



SNAP-Ed Data FY22-FY24

About

SDSU Extension partners with the South Dakota Department of Social Services (DSS) to deliver Supplemental Nutrition Assistance Program Education (SNAP-Ed) to South Dakota’s lower-income households. This collaboration focuses on:

- » Providing nutrition and physical activity education
- » Teaching skills for shopping and cooking healthy meals
- » Promoting active lifestyles

Beyond individual guidance, SDSU Extension works to enhance community well-being by improving policies, systems, and environments. These efforts aim to increase access to affordable, nutritious food and create safe spaces for physical activity.

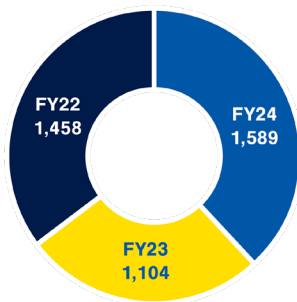
Direct Education

The South Dakota SNAP-Ed program strives to empower SNAP-eligible individuals with crucial nutrition knowledge. By teaching participants to make healthier food choices within limited budgets and embrace active lifestyles, the program aligns with the Dietary Guidelines for Americans and the USDA Food Guidance System.

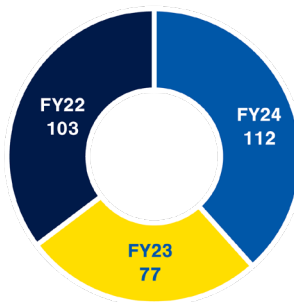
SDSU Extension delivers tailored courses across various age groups, settings, and topics. The program’s approach employs small-group classes, utilizing evidence-based materials to effectively convey nutrition and physical activity information. This educational strategy complements services offered by local supporting agencies.

To reach its target audience, SNAP-Ed employs diverse recruitment methods, including walk-by demonstrations, newsletter distribution, and agency referrals. The program’s curriculum emphasizes experiential learning, incorporating hands-on activities, peer interactions, personal reflection, and goal-setting exercises. This comprehensive approach not only expands participants’ knowledge but also equips them with practical skills to implement lasting, healthy lifestyle changes.

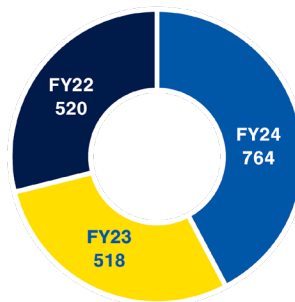
Participants



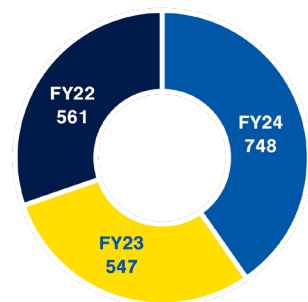
Classes Offered



Sessions



Class Hours



FY2022 - FY2024:

Over 70%

youth improved in physical activity (frequency, duration, etc.) after participation in educational sessions

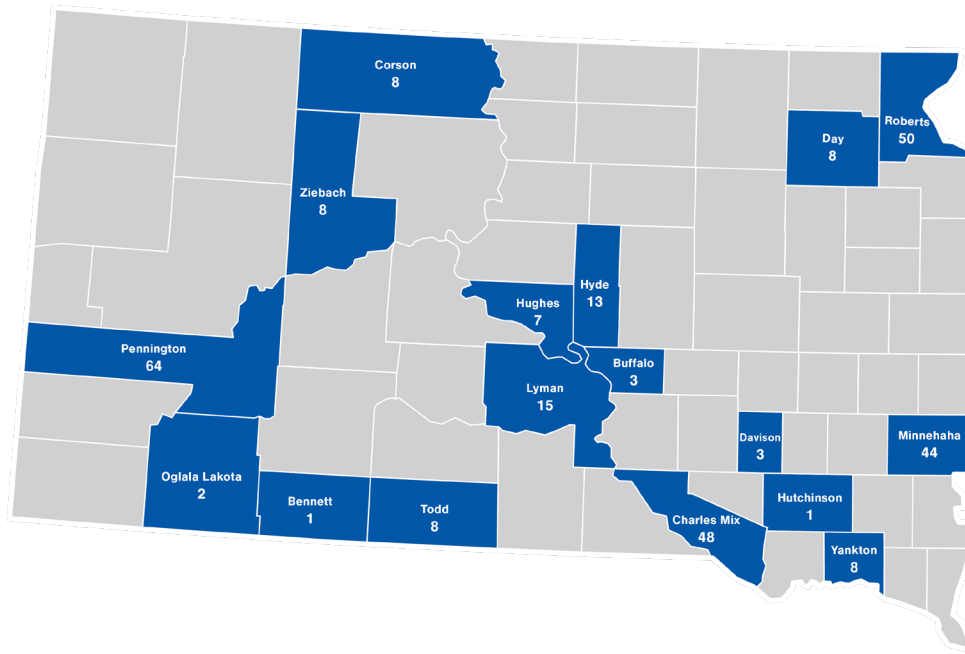
Over 80%

youth improved in diet quality (frequency of vegetable/fruit intake, decreasing consumption of sugary beverages, etc.)

Over 70%

adults improved their food safety practices (washing hands before handling food, using a meat thermometer, etc.)

Direct Education Class Sites



“This class was awesome! I did learn some things, and did start some changes in eating and exercise. Great time of learning!”

– SNAP-Ed Participant



“It is a very informational class. My kids learned a lot and talk about the things they learned!”

– SNAP-Ed Partner

SNAP-Ed Partnerships

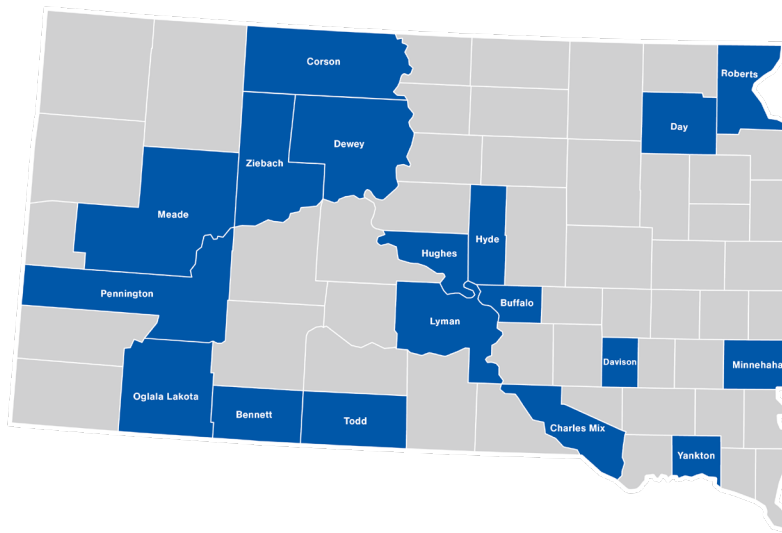
Partnerships are essential to SNAP-Ed’s success, extending the program’s reach and maximizing its impact. By collaborating with community organizations and local institutions, SDSU Extension broadens its audience, especially among hard-to-reach populations. These partnerships leverage diverse expertise and resources for comprehensive interventions, create supportive environments for healthy living through policy and systemic changes, and ensure efficient use of resources. Effective collaborations involve shared goals, clear communication, and mutual benefits, creating a comprehensive strategy to address nutrition and health disparities in low-income communities. This collaborative model enhances SDSU Extension’s

ability to create lasting, positive change in the lives of South Dakotans.

SDSU Extension partners with a wide array of organizations in enacting SNAP-Ed programming. The most common types of organizational partners include:

- » Schools (including preschools, K-12, elementary, middle and high schools)
- » Senior housing facilities
- » Public/low-income housing groups
- » Food stores (including convenience stores, grocery stores, and supermarkets)
- » Foundations/philanthropic organizations/nonprofits

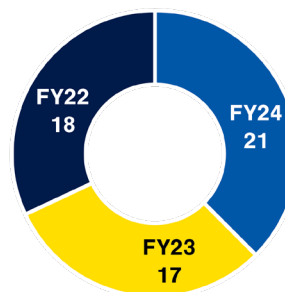
SDSU Extension partners with organizations and facilities from all over the state.



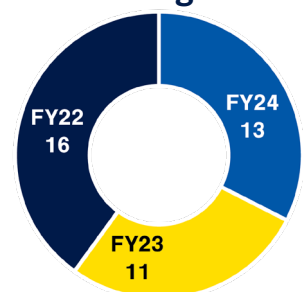
SNAP-Ed Policy, System and Environmental Work

SDSU Extension utilizes Policy, Systems, and Environmental (PSE) initiatives to create long-term changes that improve the environments where people live, learn, work, and play, making healthier choices more accessible and sustainable for low-income populations. Unlike individual-focused education efforts, which target personal knowledge and behavior, PSE interventions work at a broader level by altering policies, reshaping systems, and transforming physical spaces.

Nutrition Changes



Physical Activity Changes



SDSU Extension has focused on PSE work in communities with high levels of SNAP users. In these communities, SDSU Extension engages with Wellness Coalitions and other local organizations to increase access to nutritional foods and physical activity. Some effective interventions in South Dakota communities include:

- » Nutrition Changes
 - Community Gardens
- » Food Distribution Sites
 - Double-Up Dakota Bucks

- » Physical Activity Changes
 - Outdoor Exercise Equipment
 - Connectivity via Safe Routes
 - Bicycle Repair

Community gardens have become a key focus of SDSU Extension’s work, offering hands-on education in nutrition, gardening, and food preservation, while also providing a space for physical activity through planting and tending. These gardens create unique opportunities to advance SNAP-Ed goals by promoting healthy habits and fostering community engagement.



2,838

volunteer hours
across all gardens
(FY22-FY24)



5,259 lbs.

produce donated
(FY22-FY24)



3,193 lbs.

produce taken
home by community
members
(FY22-FY24)



365 cups

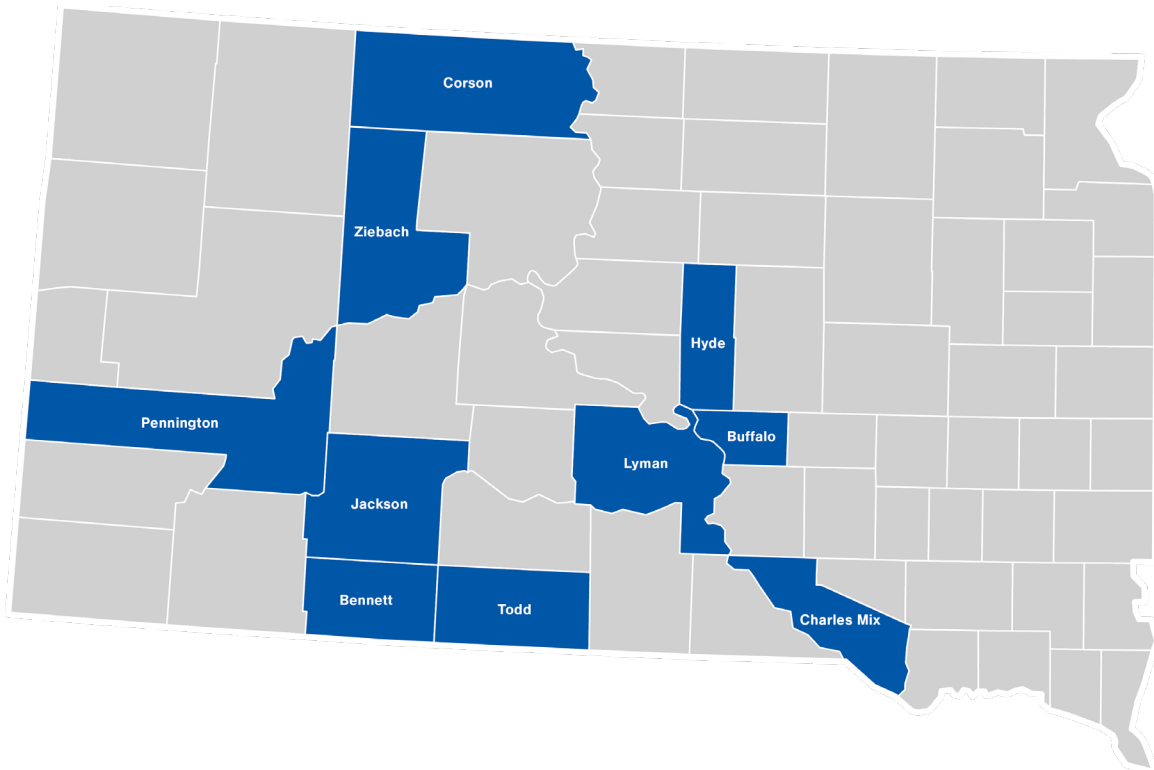
herbs/leafy greens
donated
(FY22-FY24)



420 cups

herbs/leafy greens
taken home
(FY22-FY24)

PSE Activity Locations



This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP.

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