

# SNAP-Ed WORKS

Healthier Lives Through Nutrition Education



## THE CHALLENGE

1/3

Children in the U.S. are overweight or obese

2/3

Adults in the U.S. are overweight or obese

1/5

Families with children in the U.S. face hunger/food insecurity

1/10

Adults in the U.S. eat the recommended daily amount of both fruits and vegetables

## THE SNAP-Ed SOLUTION

Every \$1 spent on nutrition education saves as much as \$10 in long-term health care costs



**SNAP-Ed WORKS IN ALL 50 STATES**  
With low-income families and children that receive SNAP (food stamps)



Teaches SNAP families how to buy and prepare healthy foods



Helps low-income families stretch tight budgets and buy healthy options



Introduces school kids to new fruits and vegetables through workshops, classes, and school gardens

## THE RESULTS

### SNAP-Ed WORKS FOR KIDS

3/4

of SNAP-Ed participants are children



**73% OF STUDENTS MET THE NATIONAL RECOMMENDATION FOR FRUIT CONSUMPTION** among Georgia SNAP-Ed program participants



**50% DECREASE OF OVERWEIGHT** in elementary school students in a Pennsylvania SNAP-Ed program



**100% INCREASE OF FRUIT AND VEGETABLE CONSUMPTION** in elementary school students in SNAP-Ed's Harvest of the Month program in Chico, CA

### SNAP-Ed WORKS FOR ADULTS & FAMILIES



#### INCREASE IN HEALTHIER FOODS

92% increase in the number of participating low-income California adults eating 5+ servings of fruits and vegetables daily



#### INCREASE IN PHYSICAL ACTIVITY

Up to 62% of SNAP-Ed participants were more physically active



#### DECREASE IN HUNGER

40% of SNAP-Ed participants say the program helped them reduce the number of days their families faced food insecurity during the month

Find out how you can protect SNAP-Ed at <http://www.phi.org/resources/?resource=snapedworks>

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