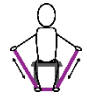


SNAP-Ed U 2017

PHYSICAL ACTIVITY: It's not just for kids!



The nuts and bolts of SNAP-Ed Physical Activity

USDA: The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will...choose physically active lifestyles ...

MFF: Focus's on two of the USDA's identified SNAP-Ed behavioral outcomes:

- Increased consumption of fruits and vegetables; and
- Increased physical activity

Strategies to meet PA goals and objectives

- ✓ Promote active living
- ✓ Connect people with community-based physical activity resources funded by other appropriate entities
- ✓ Coordinate with community, faith-based, youth, recreational, and other organizations, whose mission is to make opportunities for PA accessible and promote and coordinate such activities

USING PA PSE ASSESSMENTS!!

For PA PSE assessment resources check out the *SNAP-Ed evaluation Framework* and Active Living Research at activelivingresearch.org

Rec-Connect – A turnkey solution for PA PSE

1 ASSESS OPPORTUNITIES:

Assess the needs of your community, and create an Action Plan.

2 IMPLEMENT:

Conduct PA Tastings in your community based on your needs assessment and Action Plan.

3 CONNECT:

Connect your participants with low/no-cost PA resources in the community.

4 COMMUNITY ASSESSMENT:

Identify assets and gaps, and pinpoint next steps and strategies to further support active living.