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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