

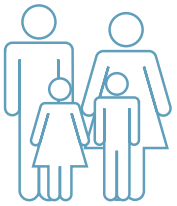


Supplemental Nutrition Assistance Program-Education (SNAP-Ed) in Marion County

Working on Oregon's Healthy Lifestyles

SNAP-Ed brings together federal, state and local resources to deliver programs to those enrolled in and eligible for SNAP. SNAP-Ed is an evidence-based program that helps Oregonians lead healthier lives through partnerships with all types of community organizations.

FFY 2017-19 Marion County by the Numbers



2,272

children and adults reached with educational programming in English and Spanish



98

groups of youth and adults explored healthy options and expanded their cooking skills through a variety of research-based curricula



2

elementary schools completed a school-wide assessment of their physical activity and nutrition environments



29

teachers trained to use the *BE Physically Active 2Day* toolkit (BEPA2.0)



14,300+

educational contacts were made through community events promoting healthy eating and physical activity

Partnerships

We offer programs in partnership with many organizations, including:

- Salem-Keizer School District
 - Grant Community School
 - Four Corners Elementary
 - Chavez Elementary
 - Mary Eyre Elementary
 - Kennedy Elementary
 - Hallman Elementary
- Marion Polk Food Share
 - AWARE Food Bank
- Lancaster Family Center
- OCDC FACES of America
- Salud Medical Center
- Marion County WIC
- Marion-Polk Early Learning Hub
- Communities and Partners of East Salem (CAPES)
- North Neighborhoods Partnership
- Department of Human Services (DHS)
- Salem Housing Authority (SHA)
- Farmworker Housing Development Corporation (FHDC)

Building Healthy Communities at Multiple Levels

In Marion County, partner sites have made strides toward healthier environments by leading in-classroom physical activity breaks, participating in school-wide nutrition and physical activity assessments and partnering to support research-based nutrition and physical activity education for their students and families.





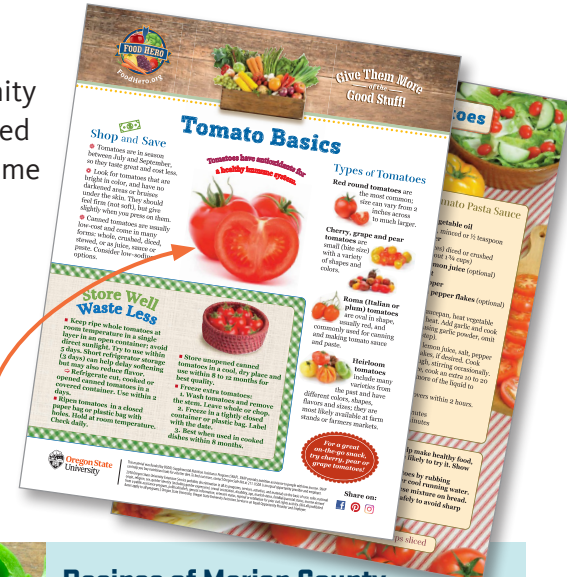
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Food Hero Social Marketing Campaign

Food Hero is a research-backed social marketing campaign providing community education along with policy, systems and environmental change activities aimed at increasing all forms of fruit and vegetable consumption among limited-income Oregonians.

Food Hero reaches Marion County households in multiple ways, including:

- The campaign website **Foodhero.org**, which provides over 350 low-cost, healthy, tasty recipes and healthy eating and shopping tips.
- The **Food Hero Monthly** publication which focuses on a different ingredient each month and always includes a recipe.
- **Recipe tastings and printouts** in English and Spanish at events.



“Now, I know how to make my burger meals healthy.”

Elementary student referring to the Spicy Rice Casserole



Recipes of Marion County

- Carrot Jicama and Orange Salad
- Kale Dip
- Peach and Carrot Smoothie
- Critter Salad
- Overnight Oatmeal
- Creamy Fruit Salad
- Chunky Black Bean Dip
- Cucumber Radish Salad
- Spring Green Salad
- Do-it-Yourself Trail Mix
- Popeye Power Smoothie
- Lemony Garbanzo Bean Dip
- Yogurt Parfaits
- Fruit Pizza
- Pear Quesadillas

Connect with Us:

We count on our participants and partners to help us assess program needs and build plans to address food security, nutrition, physical activity and community food systems. Your input is critical to our collective success! Please contact us anytime with questions, comments or new ideas.

Carly Kristofik
Carly.Kristofik@oregonstate.edu
 Francisca Lopez
Francisca.Lopez@oregonstate.edu

Yolanda Rodriguez
Yolanda.Rodriguez@oregonstate.edu
 Maritza Leon Gutierrez
leongutm@oregonstate.edu

OSU Extension Marion County
 1320 Capitol St. NE, Suite 110
 Salem, OR 97301
 503-588-5031



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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