

SNAP-Ed Nutrition Program



Empowering People.
Strengthening Communities.



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Who we are

SNAP-Ed (Supplemental Nutrition Assistance Program Education) is the nutrition promotion and obesity prevention program which is part of SNAP.

SNAP is the Supplemental Nutrition Assistance Program (formerly known as Food Stamps), which provides monthly financial help to eligible, low-income individuals and families for food purchases.

The goal of the Ascentria Care Alliance SNAP-Ed Nutrition Program is to increase the chances that members of the local community in Hampden County, specifically those who receive SNAP or who are SNAP eligible, make healthy food choices and lead active lifestyles.

What we do

The SNAP-Ed project educates participants on the principles of the Dietary Guidelines for Americans. Classes include lessons on the messaging of MyPlate; becoming more active; making healthy food choices — choosing food and beverages with less sodium, fat and added sugar; limiting large portion sizes; and maintaining appropriate calorie intakes across the life span.

We aim to help participants shop for healthy foods on a budget, understand nutrition labels, and use food safety practices. We do so through direct nutrition education throughout the communities of Springfield, West Springfield and Westfield.

Who we serve

We work with refugee and immigrant populations; school-aged children; as well as families, adults and the elderly. Some of our direct education class sites include: local elementary and high schools, before and after school programs, senior centers, summer camps, teen parent programs, and community gardens. We also provide indirect education and taste tests which highlight accessing and using local, healthy food at community events and farmers' markets.

More information

Additional information on nutrition, meal planning and healthy recipes can be found at: <https://snaped.fns.usda.gov>. For program details and class updates visit our Facebook page at www.facebook.com/AscentriaSNAPed

Contact us

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This material is provided by the Ascentria Care Alliance SNAP-Ed Nutrition Program with funding from the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Department of Transitional Assistance at 866-950-3663. This institution is an equal opportunity provider.