

Help limited-income

- \*Adults
- \*Families
- \*Youth
- \*Seniors

Improve their eating habits,  
reduce their risk of obesity  
and make better use of their  
SNAP benefits.

For more information about  
NJSNAP-Ed go to our website:

[www.njsnaped.rutgers.edu](http://www.njsnaped.rutgers.edu)  
or

Our interactive one-on-one  
learning site:

[www.snaped4me.org](http://www.snaped4me.org)



**Contact your local  
NJ SNAP-Ed program  
to get started today!**

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Sr. Program Coordinator NJ SNAP-Ed

**Rutgers  
Cooperative  
Extension  
of Middlesex County**

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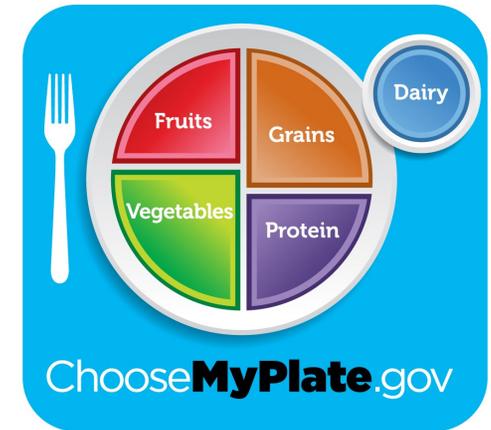
**Community Assistant Educators:**  
**Linda Banks**  
**Abner Velazquez**



**NJ SNAP-Ed**  
NJ Supplemental Nutrition Assistance Program-Education  
USDA, Food and Nutrition Service



**The New Jersey  
Supplemental  
Nutrition Assistance  
Program-Education  
(NJ SNAP-Ed)**



**PRESENTED BY:**  
**RUTGERS  
COOPERATIVE  
EXTENSION  
of Middlesex County**



## What is SNAP-Ed?

The NJ Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is a Rutgers Cooperative Extension program aimed at reducing hunger and preventing obesity by delivering practical information on nutrition, resource management, food safety and increasing physical activity among SNAP eligible adults, families, seniors and youth who receive free or reduced price school meals.

This is accomplished by working with community based agencies, programs and schools. The program is funded by USDA/Food and Nutrition Service through the NJ Department of Human Services.

Education is delivered in a series of at least 6 classes presented at your site by our Community Assistant educators who are paraprofessionals trained at Rutgers in the basic nutrition concepts found in MyPlate and the Dietary Guidelines for Americans 2010.

Adult Education is delivered using:

- **Customized Programs**

Adult participants select what they want to learn. They pick the subjects that most interest them and that are the most needed to improve their food, nutrition, shopping, food safety and physical activity habits and to help them make better use of their SNAP benefits and/or food dollars.

- **Small Interactive Classes**

Adults learn more and learning is more interesting when they're able to discuss, interact and speak confidentially in an intimate, personal setting.

Adult Classes are adapted to each group served and offer behaviorally-focused, research-based lessons on a variety of topics including but not limited to:

- MyPlate/MyPyramid
- Eating More Vegetables and Fruits
- Healthy Eating on the Go
- Eating Less Sugar
- Eating Less Fat
- Reading Food Labels
- Meal Planning
- Stretching Food Dollars
- Food Safety

Each participant receives a certificate of achievement at the end of the program.

Classes are planned to accommodate your agency's schedule.



**NJ SNAP-Ed**  
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To Apply for SNAP call 1-800-328-3838

Youth Education is delivered using:

- **Research based, behaviorally-focused lessons** which correspond to the New Jersey Core Curriculum Standards.
- **Lessons which include activities for "hands on" learning.**

The goal of the SNAP-Ed Youth Program is to positively influence the eating and physical activity behaviors of youth through interactive classes and fun learning activities. Topics and activities include but are not limited to:

- MyPlate/MyPyramid
- The Importance of Breakfast
- Healthy Snacks
- Calcium for Strong Bones and Healthy Teeth
- Whole Grains
- Vegetables and Fruits
- Food Safety and Hand Washing

Each lesson is 40 minutes to 1 hour in length depending on class schedules. Classes are delivered in a series of 6-8 sessions over a negotiated period. Each participant receives a certificate of achievement at the end of the program.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). If you need help finding your local SNAP office in NJ call 1-800-792-9773; others call 1-800-221-5689.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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New Jersey Agricultural  
Experiment Station