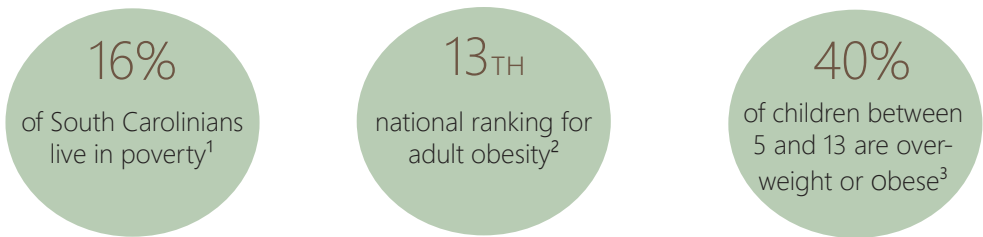
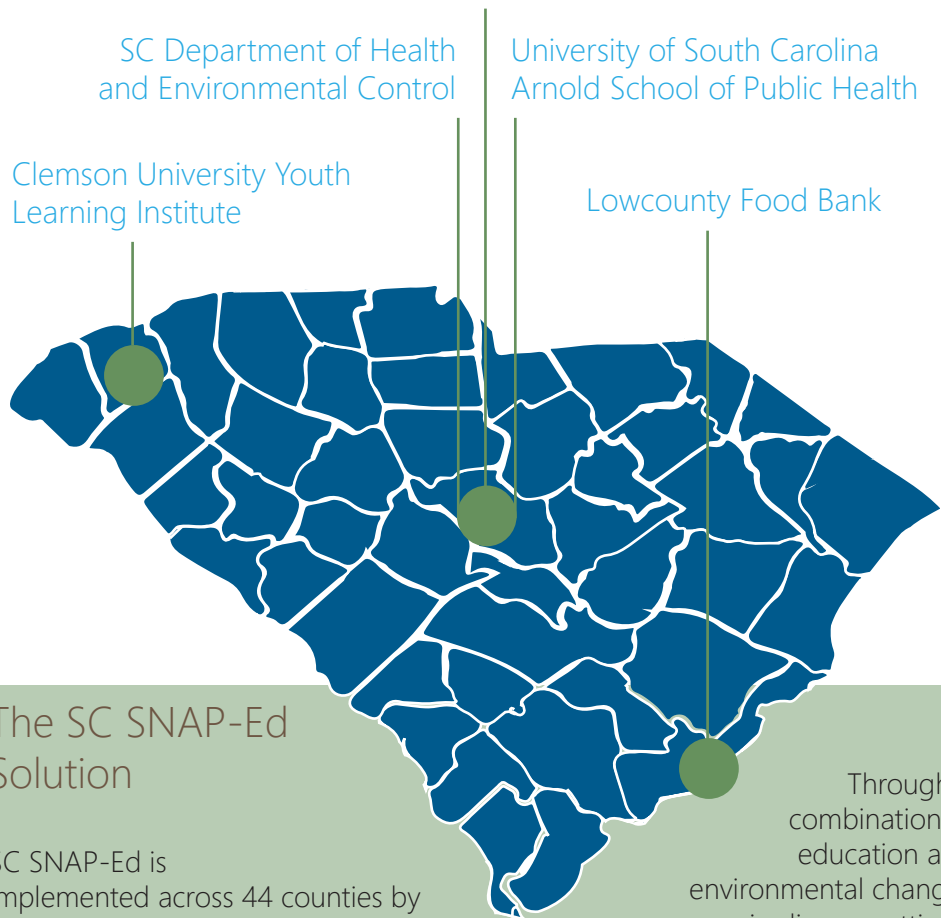




The Challenge



SC Department. of Social Services




The SC SNAP-Ed Solution

SC SNAP-Ed is implemented across 44 counties by four agencies: the state public health office, two universities, and a food bank. The program is administered by the SC Department of Social Services.

Through a combination of education and environmental changes in diverse settings, SC SNAP-Ed provides people living with a low income strategies and opportunities for healthy eating and active living on a budget.

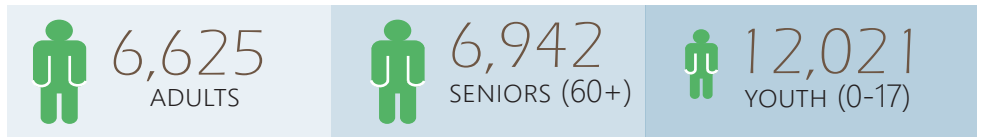
¹ US Census Bureau, 2015
² State of Obesity Report, 2011
³ CDC South Carolina State Nutrition, Physical Activity, and Obesity Profile, 2012

SOUTH CAROLINA
SNAP-Ed 
 Supplemental Nutrition Assistance Program Education

2019 Program Impacts

Education

In 2019, SNAP-Education implementers delivered direct, evidence-based education to **25,588** individuals on a low income across **96%** of SC's counties.



Healthy Eating

- increased water consumption
-
- increased consumption of amounts and types of fruits and vegetables
-
- drinking fewer sugar sweetened beverages

Through evidence based curricula, significant proportions of SNAP-Education participants across the state made healthier, budget-conscious decisions

Food Resource Management

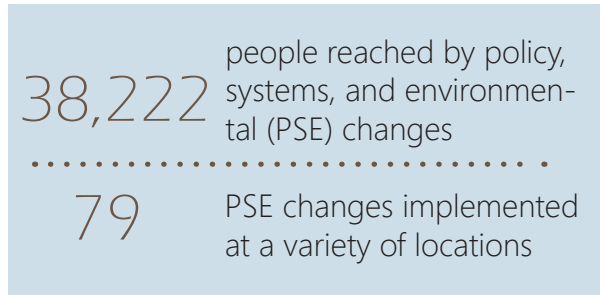
- increased budgeting
-
- increased price comparison shopping
-
- more food lasting through the month
-
- increased shopping with a list



Policy, Systems, and Environmental Strategies



In addition to delivering education to individuals on a low income, SNAP-Education implementers also worked with partners to transform policies, systems, and environments with which SNAP-Education participants engage; making the healthy choice, the easy choice.



Policies	Systems	Environments
Healthy worksites Open use playgrounds Nutrition policies for: <ul style="list-style-type: none"> ● food pantries ● regional coalitions 	Enhanced water access Food insecurity screenings New food distribution sites Enhanced menu training Food pantry nutrition standards Farmers market installations Food recovery app	Breastfeeding rooms Healthy snacks at worksites Produce gardens Playground installation Healthy food displays

Partnerships

In delivering nutrition education and changing policy, systems, and environments across SC, SNAP-Ed implementers meet people where they are, engaging with a broad spectrum of settings and sectors. In 2019, SNAP-Ed implementers worked most commonly with the following sites.

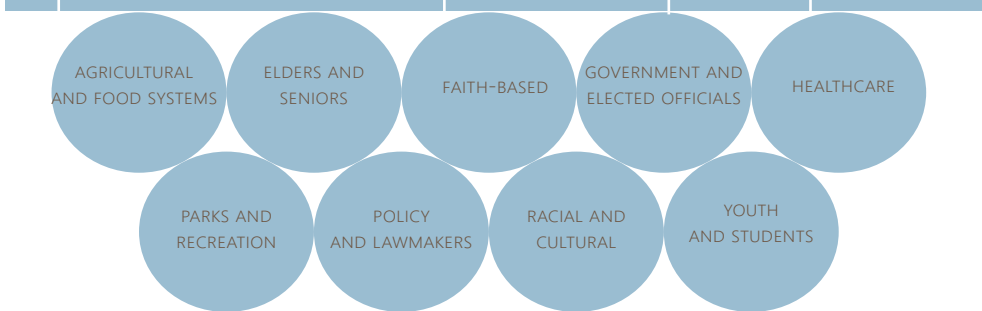
Meeting people where they...

 SHOP	131 Food Stores Farmers Markets Food Assistance	 LEARN	98 Schools Early Childcare
 LIVE	74 Community Centers Recreation Centers Health Clinics	 EAT	33 Congregate Meal Sites

Engaging diverse sectors to achieve lasting change



In 2019, SC SNAP-Ed implementers were members of and provided technical assistance to **26** multi-sectoral partnerships across SC. SNAP-Ed's connections with these diverse sectors enhances the program's ability to meet the needs of individuals on a low income and under resourced communities across the state.



Clemson University Youth Learning Institute

<h3>Where We Work</h3>  <ul style="list-style-type: none"> Abbeville Aiken Allendale Anderson Barnwell Cherokee Clarendon Edgefield Greenville Greenwood Laurens McCormick Oconee Pickens Spartanburg Union 	<h3>What We Teach</h3> <ul style="list-style-type: none"> Sesame Street Go NAPSACC CATCH Cooking Matters Walk with Ease
--	--

Clemson University Youth Learning Institute in the Community

VA MEDICAL CENTER COMMUNITY GARDEN

Kaylor Arant, health educator for Abbeville and Anderson county, began a Walk With Ease course at Main Street United Methodist (Abbeville, SC) in September 2019. Walk With Ease is a six week, validated curriculum designed by the Arthritis Foundation. When Kaylor began the course, she had 23 members of the church and community attend, and as word spread of the walking class, Kaylor ended up with 31 participants. One of those participants was Ms. Jones (pseudonym). Ms. Jones, is a member of Main Street United Methodist, and someone Kaylor has seen at church for several years. Ever since Kaylor has known Ms. Jones, she has used a walker. Ms. Jones had some trepidation about joining a walking class knowing that she currently struggles with basic mobility. Kaylor made sure Ms. Jones felt welcomed and encouraged her to come. After six weeks of the walking program Ms. Jones made huge strides and not only recorded increased physical activity from pre to post test scores. She also recorded an increase in her subjective well-being, scoring a 21 on the Brief Inventory of Thriving (Diener, 2018) on the pre-test, and a 27 on the post-test. However, the numbers do not complete the true picture of Ms. Jones' success.

During a Sunday service, Ms. Jones' grandson accepted an award for becoming an Eagle Scout. Ms. Jones got up to stand by her grandson while he received the reward, and as she walked to the alter, she proudly, and confidently walked without her walker. She was able to stand with her family throughout the entire award ceremony and not need the assistance of a walker or family member. Kaylor, who was in church that day, said the moment brought her to tears. She felt so proud of Ms. Jones' growth, and knew it all started in her walking class just 2 months prior.



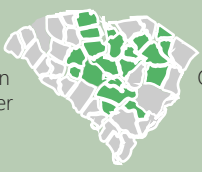
For questions about this Implementing Agency contact:

Loria Cass
 lcass@clemson.edu
 864-878-1103

<http://clemsonsnaped.com/>

Department of Health and Environmental Control

Where We Work



- Bamberg
- Calhoun
- Chester
- Darlington
- Dorchester
- Fairfield
- Florence
- Kershaw
- Lancaster
- Lee
- Lexington
- Marion
- Newberry
- Orangeburg
- Richland
- Saluda
- Sumter
- Williamsburg
- York

What We Teach

- It's Your Health Take Charge
- Taking Charge in Meadowland
- Walk with Ease
- Cooking Matters

Department of Health and Environmental Control in the Community WEST LEE ELEMENTARY SCHOOL

The agency's PSE Coordinator, Quin Knox a member of the Lee County Rural Leadership Institute-Interagency Coalition received the Blueprint for Health Leadership Grant provided by the South Carolina Office of Rural Health. The Leadership Team chose to direct their efforts on the education and health of residents living in the Spring Hill Community, the most rural/low access area of the county.



Thanks to the coalition's work, students and the Spring Hill Community that surrounds West Lee Elementary School in Rembert, S.C., now have a park with a playground, walking trail, community garden and outdoor learning space that will be used for a farmers market and picnic area. Quin and other members facilitated the partnership with the local county government and the school district in Lee County for a Open-Community Use policy, making the park available to the community for recreational use after school hours. The Farm and Garden Committee, a subgroup of the coalition, will host a farmers market at the school to address the food access needs of the area.




For questions about this Implementing Agency contact:

Sandra Spann : <https://scdhec.gov/health/nutrition-obesity-physical-health/nutrition-education-program-snap-ed>
 Spannsh@dhec.sc.gov
 803-898-0819

Lowcountry Food Bank

Where We Work



- Beaufort
- Berkeley
- Charleston
- Colleton
- Dorchester
- Georgetown
- Hampton
- Horry
- Jasper
- Williamsburg

What We Teach

- Cooking Matters for Adults
- Cooking Matters for Kids
- Cooking Matters for Families
- Cooking Matters for Parents
- Cooking Matters at the Store
- Cooking Matters for Teens

Lowcountry Food Bank in the Community VA MEDICAL CENTER COMMUNITY GARDEN

The Lowcountry Food Bank (LCFB) partnered with Ralph A Johnson VA Medical Center to install a community garden to support programming at the medical center. The VA Medical Center is a partner Wellness Pantry which serves veterans within the community. LCFB collaborated with the VA's nutrition services team who manage the food pantry and the Veteran's Enrichment Center to establish this garden. The Veterans Enrichment Center, a psychosocial rehabilitation center, provides veterans with mental illness counseling and programming in a veteran-focused environment. This partnership will enable VA patients to further their growth through gardening while learning the benefits of fresh produce and healthy eating. To ensure long-term sustainability of the project, Autumn Reid, Nutrition Program Manager at the Lowcountry Food Bank, worked with Clemson Extension to provide their School Gardening for SC Educators framework, training, garden components, and crop rotation calendar for the lowcountry region.



Through a Memorandum of Understanding, the garden is maintained by the VA Medical Center. The unique aspect of this partnership is that the garden is accessible from an outdoor patio which can be utilized by the Lowcountry Food Bank to train additional community partners looking to include gardens in their community.



For questions about this Implementing Agency contact:

Dana Mitchell : <https://www.lowcountryfoodbank.org/ending-hunger/nutrition-education/>
 dmitchel@lcfbank.org
 843-747-8146 ext. 122

Where We Work



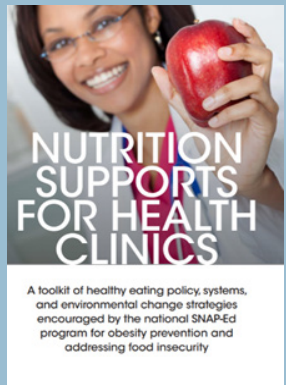
Statewide

What We Do



University of South Carolina in the Community
NUTRITION SUPPORTS FOR HEALTH CLINICS TOOLKIT

The University of South Carolina's (UofSC) SNAP-Ed Health Clinic Program Coordinator works to partner with health clinics across the state on implementing a variety of PSE strategies aimed at increasing food security and combating diet-related chronic disease in low-income populations. Though there are many evidence-based strategies recommended by SNAP-Ed for implementation in a health clinic setting, previously, resources and evidence surrounding the strategies were scattered, with there being no cohesive guide on how to implement these strategies in a health clinic setting. Therefore, the Health Clinic Program Coordinator and the UofSC SNAP-Ed team created the Nutrition Supports for Health Clinics Toolkit.



It was then disseminated to all partnering health clinics across the state, UofSC's statewide health care partners, including the SC Office of Rural Health and the SC Free Clinic Association, and the other SNAP-Ed Implementing Agencies.

The toolkit was instrumental in implementing PSE nutrition support strategies at a total of eleven health clinics across the state during the 2019 SNAP-Ed year. Health clinics included free clinics, rural health clinics, and community health centers. Implemented strategies included establishing a produce garden, screening patients for food insecurity and referring those at risk of food insecurity to community or on-site resources for nutrition, providing prescriptions for fruits and vegetables, supporting breastfeeding through space, policies, and practices, and improving free water access, taste, quality, smell or temperature. 7,130 people were reached during the year.

For questions about this Implementing Agency contact:

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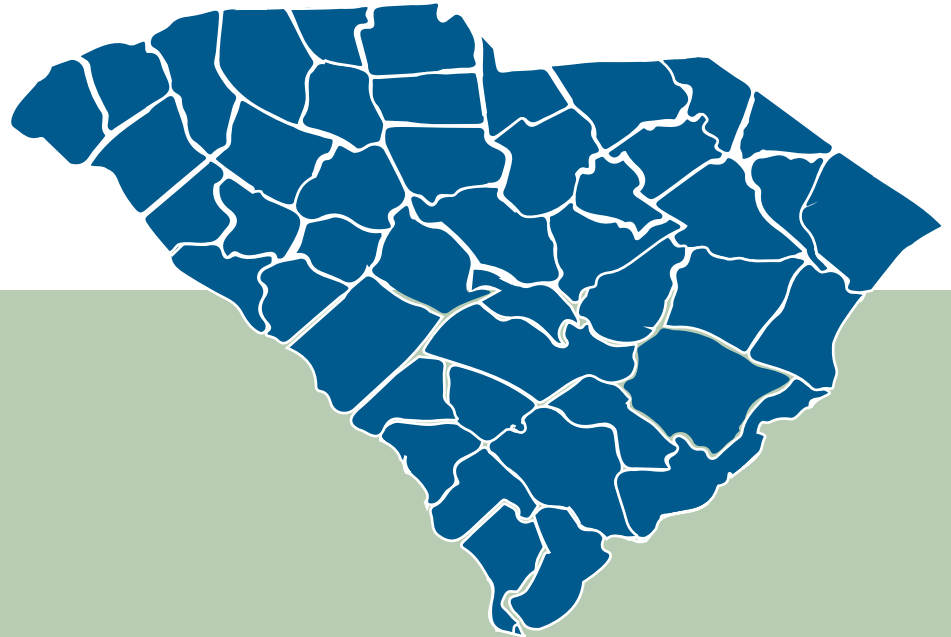
The toolkit is also available for download from:
<https://sph.sc.edu/snap-ed>.

Toolkit Purpose and Overview
The purpose of this toolkit is to encourage, inspire, and provide practical guidance to health clinics for implementing strategies to increase access to healthy eating opportunities among clinic patients and employees.
The toolkit is divided into 3 sections:
1 An Overview of SNAP, SNAP-Ed, and policy, systems, and environmental change strategies for healthy eating.
2 Strategies: an explanation of each strategy, reasons a health clinic might want to implement the strategy, sample implementation steps, and links to additional resources.
3 Case Studies: real life examples and experiences of health clinics that have implemented policy, systems, and environmental strategies for healthy eating and active living.

SOUTH CAROLINA
SNAP-Ed
Supplemental Nutrition Assistance Program Education



This organization is an equal opportunity provider.



This report was developed with funding from the Supplemental Nutrition Assistance Program - SNAP.