

FDPIR and SNAP-Ed

Food Distribution Program on Indian Reservations and Supplemental Nutrition Assistance Program Education



Nutrition education is an important component of the Food Distribution Program on Indian Reservations (FDPIR) and is required as part of the administration of the program. Each year, the Food and Nutrition Service (FNS) provides support for nutrition education for its participants by awarding Food Distribution Program Nutrition Education (FDPNE) grants through a competitive process.

In addition to using nutrition education funds provided to FDPIR administering agencies, FNS encourages them to reach out to Supplemental Nutrition Assistance Program Education (SNAP-Ed) contacts in their respective States and discuss opportunities to include Tribal nutrition education in their SNAP-Ed State Plans.

What is SNAP-Ed?

SNAP-Ed is the nutrition education and obesity prevention component of SNAP, and is designed to improve the likelihood that persons eligible for SNAP and other low-income individuals will make healthy food choices within a limited budget and choose physically active lifestyles. Some common SNAP-Ed activities include:

- **Individual or group-based** direct nutrition education, health promotion, and intervention strategies
- **Social marketing** programs that deliver nutrition and physical activity messages to the target audience
- **Policy, systems, and environmental changes** that encourage healthy eating and active lifestyles

FNS requires States to consult with Tribes about the SNAP-Ed State Plan and to consider the unique needs of members of Tribal Organizations. FDPIR participants are eligible to receive services through SNAP-Ed if the State and agency administering FDPIR work together. Below are examples of SNAP-Ed collaboration efforts in Tribal communities.

Examples of SNAP-Ed Collaborations in Tribal Communities

- A SNAP-Ed implementing agency working with communities in Tribal areas to develop culturally relevant materials, such as recipes using traditional foods like bison and blue cornmeal
- A university and a Tribal Nutrition Services Program developing a video demonstrating healthy, culturally relevant cooking recipes for television or internet use
- Engagement with SNAP-Ed, Indian Health Services, and local clinic staff to create system changes, such as encouraging and providing recommendations for physical activity
- Direct nutrition interventions like food demonstrations, cooking classes, or brief interactive educational activities that feature My Native Plate
- Education classes on topics including general nutrition, infant nutrition, food safety, food resource management, and encouraging consumption of more fruits and vegetables
- Staff working with Tribal community volunteers to plant a garden at an FDPIR site

What should my FDPIR program do if it is interested in partnering with a SNAP State agency to provide SNAP-Ed?

1. **Have ideas or plans for nutrition education and obesity prevention activities** tailored to Tribal audiences that could be successfully implemented and included in your State's SNAP-Ed Plan. SNAP-Ed activities must be evidence-based. Review the SNAP-Ed obesity prevention toolkit for ideas at <https://snaped.fns.usda.gov/sites/default/files/uploads/SNAP-EdToolkit2016UpdateFeb2.pdf>.
2. **Find your State SNAP-Ed contact information** by visiting <https://snaped.fns.usda.gov/state-contacts> and selecting your State. SNAP-Ed is offered in all 50 States, the District of Columbia, the Virgin Islands, and Guam.
3. **Reach out to your State SNAP-Ed contact(s) directly to discuss partnering on your State's SNAP-Ed Plan.** Your State SNAP-Ed contact(s) can provide information on how SNAP-Ed currently operates in the State and discuss potential ways you may partner on the State SNAP-Ed Plan. Since SNAP-Ed can vary by State, reach out to the State agency to ensure your FDPIR program receives the guidance it needs on opportunities to collaborate on SNAP-Ed. States must submit SNAP-Ed Plans for approval by August 15th, but the planning process begins as early as April 1st. It is best to get in touch with the State agency early on in their plan development process even though State SNAP agencies are required to consult with Tribes on the design of SNAP-Ed services.
4. **Be prepared to provide data to support the need for SNAP-Ed for FDPIR participants served by your program.** This information should demonstrate the extent and type of health and nutrition problems and the characteristics and needs of your FDPIR participants.
5. **Reach out to an FDPIR program that is currently receiving SNAP-Ed funding to learn more.** FDPIR programs actively involved with SNAP-Ed can share their experiences and best practices for designing nutrition education and obesity prevention activities tailored to Tribal communities. We encourage you to reach out to an FDPIR program and find out more about their collaboration efforts with SNAP-Ed. Below is a list of FDPIR programs receiving nutrition education funding through SNAP-Ed in 2016.

FDPIR Tribes Receiving SNAP-Ed Funding in Fiscal Year 2016

- Chickasaw Nation of Oklahoma, Oklahoma
- Confederated Tribes of Warm Springs, Oregon
- Ho-Chunk Nation, Wisconsin
- Lummi Nation, Washington
- Spokane Tribe of Indians at Wellpint, Washington
- Tohono O'Odham, Arizona



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