



Pick a **better** snack™ is an evidence-based Supplemental Nutrition Education Program (SNAP-ED). The program is implemented by the Iowa Nutrition Network at the Iowa Department of Public Health. The aim of Pick a **better** snack™ is to increase fruit and vegetable consumption and physical activity among low-income Iowa elementary school students.



Student Assessment, 2016-2017¹

62 Iowa schools participated.²



61% Liked to eat fruit for snacks.



78% Asked someone in their family for fruit or vegetables for a snack.

1,268 Third grade students surveyed.²



19% Liked to eat vegetables for snacks.



65% Asked someone in their family for fruit or vegetables for dinner.

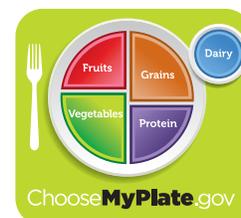
Logo Recognition



96% recognized logo.*



90% recognized logo.**



94% recognized logo.**

Fruit & Vegetable

65% Liked to try new fruits most of the time.

33% Liked to try new vegetables most of the time.

45% Very sure they could eat vegetables for a snack at home.⁺



Dairy

52% Liked to drink white milk most of the time.

74% Students liked flavored milk most of the time (decrease of 5 percentage points).^{**}

70% Students thought that white fat-free/1% milk was healthier than white whole milk.^{**}



Physical Activity

83% Liked to have fun by doing active things like biking, jumping rope and playing sports most of the time.*

72% Very sure they could play outside instead of watch TV after school.*



¹ Pre-assessment September 2016; post-assessment May 2017. Post-assessment data presented. Significant results represent positive shifts.

² Pre-assessment sample.

⁺ Approached significance

* $p \leq .05$

** $p \leq .01$

Normative Beliefs

67%

Agreed that: **If I eat fruit every day, my parents will be proud of me.**



31%

Agreed that: **My friends like to eat vegetables.**



Asking Behaviors

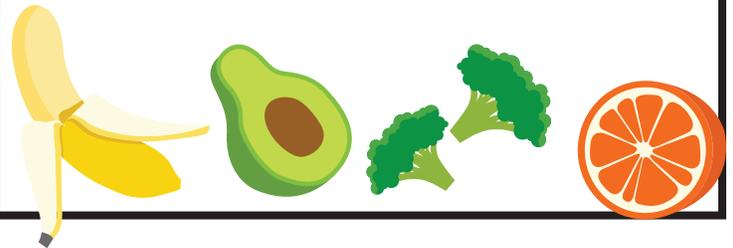
(Students asking for fruits and vegetables)

49%

Students asked someone in their family to have fruits or vegetables at home for breakfast.*

68%

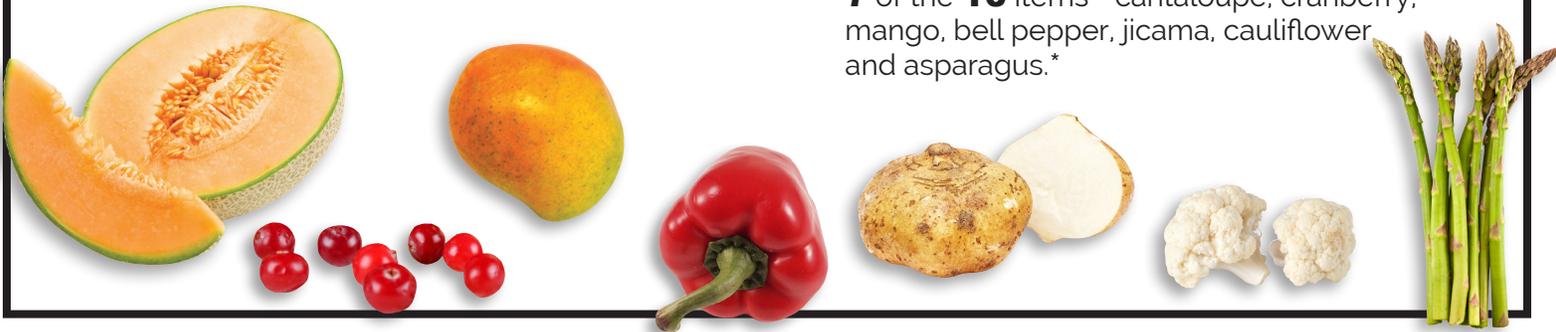
Students asked someone in their family to have fruits or vegetables within their reach.**



Preferences

Students tasted **10** different fruits or vegetables during the school year and were asked if they liked each one.

- The percent responding **YES** increased for **8** out of **10**.
- Preference for cranberry and bell pepper increased significantly.**
- Student familiarity increased for every fruit and vegetable. Results were significant for **7** of the **10** items—cantaloupe, cranberry, mango, bell pepper, jicama, cauliflower and asparagus.*



Conclusion:



The student assessment showed positive results for behaviors that lead to eating more fruits and vegetables. Actual fruit and vegetable consumption was previously evaluated in the 2011-2012 USDA Wave II study, which found that children participating in the the Pick a **better** snack™ program ate more fruit and vegetables than the comparison group. Research article can be accessed from the *Journal of the Academy of Nutrition and Dietetics* (August 2016).

Reference: [http://www.andjnl.org/article/S2212-2672\(15\)01814-6/pdf](http://www.andjnl.org/article/S2212-2672(15)01814-6/pdf)

Pick a **better** snack™




Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES