

2020 IMPACT REPORT



GOAL

To improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance.



MISSION

Steps to Health is NC State University's SNAP-Ed program. We collaborate with youth, adults, and communities to help make the healthy choice the easy choice. We partner with organizations to expand and build healthy food and physical activity access in communities.

5,453

YOUTH AND ADULTS



51

NC
COUNTIES

**PARTICIPATED IN NUTRITION
EDUCATION CLASSES**

**MAKING THE
HEALTHY CHOICE,
THE EASY CHOICE.**

123,529

PEOPLE WITH
IMPROVED POLICIES,
SYSTEMS OR ENVIRONMENTS



COMMUNITY
SITES & SCHOOLS

IMPACTS



Take Control for virtual delivery



Seedling packets for children



Food resource and recipe decks for 102,000 households.