


SNAP-Ed at NKFM

2022 - 2023 Report Card

- SNAP, the **Supplemental Nutritional Assistance Program**, helps low-income individuals buy the food they need to stay healthy.
- Funds are loaded onto a Bridge Card, also known as an Electronic Benefit Transfer (EBT) card and can be used to purchase groceries like you would using a credit or debit card.
- Funded by the Michigan Fitness Foundation (MFF), the NKFM is a dedicated SNAP-Ed provider, working to make the **healthier choice, the easier choice** through direct education and policy, systems, and environmental changes where students and their families live, work, play, and eat.

PE-NUT™

 PE-Nut™ (**Physical Education and Nutrition**) is a nutrition and physical education program that uses a whole-school approach to motivate students, parents, and educators to be physically active and eat healthier within the elementary school setting.

The program is offered to eligible Wayne County schools.

- Over 75% of parents report their children are **eating more fruits and vegetables** and are **more physically active**.
- 80% of parents believe it is **very important for their child to learn about healthy eating and/or physical activity**.
- 96% of students enjoyed learning about healthy eating. 94% **learned new things about how to be healthy**.
- 70% of students who completed the program report they ate **more fruit** and 55% of students were **more physically active**.

Healthy Schools, Healthy Communities™

- Over 75% of parents reported their children were eating more fruits and vegetables and are more physically active.
- Greatest change made by program participants was an increase in **trying new foods, washing hands before eating, and eating healthy foods**.
- 52% of youth reported they **ate more fruit**, 36% **ate more vegetables**, and 40% were **more physically active** after completing the program.
- 55% of respondents reported **talking about the program at home**.
- 89% of students **enjoyed learning about healthy eating**, and 89% **learned something new** about how to be healthy.

Healthy Schools, Healthy Communities™ (HSHC™) is a program developed by the Michigan Fitness Foundation and is implemented by trained educators. HSHC™ empowers students, educators, and families to eat better and move more where they learn, eat, play, and work.

The program incorporates a planned curriculum, food samplings, structured physical activity, and books.

Teachers, parents, and students love our programs!



“What a great program!
[Our Nutrition Educator] is so motivated, energetic,
and shares great ideas/info with us. **This program is
also great because it is geared for the kids** to learn
nutrition, healthy habits and exercise. Thank you.”

-4th grade teacher

“I made the Vegetable Roll-ups for dinner
last night for my family and my parents
gave it a two thumbs up.” - Student

“**This lesson and snack came at the perfect
time.** The first graders just read a book
about food groups and worked on a chart
with different foods.”

- 1st grade teacher

“It’s so fun to make our own
snack!” - Student



“I learned that by trying new things you are
more healthy. Thank you for telling me to
be healthy. I love being healthy.”

-2nd grade student

“**We would love to have the PE-Nut program
expanded into every classroom** as there is no
other formal nutrition education provided to our
students.”

- Principal

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For more information visit our website at [NKFM.org/snap-ed](https://nkfm.org/snap-ed).

This institution is an equal opportunity provider.