

“ Youth express a confidence in what they know and what they can do. ”

“ One year later, thirty to forty of 7th and 8th grade students at Caldwell Parish Junior High School are able to tell me about some of the meals they are cooking at home with their families. ”

“ Participants indicated a 22% increase in being ready to become more physically active. ”

“ I bought 1% milk instead of whole milk and I was surprised that I liked it! I even bought fat-free milk and I liked that too! ”

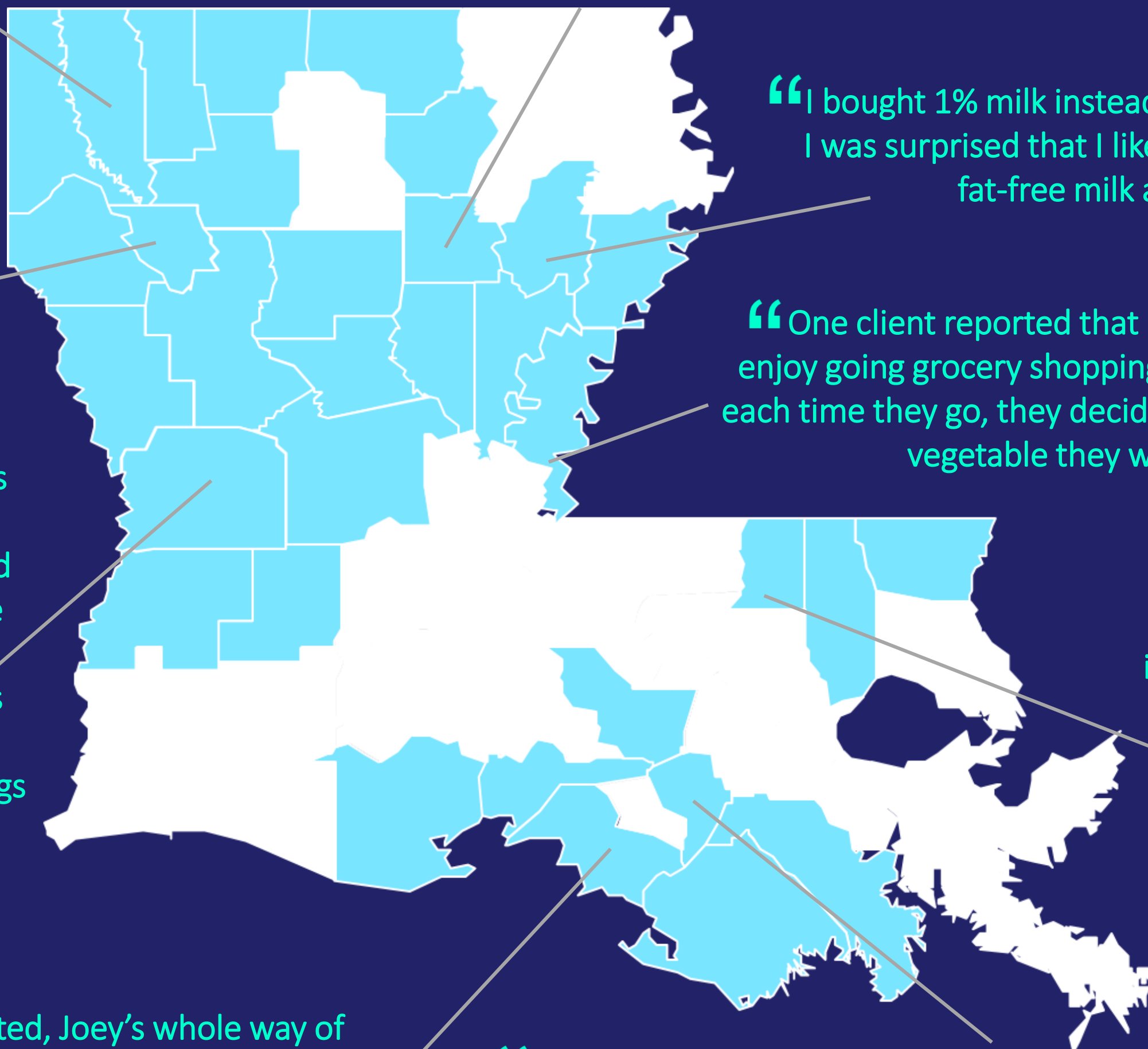
“ Since Muscle Max was one of Alex’s favorite characters, he decided to modify what he ate for breakfast. Alex would come into class and tell me that he drank milk and ate eggs for breakfast just like Muscle Max. ”

“ One client reported that he and his son now enjoy going grocery shopping together and that each time they go, they decide what new fruit or vegetable they want to try together. ”

“ 98% of parents indicated they have used the information from the program on healthy foods and/or snacks. ”

“ Since Body Quest started, Joey’s whole way of eating has changed. He also reminds the family to eat better and why we need to do so. I am very grateful for this program. Thank you! ”

“ The teacher offered to help any parents of students wanting a garden, to build one. Two parents accepted her help and now have raised bed gardens with the help of collaborations. ”



# SNAP-Ed

## Success Stories

