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# **Coping with COVID-19: A Qualitative Study with Former SNAP-Ed Nutrition Education Participants**

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Collaborative of 50+ local partners to improve the health of Michigan's most vulnerable citizens.



# COVID-19

Closures

Unemployment

Social Isolation

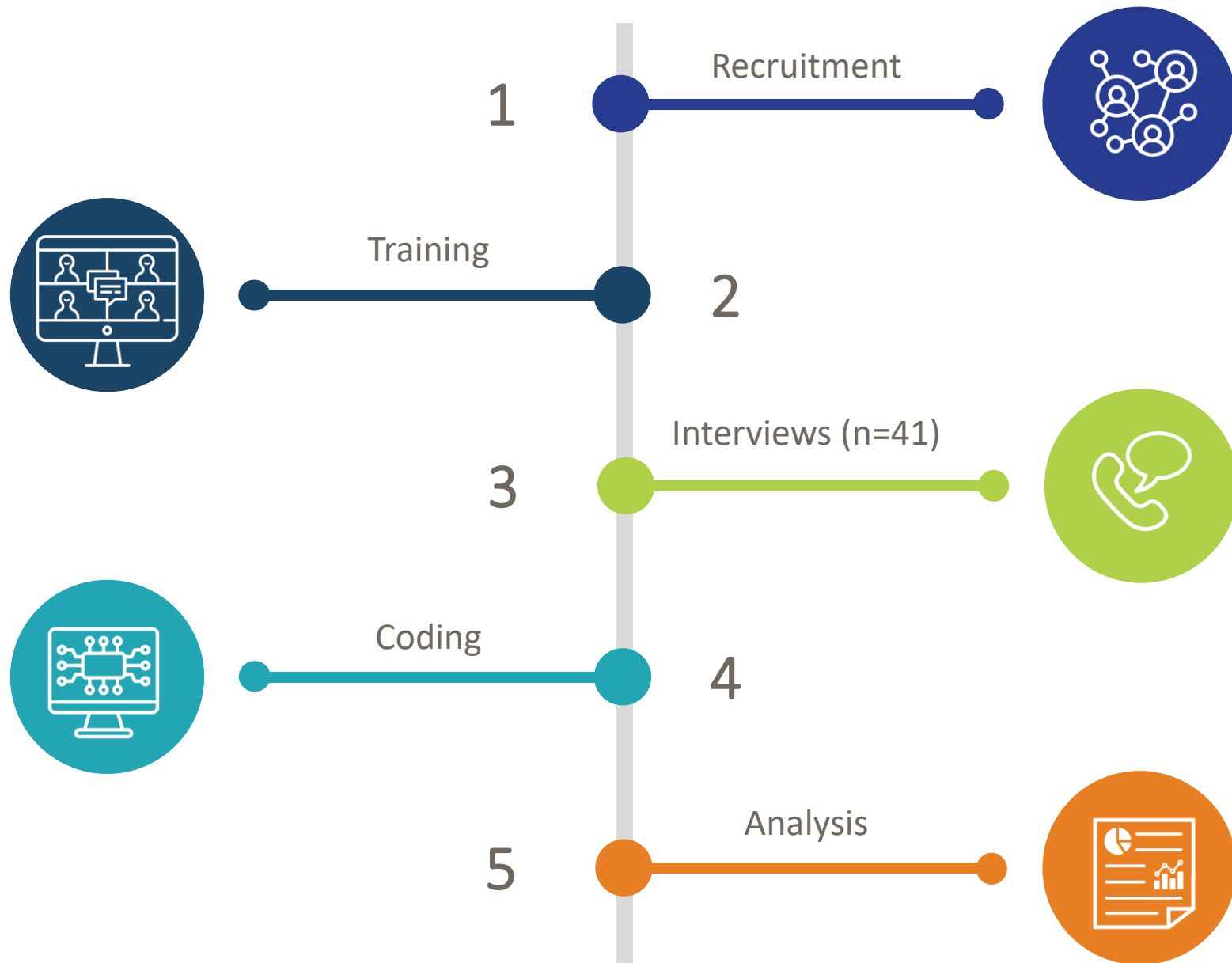
Illness and Death



Coping with COVID-19

How SNAP-Ed Nutrition  
Classes Helped  
Participants Cope with  
COVID-19

SNAP-Ed Nutrition  
Classes

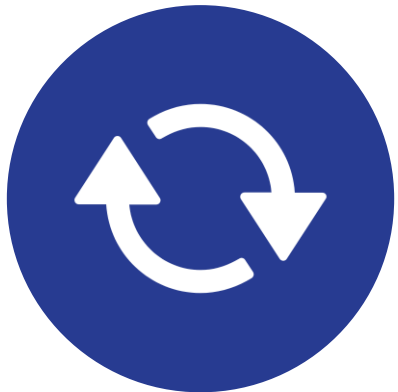




Informative, enjoyable,  
and interactive



Learned valuable  
information



Made sustainable  
change

# Nutrition Class Feedback

“I’m not only getting education, I’m...**learning how to save my money.** I am also learning how to **portion size** with my family. And I am also **learning how to cook** with the certain things that’s already in our cabinets or in our refrigerator. And I’m also being able to feed my family for the following day. So, I loved a lot of that.”

# COVID-19



Changes in  
routine



Following health  
guidelines



Isolation  
and stress

“And I am just—I just feel like I am **isolated** most of the time because I live by myself so that doesn't help that I am by myself.

It's very **stressful**, especially with so much going on not only with the pandemic, but in the **anxiety** of the world right now. It's something I couldn't have imagined happening with this pandemic.”



Changes in  
grocery shopping



Cooking more



Exercising  
differently

# Shopping, Eating, and Activity

I think I'm more intentional planning my meals... It's helping me to plan what I'm going to eat and when I'm going to go. I'm just more intentional about what we're going to eat and what I need.

... and prices have gone up, so it's definitely become a more expensive challenge to find the items I want, and it's become more stressful. It's just you're always worried. Are things going to go—are we going to go through another shortage of food?

So, it's like people are over-shopping and then don't even utilize it. So, a lot of people like that's not—don't have like their supplemental food stamps and don't have cash. So, when we go to the store, we get the scraps.



# Connection to Class



Eating more fruits  
and vegetables



Reading  
nutrition labels



Strategizing  
shopping

I probably would have continued doing what I had always done, had it not been for the class.... I wouldn't feel it was necessary to put a lot of effort into preparing vegetables for myself. You know?

Like I say, I go in there and I take more dietary things and nutritious things because of that class. Because now I know what to look for, the good and the bad.



Shelf-Stable  
Food Options



Meal Planning  
and Budgeting



Food Safety

# Adjustments to Future Classes

“And I think that would be a great one to make meals that would use foods that are **shelf-stable**... Like say there is another shutdown and **especially for people who don't have access to vehicles**, and have to get on a bus, and the buses don't run as much.”

# Conclusion



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# Thank You!

Learn More! <https://snap-ed.michiganfitness.org/>

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