



Cornell Cooperative Extension

SOUTHERN FINGER LAKES SNAP-ED REGION'S IMPACT & WHY IT'S IMPORTANT

SNAP-Ed stands for Supplemental Nutrition Assistance Program-Education. It is a federally funded, public health program designed to help low-income individuals and families make healthy food choices and adopt active lifestyles within their budget. SNAP-Ed provides nutrition education and promotes healthy food choices, while also supporting physical activity.

Mission/Goal:

SNAP-Ed is evidence-based and teaches people how to shop for and cook healthy meals on a limited budget. Our goal is to give you the tools, tips, and tricks to help you make nutritious food choices and choose a physically active lifestyle with the most recent Dietary Guidelines for Americans.



Challenges within the Southern Finger Lakes SNAP-Ed region:

37,050 adults are food insecure

32.5% of students are overweight or obese

34.47% of adults report consuming less than one fruit or vegetable daily

68.38% of adults are overweight or obese

OUR COMMUNITY PARTNERS & IMPACT, 2019-2025

878

Total Number of
Partners Agencies

Strong partnerships have led to referrals for direct education, regular invitations to school wellness events, staff professional development trainings, family nights, wellness events, and continued collaboration.

3,494

Total Number of
Direct Ed.
Workshops

By empowering SNAP recipients with practical nutrition education, SNAP-Ed NY strengthens public health, supports food security, and reduces the economic burden of preventable chronic diseases across New York.

5

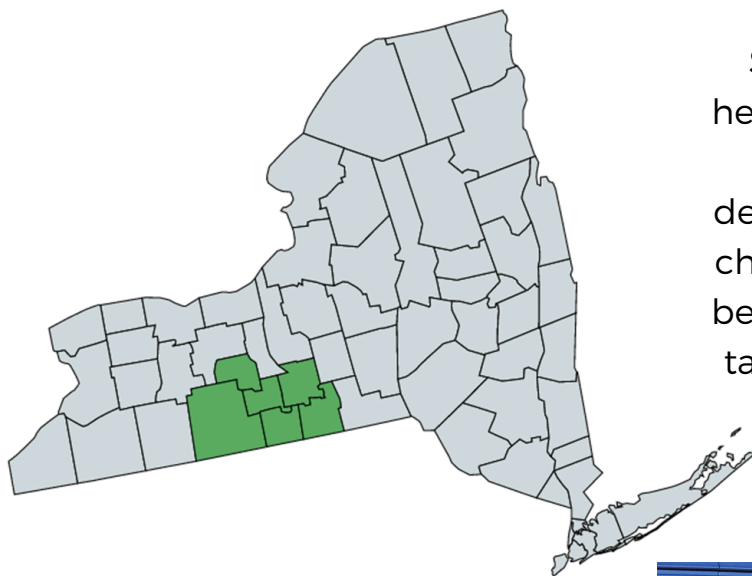
Policy, Systems,
and
Environmental
(PSE) Initiatives

PSE Initiatives include Fruit and Vegetable Prescription Program, School Wellness and CATCH, Farm to Worksite/Community Site, Veggie Van, Building a Healthier Community, and School and Community Gardens





SAVE TIME. SAVE MONEY. EAT HEALTHY.



SNAP-Ed works to help make the healthy choice the easy choice for our communities. Our programs are designed for individuals, families with children, older adults, and all those in between. Our programs are FREE and take place in a variety of community spaces, schools, and online.

COUNTIES SERVED IN
SOUTHERN FINGER LAKES
SNAP-ED REGION:
CHEMUNG, SCHUYLER,
STEBEN, TIOGA, TOMPKINS,
AND YATES COUNTIES



Our 2019-2025 impact in the Southern Finger Lakes SNAP-Ed region:

68,960

Total Participants
Served in
Direct Education

1,072,617

Total Participants
Served in
Indirect Education

18,806

Total Participants
Served in
PSE initiatives

PROGRAM PHOTOS



"I'VE LEARNED A LOT OF IDEAS FROM SNAP-ED FOR COOKING AND PLAN TO START WORKING OUT AND EATING HEALTHIER"



Rethink Your Drink!

Mrs. Heale from SNAP-Ed (who provides nutrition education to our students) worked with students this week. During their time together, students learned more about popular drink choices and seemingly "healthy" options and the amount of sugar those options actually contain. Mrs. Heale discussed healthier alternatives and shared recipes that students can make at home.

Thank you, Mrs. Heale for providing another great learning experience for our students!



SUCCESS STORIES



The Steuben County DSS Mobile Work Crew is deeply committed to adult development, emphasizing the importance of responsibility, life skills, and personal growth. By integrating the SNAP-Ed Fresh Plate series into the Mobile Work Crew's framework, participants were afforded an opportunity to learn how to prepare nutritious meals cost-effectively, extend food resources, and engage in safe and skillful cooking practices alongside their families.

The Fresh Plate series in Steuben County was facilitated by SNAP-Ed Nutritionist Erica and Amy, and consisted of 15 adult participants. Instruction began with foundational kitchen skills, such as safe knife handling and various cutting techniques—essential for fostering confidence and safety in the kitchen. Each subsequent session built upon the previous week's lessons, with the adult participants being informally assessed on their retention and application of knowledge.

SNAP-Ed Nutritionists, Deb and Eric took part of Diven Elementary School's Field Day event in Elmira. This event included wellness stations that the students rotated through and participated in different physical activities. In total, there were 18 groups throughout the day, with a total of 282 students. Debbi & Eric used the *Rethink Your Drink* curriculum to show the students tasty ways to get more water without sugary beverages, as well as the importance of staying hydrated with physical activity. When asked, many of the students reported that they don't drink too much soda and were surprised that sport drinks could be just as bad with their sugar content. The students were able to sample Watermelon Water and talked about other fruits and veggies that you could use to flavor water with. Most of the students liked the Watermelon Water, and one participant said, "I need the recipe ...I could drink this every day!"



The Stronger Together event, hosted at CCE Tompkins brought together 34 families—66 participants total—to promote healthy habits and social connection through family-centered, hands-on activities. Participants rotated through a hands-on trail mix station where children and parents created their own healthy snacks using a variety of whole grains, dried fruits, and low-sugar additions. During this activity, SNAP-Ed discussed how to build a balanced snack using MyPlate principles and shared tips on how to involve children in preparing healthy meals at home. In tandem, families played an engaging round of physical activity bingo—designed to get parents and kids moving while sharing their favorite ways to stay active. Whether it was dancing, jumping jacks, or a walk around the neighborhood, families discovered new ways to move more together. The interactive setup helped normalize conversations around wellness in a fun, low-pressure environment.



WHY IS SNAP-ED IMPORTANT?

- SNAP-Ed broadly reaches approximately 90 million low-income Americans, amounting to a cost of about \$5.15 per person each year. The program is designed to promote long-term health outcomes and cost savings by encouraging preventive health behaviors and reducing risk factors for chronic illnesses such as diabetes and heart disease.
- SNAP-Ed is 1% of the SNAP budget, is nonduplicative and shows impact.
- For every \$1 invested in SNAP-Ed, up to \$10.64 can be saved in future healthcare costs. These savings help reduce Medicaid spending and lower overall healthcare costs for families.
- SNAP-Ed exclusively uses USDA-validated interventions, proven to improve nutrition and increase physical activity. This rigorous, evidence-based approach ensures accountability and effective use of taxpayer resources.
- USDA evaluations demonstrate that SNAP-Ed participants make meaningful improvements in diet quality, consuming more fruits and vegetables and better managing food resources—skills that foster self-reliance.

SNAP-Ed's continuation is not only justified but essential for our collective goal of supporting healthier families and stronger communities. Its mission also aligns with the current administration's goal of making America healthier again. Nutrition education is a key component to educating and implementing significant and sustainable changes.

Find more from
SNAP-Ed NY!



Stay connected!

We'd love to share more tips to save time, save money, and eat healthy with you on whichever platform you use.



@snapedny



@SNAPEdNewYork



@SNAPEdNY



SNAPedNY.org

This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.