The Supplemental Nutrition Assistance Program (SNAP) offers eligible individuals and families in North Carolina food benefits to reduce hunger and help put healthy food on the table.

SNAP-Ed is the nutrition education program of SNAP that empowers North Carolinian's with education and skills to make healthier choices.

To do this, the North Carolina Department of Health and Human Services' Division of Social Services, Economic and Family Services partners with the following organizations to implement programs across the state: Alice Aycock Poe Center for Health Education, Down East Partnership for Children, Durham County, East Carolina University, North Carolina Agricultural and Technical University, North Carolina State University, Second Harvest Food Bank, and the University of North Carolina at Chapel Hill and Greensboro.

After participating in SNAP-Ed programs more:

- Adults, teens, and children ate more fruits
- Adults ate more vegetables
- Children drank more low-fat or fat-free milk
- Adults chose healthy foods for their family on a budget

Policy, Systems, and Environmental (PSE) Changes:
These are changes that increase access to healthy food and physical activity opportunities where North Carolinians eat, learn, live, play, shop, and work.

There were...

- 67 Policy Changes
- 267 Systems Changes
- 182 Environmental Changes

Across 428 Sites Reaching
Reaching 556,555 Individuals
The Alice Aycock Poe Center for Health Education, in partnership with GrowWELL and A Safe Place Early Learning Center, established and expanded food gardens in three preschool centers. This not only increases access to more vegetables; it also sets a foundation for a lifelong love of fresh produce. Children play an active role in harvesting, watering, and caring for the garden. Garden vegetables are served for both lunch and snack and sent home with children to share with their families.

The garden has positively impacted daily activities, the academic curriculum, and imaginative play. Colorful signs with vegetable icons and labels were integrated throughout the garden, which allow children to make engaging literary connections. Children have also made several scientific explorations, such as witnessing the transformation from seeds to flowers to vegetables. During the summer, parents are invited to participate in a mock farmers market, where harvested vegetables are sent home with families free of charge. The farmers market gives children the opportunity to share the garden with their families and develop on their math skills by counting vegetables and pretending to collect money at a toy register.