



Maryland SNAP-Ed

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SNAP-Ed

- SNAP = Supplemental Nutrition Assistance Program
- To improve health behavior and create a healthier environment for low income individuals to live, work and learn.
- University of Maryland Extension (USDA, MDH)
- Multi-level approach:
 - **nutrition education**
 - **social marketing**
 - **policy, system and environmental-level changes (PSEs)**



Target Audiences

- Maryland SNAP-Ed reaches low income individuals where they live, work and learn.
- Collaborators:
 - preschools, schools,
 - farmers' markets
 - food pantries,
 - other income eligible locations that have the capacity to reach participants with both education and PSE program efforts.



Themes

- SNAP-Ed focuses the multi-level approach on 5 programmatic themes:
 - Accessing Healthy Foods
 - Choosing Healthy Foods
 - Preparing and Tasting Healthy Foods
 - Promoting Physical Activity
 - Drinking Water



Resources Available

Eat Smart webpage (English and Spanish)
go.umd.edu/eatsmart

- Recipes
- Blog
- Cooking 5 Ways
- Plan, Shop and Eat Smart
- Finding Food



Cooking 5 Ways

Rice 5 Ways



Casserole

Rice is a great, low-cost ingredient for casserole dishes. Add rice with cooked vegetables, meat or beans, and bake for a quick, easy weeknight meal.

Salad

Top your favorite salad with plain, cooked rice. Add flavor with seasonings like cumin, cilantro, or other dried herbs and spices.



Stir-Fry

Pair rice with stir-fry vegetables. Combine cooked rice with low-sodium soy sauce and serve. Add cooked chicken, beef, or add tofu to make a one dish meal.

Stuffed Peppers

Mix canned beans, salsa, and cooked rice together. Stuff the mixture inside bell peppers, which have been cut in half and seeds removed. Top with shredded cheese and bake in oven until heated through.



Rice Pudding

Mix cooked rice with low-fat milk, a pinch of salt, and sugar. Cook, stirring often, until mixture is creamy. In a small bowl, mix milk, egg, and cinnamon. Stir into rice

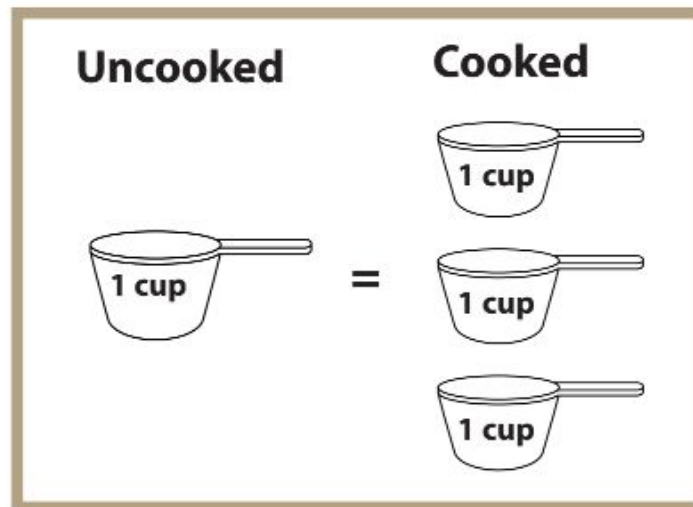




Cooking with Rice

Types of Rice

- White Rice
- Brown Rice
- Wild Rice
- Basmati or Jasmine Rice



How to Cook Rice

Find the water to rice ratio on the rice package. In general, cook 1 cup of rice in 2 cups of water. In a pot on the stove, add rice and cold water. Over medium-high heat, bring rice and water to a boil. Lower heat to simmer, covered, until rice is cooked. Season with salt and pepper to taste.

Stretch Your Meals

Adding uncooked rice to a soup, stew, or casserole can stretch your meals farther. Add 1 cup uncooked rice and two cups of broth or water to your recipe before cooking. The rice will soak up the broth or water as it cooks on the stove top or in the oven.



Plan, Shop and Eat Smart



Enjoy More Fruits and Veggies



Get the Facts



One Pan Meals



Stock Up on Staple Foods



SNAP Benefits Help Families



Recipes

Featured Recipes



Watermelon and Tomato Salad



Swiss Chard Wraps



Strawberry S'mores

Browse All Recipes

TITLE	INGREDIENTS	CATEGORY	
<input type="text"/>	<input type="text"/>	All Recipes ▼	<input type="button" value="Search"/>

Showing 10 of 294 recipes

Sweet Potato and Black Bean Quesadillas

Veggie Flatbread

Butternut Squash Soup



Resources Available

Maryland Teacher Tool Kit

Mdteachertoolkit.org

- Lessons and Resources
- Healthy Schools In Action
- Gardening For Nutrition
- Physical Activity
- Worksite Wellness



Curricula and Lessons

Edible **A B C's**



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READ FOR
HEALTH



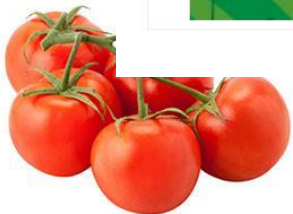
growing
healthy habits



EXPLORING
Maryland Food



SNAP-Ed Afterschool Club Kits



Workplace Wellness

- Explore ideas and resources for healthy eating during the workday: [Eat Well at Work](#)
- Find creative ways to be active at school: [Move More at Work](#)
- Plan with your colleagues to make water easily accessible, and challenge one another to drink more water: [Fuel Your Body with Water](#)
- Find out what types of wellness activities interests your colleagues: [Worksite Wellness Interest Survey](#)
- Create a sense of community around Worksite Wellness: [Building a Healthier Me Stickers](#)
- Keep one another motivated to reach your health and wellness goals:
 - [Send Group Texts 4 Wellness](#)
 - [Share Ideas and Motivation through Pinterest](#)
 - [Buddy Up to Achieve Personal Wellness Goals](#)



Children's Book

A Family Recipe

Website includes English and Spanish pdf
Activities and links



<https://extension.umd.edu/family-recipe-tale-tradition-nutrition-and-fun/>



FYI

- SUN Bucks - Electronic Benefits for the Summer
- FMNP – Farmers Market Nutrition Program
- SNAP, WIC at Farmers Market
- Maryland Market Money at Home Grown Market



How to Apply for SNAP EBT

- **How do I sign up for SNAP?**
 - Email snapteam@mdfoodbank.org.
 - Contact or visit your local [Department of Social Services office](#) to request a SNAP application.
 - MyMDTHINK - <https://mymdthink.maryland.gov/home/#/>
 - Contact Maryland Hunger Solutions at 1-866-821-5552 for assistance signing up with SNAP. Or contact any [SNAP outreach organization](#) that serves your county.

