

## **Ripple Effects Mapping Michigan Fitness Foundation**

The Michigan Fitness Foundation is hosting this Ripple Effects Mapping session to better understand the impacts of SNAP-Ed work in Michigan communities. Today's session will use a visual "mind mapping" method. We will work together to reflect on intentional and unintentional changes that have happened as a result of the SNAP-Ed program.  
Thank you for taking time to join us today!

### **1. Introductions and Brief Overview**

### **2. Appreciative Inquiry: Your experience with SNAP-Ed**

Please share a brief story that answers one of the following questions:

- What is one important change that you've seen or that you've experienced personally that has come out of the work of SNAP-Ed?
- What new or deepened connections have you made with others as a result of SNAP-Ed?
- How are organizations or individuals working together differently as a result of SNAP-Ed?

-- Break --

### **3. Mapping: Working together to identify "ripples" or impacts**

We will build on what was said during the appreciative inquiry process to learn more about how SNAP-Ed has made a difference in the community. The questions asked during this part of the mapping exercise are intended to help draw out and categorize different types of "ripples" or impacts.

During this part of the discussion, you'll be asked to consider a wide range of potential impacts, including:

- changes in the way people are involved in their communities
- new knowledge or skills
- new connections or partnerships
- changes in community organizations and social systems
- changes to the community's physical environment, including the food environment
- changes in how community members understand where people shop and play
- changes in awareness of healthy eating and active living
- changes in food systems and food access

### **4. Reflection and closing**

- What have we missed?
- As you look at the map, what is most interesting?

--Break --

### **5. Making connections**

- Guided questions from MFF on how ripples apply to your work

**Your Name (optional):** \_\_\_\_\_

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