

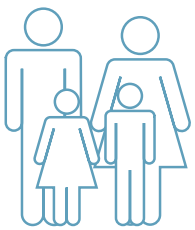


Supplemental Nutrition Assistance Program-Education (SNAP-Ed) in Yamhill County

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. It is an evidence-based program that helps Oregonians lead healthier lives through partnerships with all types of community organizations.

FFY 2017-19 Yamhill County by the Numbers



1,637

children and adults reached with educational programming in English and Spanish



77

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



12

volunteers trained to lead the *Eat Together, Eat Better* series for Head Start families



22

teachers trained to use the *BE Physically Active 2Day* toolkit (BEP2.0)



8,800+

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

Partnerships

We offer programs in partnership with many organizations, including:

- McMinnville School District and Food Service
 - Newby Elementary
 - Columbus Elementary
- Newberg School District and Food Service
 - Edwards Elementary
- Head Start of Yamhill County
 - Michael Eichman Center
 - Dayton Head Start
 - Newberg Head Start
 - Sheridan Head Start
- Virginia Garcia Memorial Health Center (VGMHC)
 - Newberg VGMHC
 - McMinnville VGMHC
- Department of Human Services (DHS)
- Yamhill Community Action Partnership

Building Healthy Communities at Multiple Levels

In Yamhill County, partner sites have made healthy strides by dedicating staff time towards educational trainings, leading in-classroom physical activity breaks with students and by partnering to support research-based nutrition and physical activity education for their students and families.





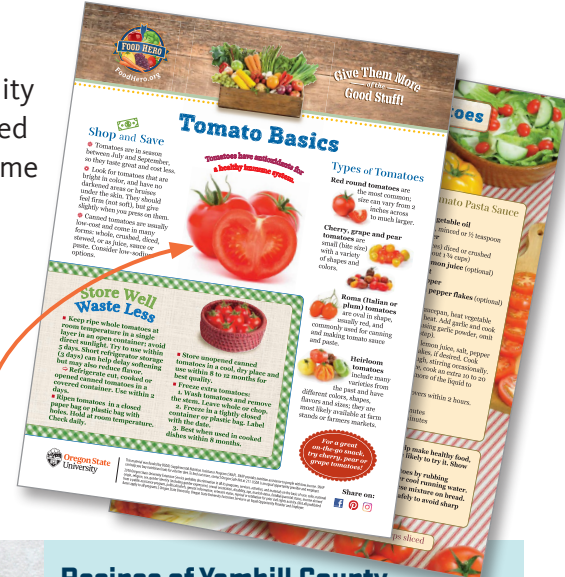
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Food Hero Social Marketing Campaign

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 Yamhill 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.



"I liked the recipe because it had different flavors, and they all taste good together."

5th grader at Newby Elementary referencing Food Hero's Tomato Pasta Salad.



Recipes of Yamhill 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.

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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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