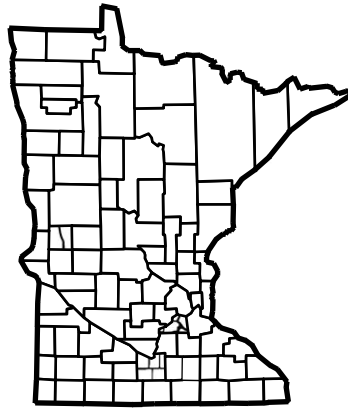




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## Simply Good Eating 2011 Fact Sheet

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1. The Minnesota Simply Good Eating program (SGE) provides nutrition and food resource management education to food support (SNAP) eligible families to increase their ability to make wise use of their food and financial resources.
  2. In 2010, SGE completed its 40<sup>th</sup> year in Minnesota, delivering education in all 87 counties in the state.
  3. SGE serves families with young children, youth, adults, and older adults.
  4. In 2010, Minnesota SGE was funded with approximately \$9.5 million from the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP), matched by approximately \$8.5 million from state and local partners.
  5. In 2010, a total of 291,970 direct contacts were established. Nearly all of these direct contacts were made with 72,697 participants who completed an average of 6 hours of nutrition education. Research indicates a minimum of 6 hours of education is necessary to influence long lasting behavior change.
  6. Indirect contacts were established with more than 403,650 individuals and families. These indirect contacts included the audiences for one-on-one and while-you-wait teaching episodes, as well as contacts made through newspapers, newsletters, exhibits, brochures, media activities, etc.



CONTRIBUTING TO  
STRONGER, HEALTHIER  
COMMUNITIES BY  
PROVIDING NUTRITION AND  
FOOD RESOURCE  
EDUCATION TO PERSONS  
WITH LIMITED INCOMES.

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7. As a result of Minnesota SGE, participants utilized a variety of personal and community resources to adopt safe, nutritious, and economical food practices.
8. The program integrates the research and talents of University of Minnesota faculty with University of Minnesota Extension field staff to develop relevant and scientifically supported programming and curriculum.
9. Simply Good Eating programming was delivered by a staff of 115 Community Nutrition Educators with support from Extension Educators, Program Coordinators, and a variety of faculty, administrators, and support staff.
10. Minnesota SGE will continue to link programming efforts to social policy changes recognizing personal responsibility and self-sufficiency.

#### Success Story:

Nancy, (not her real name) was a participant in the "Stretching Food Dollars" series held at the Scott County Workforce Center. According to Nancy, she never ate or drank anything from the dairy group and she never ate breakfast. She drank several high-caffeine energy drinks throughout the day.

During the series Nancy learned the importance of including variety in the diet, the need for breakfast, and basic, easy, healthy recipes taught in class and then tried at home.

By the end of the series she noted that she had made the following changes:

- Now eats a bowl of cereal every morning
- Stopped drinking energy drinks 3 hours before bedtime
- Drinks a lot more water
- Makes "real" dinners that contain selections from all the food groups.

Nancy stated that she feels "a lot better about myself and a lot healthier." She also feels like she is becoming a real cook. She has learned good nutrition does make a difference.

By Gloria Wolf  
Community Nutrition Educator  
Scott County