Americans, including:

Management of food resources – stretching food dollars; planning and preparing meals;
Making healthy food and physical activity choices –tasting and identifying healthy foods; balancing food intake with physical activity;
Handling food safely – washing hands; cooking foods to safe temperatures.

Food Hero Social Marketing Campaign



Food Hero, launched in 2009 as part of SNAP-Ed, encourages families to increase their intake of vegetables and fruits. The campaign reaches low-income English- and Spanish-speaking Oregonians through multiple channels such as grocery store media, Food Hero Monthly publications, annual healthy living calendars, a website, and social media (Facebook, Twitter, and Pinterest). Visit the Food Hero website, <http://foodhero.org>, for low-cost healthy recipes and healthy eating tips.

OREGON STATE UNIVERSITY EXTENSION SERVICE

The Oregon State University (OSU) Extension Service, part of the Extension Family and Community Health Program and the College of Public Health and Human Sciences, seeks to engage the people of Oregon with research-based knowledge and education that strengthens communities and economies, sustains natural resources, and promotes healthy families and individuals. In addition to faculty and specialists stationed in every county of the state, Extension oversees a corps of 18,000 trained Extension volunteers, representing the equivalent of 1,000 full-time employees in service to Oregon. The Extension Family & Community Health (FCH) program serves Oregonians through education, community partnerships, and action. FCH focuses on programs that promote healthy communities, healthy families, and healthy individuals. To learn more, visit extension.oregonstate.edu



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