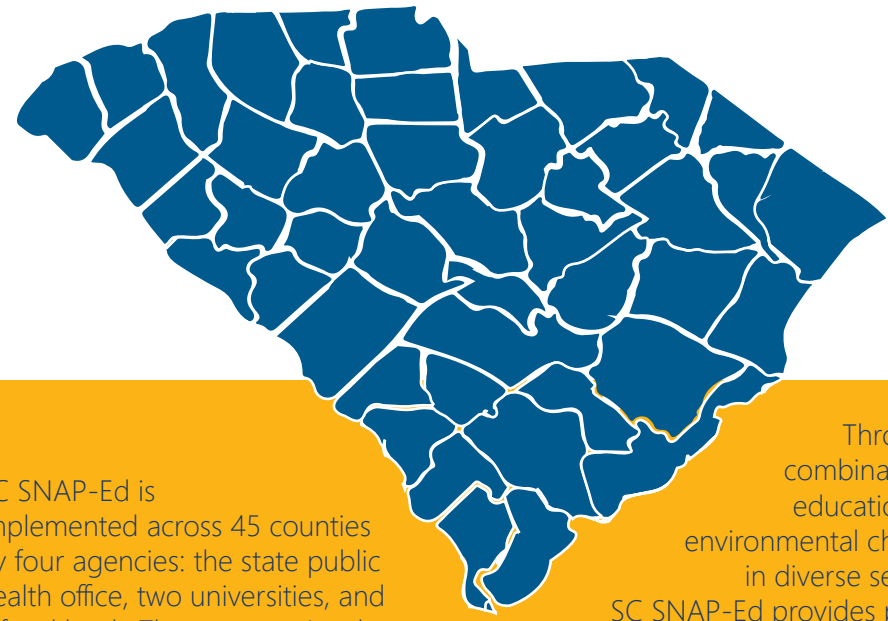





## The Challenge



## The SC SNAP-Ed Solution



SOUTH CAROLINA  
**SNAP-Ed**   
 Supplemental Nutrition Assistance Program Education

2021 Program Impacts

SC SNAP-Ed is implemented across 45 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.

<sup>1</sup> CDC South Carolina State Nutrition, Physical Activity, and Obesity Profile, 2012  
<sup>2</sup> State of Obesity Report, 2021  
<sup>3</sup> US Census Bureau, 2020

# Education

In 2021, SNAP-Ed implementers delivered direct, evidence-based education to **11,601** individuals on a low income across **97%** of SC counties.



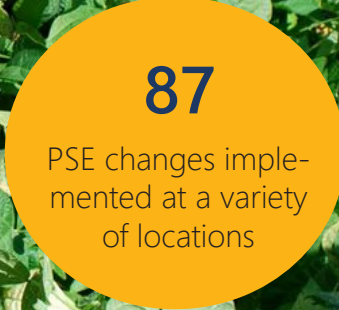
Through evidence-based curricula, significant proportions of SNAP-Ed participants across the state made healthier, budget-conscious decisions.



- Increased**
- water consumption
  - fruit and vegetable consumption
  - budgeting
  - price comparison shopping
  - food lasting through the month
  - shopping with a list
  - reading nutrition facts labels
  - shopping with coupons
  - increased physical activity
- Decreased**
- sugar sweetened beverage consumption
  - eating fewer refined grains

# Policy, Systems, and Environmental Strategies

SNAP-Ed implementers worked with partners to transform policies, systems, and environments with which SNAP-Ed participants engage to make the healthy choice, the easy choice.



- | Policy  | System  | Environment  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• healthy retail</li> <li>• new food distribution sites</li> <li>• food/beverage improvement in schools</li> <li>• shared use of facilities for physical activity</li> </ul> | <ul style="list-style-type: none"> <li>• expanded use of SNAP</li> <li>• implemented client-choice at food pantries</li> <li>• implemented novel food distribution systems to reach high-risk populations</li> <li>• expanded use of local produce</li> <li>• expanded community access to produce</li> </ul> | <ul style="list-style-type: none"> <li>• established new food assistance sites</li> <li>• expanded use of digital platforms</li> <li>• expanded use of garden produce</li> <li>• improved access to exercise facilities</li> </ul> |

# Partnerships and Coalitions

SC SNAP-Ed implementers meet people where they are, engaging with a broad spectrum of settings and sectors. In 2021, SNAP-Ed implementers worked with **261** diverse partners representing over **20** sectors.

## Meeting people where they:

- EAT** 5 Congregate meal sites  
Soup kitchens
- LEARN** 91 Schools  
Early childcare  
Libraries  
Family resource centers
- SHOP** 40 Food stores  
Farmers markets  
Food assistance sites
- LIVE** 66 Community organizations  
Health clinics  
Faith-based centers  
Emergency shelters
- PLAY** 13 Community centers  
Recreation centers  
Youth organizations  
Parks and open spaces
- WORK** 2 Low-wage worksites



**7,913**  
people  
reached

## Rethink Your Drink

Healthy beverage messaging  
Messages distributed through partner social media  
9 partner sites  
4 counties

**42,269**  
people  
reached

## National Nutrition Month

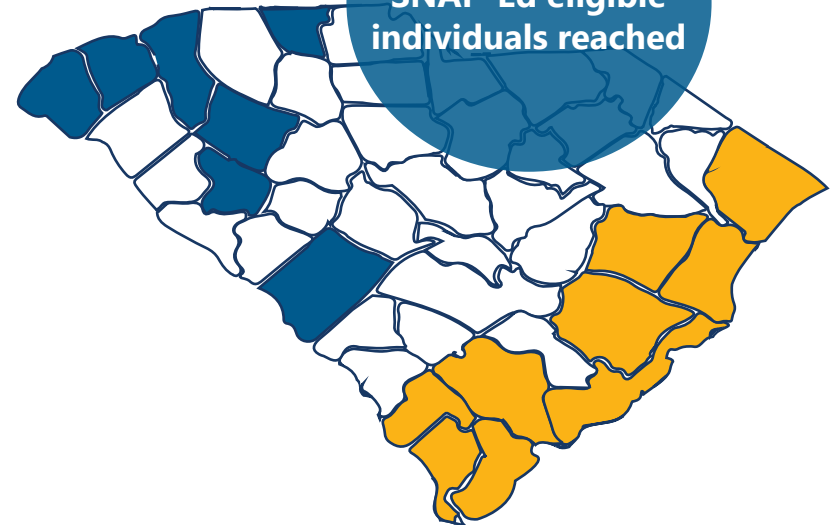
Healthy diet recommendations  
Food resource management skills  
Messages distributed via electronic and hardcopy materials  
11 partner sites  
5 counties

**130,975**  
people  
reached

## Whoa. Go. Eat Smart.

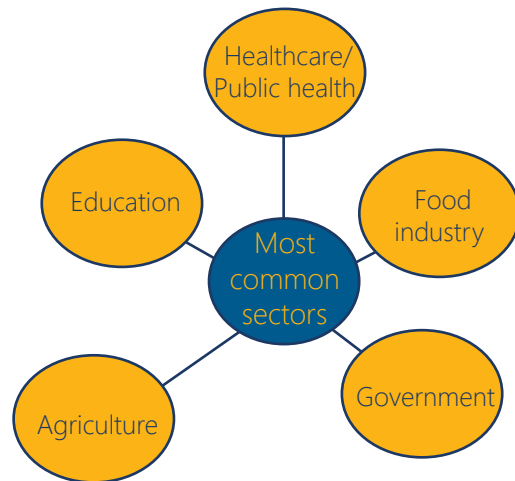
Encouragement of fruit and vegetables over less healthy options  
Messages distributed via electronic and hardcopy materials  
14 billboards  
9 counties

**181,157**  
SNAP-Ed eligible  
individuals reached



## Engaging sectors to achieve lasting change

SC SNAP-Ed implementers were members of and provided technical assistance to **21** multi-sectoral partnerships across SC. SNAP-Ed's connections with these diverse sectors enhanced the program's ability to meet the needs of individuals on a low income and under-resourced communities across the state.



# SC SNAP-Ed Implementing Agency Successes

## Clemson University Youth Learning Institute TEACHING LIFELONG HEALTHY HABITS TO OONEE'S YOUTH

The Foothills Area YMCA (FAYMCA) has been a part of the Clemson community since 1894 and is no stranger to serving Oconee's youth. Since 1961, they have been providing programs to enrich the lives of children from the cities surrounding Clemson, including Seneca, Walhalla, and Westminster. Clemson's SNAP-Ed program began partnering with the FAYMCA in 2018 at the Gignilliat Community Center. In 2020, the newest facility, Cottingham Campus, was opened to the public and became the base of operations.



The partnership is a natural fit for both Clemson SNAP-Ed and the FAYMCA because of the shared values, priorities, and target audience. SNAP-Ed's health education is provided at no cost and supports the YMCA's mission to provide healthy foods, physical activity, and engaging non-academic learning opportunities. SNAP-Ed supplements the health education of children outside of what they receive at school. By having repeated access to health concepts, children build a knowledge base as they progress through the YMCA program. This encourages adoption of healthy dietary and physical activity habits. Lessons are interactive and hands-on, using activities and games to reinforce concepts. Lesson topics include MyPlate, the five food groups, portion sizes, low-fat dairy, and drinking more water. Lesson plans are from CATCH, an evidence-based health curriculum for school aged children used by SNAP-Ed agencies nationally. Caregivers can access the MyPlate resources online for free to extend the learning at home.

During COVID-19 restrictions, the YMCA staff were trained as teachers and delivered the lessons with support of lesson handouts. Children were able to continue their health education during the lock down period. In-person classes have since resumed.

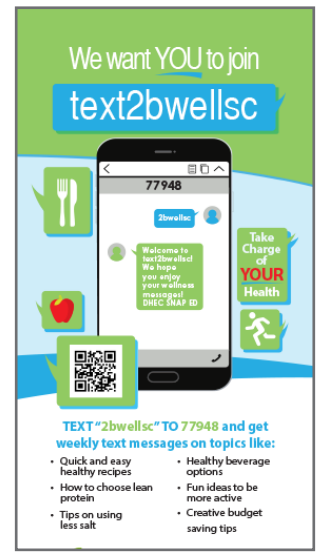
For questions about this Implementing Agency contact:  
**Loria Cass**  
 lcass@clemson.edu  
 864.878.1103 ext 3037  
 .....  
<https://clemsonsnaped.com/>

# SC SNAP-Ed Implementing Agency Successes

## SC Department of Health and Environmental Control TEXT-BASED HEALTHY EATING AND ACTIVE LIVING INTERVENTION

Text2bwellsc is a text messaging program that compliments direct nutrition education and physical activity programs. This program influences positive behavior change by sending weekly text messages. All texts focus on changing behaviors and include nutrition tips and information, quick and easy healthy recipes, healthy beverage options, creative budget saving tips, tips on using less salt, and fun ideas on how to be more active. As of October 2021, 128 participants received weekly texts. The program participation has increased 484% from March 2020 to April 2021

In April 2021, an outcomes evaluation survey was sent out to participants with a 28% completion rate. The survey results showed an increase in water and decrease in sugar-sweetened beverage consumption. Participants also increased their fruit and vegetable consumption according to survey results. There was a slight increase in confidence in buying healthy foods on a budget while some participants rated their confidence the same since signing up for text2bwellsc.



### Text2bwellsc Messages

- HEALTHY EATING** Have you eaten green today? Try this tasty and low-cost beef & cabbage recipe tonight. Use 90% lean ground beef.
- FOOD ACCESS** Visit your local farmers market today!
- PHYSICAL ACTIVITY** Happy Tuesday! Here's another 15-min walking video to keep you moving at home!
- FOOD SAFETY** Food Safety video: <https://www.fda.gov/food/buy-store-serve-safe-food/everyday-food-safety-young-adults>

For questions about this Implementing Agency contact:  
**Kate Gerweck**  
 gerwecks@dhec.sc.gov  
 803-898-0819  
 .....  
<https://scdhec.gov/health/supplemental-nutrition-assistance-program-education-snap-ed>

# SC SNAP-Ed Implementing Agency Successes

## Lowcountry Food Bank

SANDALWOOD COMMUNITY FOOD PANTRY INNOVATES DURING COVID-19

Sandalwood Community Pantry is a client choice Wellness Pantry and has been continuing to do great work given the barriers of COVID-19. Located on Hilton Head Island in Beaufort County, Sandalwood Community Pantry primarily serves a large Hispanic community. Most guests that are served are families with young children.

Sandalwood Community Pantry has still promoted client choice even in the midst of the pandemic. Previously, the pantry would allow a few people inside at a time for their original pantry. Guests would rotate around different sections of the room and collect what they needed. As they serve a large number of individuals, occasionally this pantry style could feel a little tight. Now, the entire pantry has moved outdoors and they are able to get more people through the different lines. Guests are still able to select what food they need for themselves/their families. There are volunteers assisting with each section of the outdoor pantry who are able to quickly replenish goods when necessary. Wire shelves that were used in the pre-COVID pantry for shelf stable goods are rolled outside for each distribution, and those goods are also staged in a very organized manner. Grocery carts are utilized to transport bags to individuals cars, or to gather more goods from inside to replenish outside. Recently, Chop Chop Nutrition Education magazines have been passed out to children waiting in line with their caregivers.



Sandalwood has done a tremendous job utilizing the resources they have on hand to ensure their distributions can continue to take place with no issue. With this adjusted style of client choice, Sandalwood has successfully been able to serve multiple individuals and families facing food insecurity in the Hilton Head area.

For questions about this Implementing Agency contact:

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 dmitchel@lcfbank.org  
 843-747-8146 ext. 122

<https://lowcountryfoodbank.org/about-us/partner-agencies/nutrition-resources/>

# SC SNAP-Ed Implementing Agency Successes

## University of South Carolina Arnold School of Public Health

FOOD IS MEDICINE SOUTH CAROLINA (FIMSC)

Towards the end of 2020, the University of South Carolina's SNAP-Ed Implementing Agency convened the state's other three SNAP-Ed Implementing Agencies to discuss and better coordinate providing nutrition education and technical assistance on healthy food access strategies within health clinics. From these initial conversations, more organizations working at the intersection of food access and health care were invited to subsequent meetings before officially forming as Food is Medicine SC (FiMSC). FiMSC was established as a committee of the South Carolina Food Policy Council (SCFPC) to:



- improve coordination among organizations working to advance healthy food access within health care settings, and
- identify and facilitate the adoption of state-level FiM policy and system changes.

### Reaching Consensus Together in 2021

- Recruited 53 members
- Convened 7 meetings
- Members participated in 3 surveys
- 6 stakeholder interviews were conducted
- Developed 6 subcommittees: Mapping, Food Insecurity Screenings and Referrals, Health Care Transformation, Nutrition Education for Health Professionals, Research and Evaluation, and Branding and Communications
- Members participated in a strategic planning session that was led by the Center for Health Law and Policy Innovation, Harvard Law School, contracted through funding support leveraged from Diabetes Free SC
- Started a Produce Prescription Community of Practice




LEARN MORE HERE <https://www.scfoodpolicy.org/fimsc>

For questions about this Implementing Agency contact:

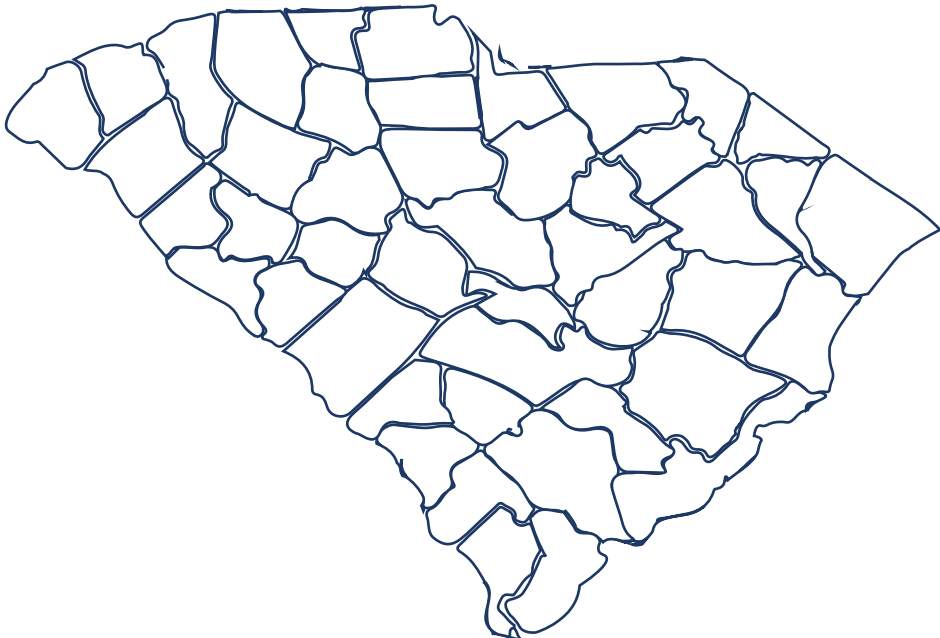
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SOUTH CAROLINA  
**SNAP-Ed**   
Supplemental Nutrition Assistance Program Education



This organization is an equal opportunity provider.



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