Hunger Free Vermont Implements:

- The Learning Kitchen, a six-lesson direct service nutrition and cooking education series. The series helps participants gain the skills and knowledge needed to prepare nutritious, low cost meals and make healthy choices within a limited budget.
- Nutrition and Physical Activity Self-Assessment for Child Care, a program that aids early child care centers in improving policies and environments to promote healthy food and physical activity.

Vermont Food Bank Implements:

- VT Fresh, a nutrition education strategy in which food shelves conduct cooking demonstrations and taste tests to promote fruit and vegetable consumption.
- Veggie Van Go, mobile food shelf sites at hospitals and schools that provide nutrition education via cooking demonstrations and taste tests to promote fruit and vegetable consumption.
- Policy, systems and environmental strategies at food shelf and mobile food shelf sites to improve procurement, storage, displays, promotion and messaging to encourage fruit and vegetable consumption.

Come Alive Outside Implements:

- Summer Wellness Passport Program, a community strategy to engage children and families in physical activity using a “passport” system to promote and track physical activity. This program is currently implemented in Rutland only.

SNAP-Ed strategies are supported by a social media campaign to educate families on eating healthy; accessing, storing, and preparing healthy food; and promoting physical activity. The social media campaign includes a website, www.healthyinasnapvt.org; a Facebook page and other social media assets; radio ads; and print materials.
The Bennington district, located in southern Vermont, has a population of 36,317. About 35% of the population has a household income of <185% of the Federal Poverty Level (FPL), compared to the state average of 28%.

SNAP-ED in Bennington

SNAP-Ed obesity prevention efforts in the Bennington district during federal fiscal year 2017 included nutrition education and policy, systems, and environmental strategies implemented by Hunger Free Vermont and Vermont Foodbank.

Nutrition Education – Bennington District – FY ‘17

The Learning Kitchen
1 adult series conducted | 10 enrolled | 10 completed

- **52%** increased daily fruit consumption among participants in all SNAP-Ed regions
- **42%** increased daily vegetable consumption among participants in all SNAP-Ed regions

VT Fresh
Available in 2 food shelves | 124 participants reached | 3,320 patrons exposed to point of decision prompts

- **63%** improved attitudes on eating fruits and vegetables among participants in all SNAP-Ed regions
- **73%** more likely to eat Food Demo fruit or vegetable among participants in all SNAP-Ed regions

Veggie Van Go
Available in 1 hospital and 1 school | 215 participants reached

- **24%** increased daily fruit consumption among participants in all SNAP-Ed regions
- **32%** increased daily vegetable consumption among participants in all SNAP-Ed regions

Policy, Systems, & Environmental (PSE) Strategies – Bennington District – FY ‘17

VT Fresh
20 PSE strategies implemented in 2 food shelves to expand access and improve appeal for fruit and vegetable consumption

Veggie Van Go
18 PSE strategies implemented in 1 hospital and 1 school to expand access and improve appeal for fruit and vegetable consumption
The following tables compare health indicators for the Bennington district population to health indicators for the Vermont population. The tables use state surveillance data. These health indicators will be monitored and reported over time to assess change in SNAP-Ed program outcomes.

### Fruit and Vegetable Consumption

*FPL = Federal Poverty Level

<table>
<thead>
<tr>
<th></th>
<th>Fruit consumption 2+ times daily</th>
<th>Vegetable consumption 3+ times daily</th>
<th>Fruit or vegetable consumption 5+ times daily</th>
<th>Poor fruit or vegetable consumption (&lt;1 fruit / day and &lt; 1 vegetable / day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vermont Adults⁴</td>
<td>32%</td>
<td>20%</td>
<td>20%</td>
<td>11%</td>
</tr>
<tr>
<td>Vermont Women⁴</td>
<td>38%</td>
<td>25%</td>
<td>25%</td>
<td>9%</td>
</tr>
<tr>
<td>Vermont Women &lt;185% FPL⁴</td>
<td>31%</td>
<td>19%</td>
<td>20%</td>
<td>17%</td>
</tr>
<tr>
<td>Women &lt;185% FPL in Bennington District⁵</td>
<td>32%</td>
<td>19%</td>
<td>19%</td>
<td>12%</td>
</tr>
</tbody>
</table>

### Physical Activity

<table>
<thead>
<tr>
<th></th>
<th>No leisure time physical activity</th>
<th>Met CDC aerobic physical activity guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vermont Adults²,⁴</td>
<td>18%</td>
<td>59%</td>
</tr>
<tr>
<td>Vermont Women²,⁴</td>
<td>17%</td>
<td>59%</td>
</tr>
<tr>
<td>Vermont Women &lt;185% FPL²,⁴</td>
<td>29%</td>
<td>49%</td>
</tr>
<tr>
<td>Women &lt;185% FPL in Bennington District³,⁵</td>
<td>31%</td>
<td>52%</td>
</tr>
</tbody>
</table>

### Unhealthy Weight

<table>
<thead>
<tr>
<th></th>
<th>Overweight</th>
<th>Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vermont Adults²</td>
<td>34%</td>
<td>28%</td>
</tr>
<tr>
<td>Vermont Women²</td>
<td>25%</td>
<td>27%</td>
</tr>
<tr>
<td>Vermont Women &lt;185% FPL²</td>
<td>26%</td>
<td>36%</td>
</tr>
<tr>
<td>Women &lt;185% FPL in Bennington District³</td>
<td>21%</td>
<td>44%</td>
</tr>
</tbody>
</table>

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. To find out more, visit the 3SquaresVT page at [http://dcf.vermont.gov/esd](http://dcf.vermont.gov/esd)