

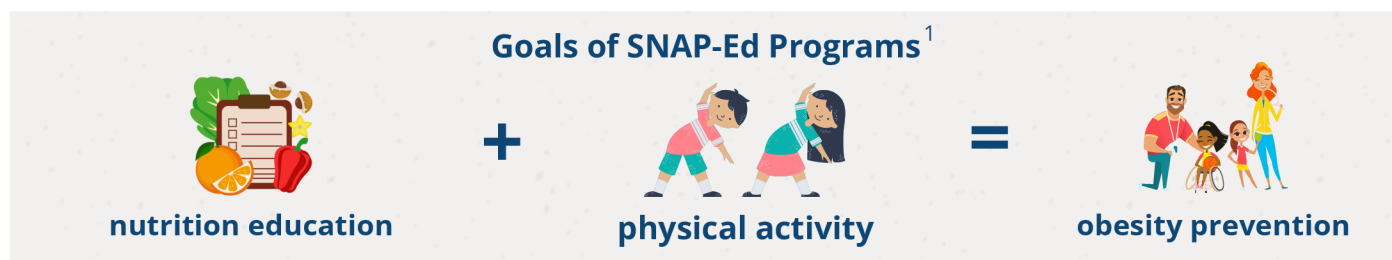
# SNAP-Ed Programs in Texas

November 20, 2025

## KEY TAKEAWAYS

1. The Supplemental Nutrition Assistance Program Education (SNAP-Ed) teaches people and families how to purchase and cook healthy meals, food preparation and safety skills, and engage in physical activity, to help them make healthier lifestyle choices.
2. SNAP-Ed leverages community knowledge and local expertise to implement programs that meet the individual needs of Texas communities.
3. Investing in SNAP-Ed strengthens Texas families by enabling them to make healthy food and physical activity choices in their communities.

## Background



- SNAP-Ed is a nutrition and obesity component of SNAP and helps individuals and families make smart, healthy choices when purchasing and eating food,<sup>1</sup> which is consistent with the Make America Healthy Again (MAHA) strategies.<sup>2</sup>
  - SNAP-Ed was designed as an educational support for SNAP, the umbrella food assistance program which helps more than 3.4 million Texans access the food they need.<sup>1</sup>
- SNAP-Ed partners with all U.S. states and territories, working with state and local organizations to support healthy living and active lifestyles in families and communities.<sup>1,4</sup>
  - In the U.S., almost 2 million people participated in SNAP-Ed's direct education, such as nutrition education classes, across 314,000 sites in 2022.<sup>4</sup>
- SNAP-Ed has helped to support over 60,000 jobs in Texas.<sup>5</sup>
- Eligible individuals can enroll in programs that are consistent with the U.S. Dietary Guidelines for Americans.<sup>1</sup>

### Types of Texas residents receive SNAP:<sup>3</sup>



**1 in 8**

Rural Households



**1 in 7**

Small Town Households



**1 in 9**

Metro Households

# SNAP-Ed Evaluates the Impact of These Programs

SNAP-Ed measures the implementation and outcomes of local programs.<sup>1</sup>

SNAP-Ed measures and supports:<sup>6</sup>



Healthy eating



Food safety



Physical activity and  
reduced sedentary behavior



Healthy weight



Breastfeeding

## SNAP-Ed in Action

SNAP-Ed has helped to fund many types of health programs in Texas. These programs have shown to have a significant health impact.<sup>1</sup>

United States SNAP-Ed Participants Have Reported:<sup>7</sup>



40%

increase in fruit intake



34%

increase in vegetable intake



23%

increase in physical activity

Nutrition Education Classes Reached:<sup>7</sup>

2+ million

Americans Reached

23,300

Program Sites

33%

Rural Sites

## Examples of SNAP-Ed Programs in Texas

### Brighter Bites

- Bright Bites provides fresh produce and nutrition education to lower-income children and their families with the goal of reducing childhood obesity and improving overall health.<sup>8</sup>
- Children and parents who participated in Brighter Bites were:<sup>9</sup>
  - Twice as likely to cook meals from scratch at home
  - More likely to eat fruits and vegetables as snacks
  - More likely to decrease the amount of sugar consumed
- The nutrition education component was partially funded through SNAP-Ed funds.



brighterbites®

## Feeding Texas

- Feeding Texas has partnered with Texas Health and Human Services Commission since 2015 to provide nutrition education classes each year through food banks. Nutrition education, paired with food banks' core role in addressing immediate hunger, helps build a more holistic support system that promotes long-term health and food security for Texans.<sup>10</sup>
- From 2021-2025, Food Banks have:<sup>10</sup>
  - Taught over 18,500 nutrition education classes across nearly 2,000 sites of schools, health care, and community partners.
  - Reached over 200,000 Texans.
- After nutrition education programming, participants were:
  - More likely to consume a greater amount and variety of fruits and vegetables per day.
  - More likely to read nutrition facts labels while shopping.
  - More likely to meet physical activity guidelines.



## Tu Salud ¡Si Cuenta!

- Tu Salud, Si Cuenta is a program that supports obesity and diabetes management by providing free exercise classes, walking clubs, and other physical activity classes to residents in Cameron County.<sup>11</sup>
- Community Health Workers and Promotoras help provide free health screenings and education to residents.<sup>11</sup>
- As a result of the program, in 2024, Brownsville participants saw:<sup>12</sup>
  - 62% improved fruit and vegetable intake.
  - 60% improved their physical activity per week, an average increase of 75 minutes per week of physical activity.
  - 69% decreased blood pressure.
  - 20% had their hypertension lower to a normal range.
- With the support of SNAP-Ed funding, Tu Salud, Si Cuenta was able to provide almost 200 classes to 3500 participants between October 2023 and September 2024.<sup>13</sup>



To learn more about the organizations and agencies that provide SNAP-Ed nutrition education programming, visit Texas HHSC's website: <https://www.hhs.texas.gov/services/food/snap-ed>

## Nutrition and Obesity Policy in Texas

During the 2025 Texas Legislative Session, many bills related to nutrition, obesity, and SNAP in Texas were passed. These bills included:

**SB 25:**  
related to health  
and nutrition  
standards

Reference 15

**HB 26:**  
related to  
nutrition  
counseling in lieu  
of services

Reference 16

**SB 379:**  
relating to food  
and beverages  
purchases under  
SNAP

Reference 17

In July 2025, House Resolution (H.R.) 1 was signed into law by the federal government, eliminating the federally funded Nutrition Education and Obesity Prevention Grant Program (SNAP-Ed), limiting the funding for nutrition education, cooking classes, physical activity guidance, and chronic disease prevention programming.<sup>18</sup>

## Experts

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