

A circular progress indicator with a light blue center and a dark purple outer ring. A pink segment at the top indicates 25% completion.

25%

Increase consumption of either fruits, veggies, whole grains or nonfat/low-fat dairy by **1** serving a day in SNAP-Ed participants.

A circular progress indicator with a light blue center and a dark purple outer ring. A pink segment at the top indicates 15% completion.

15%

SNAP-Ed participants will be physically active for at least **3** days per week as part of a healthful lifestyle.



Adults
moderate
intensity



Youth
moderate
to vigorous
intensity



OBJECTIVES