Alaska

Promote Healthy Eating and Active Lifestyles
SNAP - State Nutrition Action Plan

An effort to strengthen collaborations on nutrition education and promotion efforts among the States Nutrition Assistance (NA) programs of USDA.
Each year, USDA nutrition assistance programs

- Reach 1 in 5 Americans
- Provide about $500 million to States support nutrition education interventions and activities aimed at promoting healthy eating and related lifestyle behaviors.
"Developing these joint State plans provides a unique opportunity to stem the expanding prevalence of diet-related diseases and prevent the increasing incidence of overweight and obesity."

Eric Bost
Former Under Secretary
Food, Nutrition and Consumer Services
Alaska SNAP – at a glance…

• The Alaska Department of Education and Early Development
  – Child Nutrition Programs

• The Alaska Department of Health and Social Services - Public Assistance
  – Food Stamps Program
  – Family Nutrition Programs - WIC

• The University of Alaska Fairbanks, Cooperative Extension Services
Alaska Stats – *our impact*

**Funding FY 2005**
- USDA NA Programs
  - $127,419,105
- Nutrition Education
  - $1,598,913

**Participation**
- Monthly Average
  - 103,000
- Daily Average
  - 75,443 Monthly
Alaska Health & Social Services Dept
Public Assistance
Family Nutrition Programs

WIC: Women, Infant & Child Nutrition Assistance Program
FMNP: Farmer Market Nutrition Program
SFMNP: Senior Farmer Market Nutrition Program
CSFP: Commodity Supplemental Food Program

Promoting Health Eating & Active Lifestyles
**FNP Purpose** Support Alaskan families in making nutrition decisions for life-long health and wellbeing

Goals

1. Meet or exceed federal caseload targets
2. Assure program continuity in the face of flat federal funding levels
3. Develop quality nutrition services for clients in compliance with federal requirements
Alaska Health & Social Services Dept
Public Assistance &
UAF Cooperative Extension Service

FSP  Food Stamp Program
FSNEP  Food Stamp Nutrition Education Program
EFNEP  Expanded Food Nutrition Education Program
FDPIR  Food Distribution Program on Indian Reservations

Promoting Health Eating & Active Lifestyles
FSP provides food benefits to low-income households and is cornerstone of the federal food assistance programs

Goals

• Provides crucial support to needy households and to those making the transition from welfare to work
• Delivers economic benefits to communities by increasing food purchases.
• Enables low-income households (130% of the Alaska poverty guideline) to buy nutritious food with Electronic Benefits Transfer (EBT) cards – in Alaska called “Quest cards”.
• Provides benefits to buy food in authorized retail food stores – the amount depends on the household size and countable income.
University of Alaska Fairbanks
UAF Cooperative Extension Service

HEC Home Economics Program
**UAF HEC belief** Alaska's families, in all their diverse forms, are Alaska's future.

Goals

- Promote positive change and growth for the family system within the community and the larger society.
- Program faculty help people improve their lives through an educational process that uses research based knowledge focused on issues and needs defined by the clientele.
Alaska Health & Social Services Dept

Child Nutrition Programs

NSLP - National School Lunch
CCAFP - Child and Adult Care Food Program
SFSP - Summer Food Service Program
FCCEP - The Emergency Food Assistance Program

Promoting Health Eating & Active Lifestyles
CNP Belief Alaska's children should have access to nutritious, child-friendly meals and snacks in order to help them to be "ready to learn."

• Increase the number of children that receive nutritious meals in Alaska

• Expand the School Breakfast Program statewide

• Expand the Summer Food Service Program statewide

• Help child nutrition program sponsors operate affordable food service programs

• Promote child wellness through increased nutrition and physical activity initiatives and opportunities that reduce childhood obesity and diabetes
Alaska’s SNAP Goal
Promote Healthy Eating and Active Lifestyles

• Promote adoption of healthy dietary patterns and regular physical activity among individuals, families and communities based on key messages in the Dietary Guidelines for Americans. 

(Use/adapt Team Nutrition, Loving Support, Eat Smart. Play Hard.TM, and other national resources whenever possible.)
Family Meals & Breastfeeding:

The Heart of Good Eating

Alaska Fruits & Veggies

WIC & Senior Farmer’s Market Nutrition Program

Alaska Grown & Wild Produce

Frozen & Canned Produce

Alaska Way to 5 a Day
Objective 2: Choose and plan the statewide dissemination of a unified nutrition education theme geared to promote active lifestyles.

Tactics:

1. Adopt and adapt a unified nutrition education theme geared to promote active lifestyles.
2. Assess and summarize NA Programs infrastructure, networks and population served.
3. Assess and summarize NA Programs Strategic Plans, Visions, Goals and Objectives to incorporate into a logic model for FY 2007 SNAP.
4. Assess existing materials supporting a nutrition education theme geared to promote active lifestyles.
5. Develop a SNAP Tool Kit.
6. Educate NS Programs Staff about SNAP, using the Alaska SNAP Tool Kit.
7. Educate Networks identified about SNAP, using the Alaska SNAP Tool Kit.
8. Disseminate a statewide unified nutrition education theme geared to promote active lifestyles.
9. Disseminate SNAP information through an existing websites.

10. Formulate an action plan for the distribution, dissemination, and evaluation of a unified nutrition education theme.

Promoting Health Eating & Active Lifestyles

Illinois has two goals. Promote Breastfeeding
Promote Fruit and Vegetable Consumption
Promote Healthy Community/School Nutrition Environment
Promote Healthy Eating and Active Lifestyles

Massachusetts and Utah have two goals.
Resources

www.familynutrition.alaska.gov

www.fns.usda.gov/oane/SNAP/Plans/Alaska.htm

www.fns.usda.gov/oane/SNAP/Resources.htm