

# Maine SNAP-Ed works!

Supplemental Nutrition Assistance Program-Education

SNAP-Ed helps ensure that the investment in SNAP pays off.

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

## The Challenge



2 out of 3 Maine adults are **overweight or obese**

**41%**

of Maine children in grades 5 and 6 are **overweight or obese**



72% of adults in Maine **do not eat enough** fruits and vegetables

**16%**

of Maine households face **hunger/food insecurity**



1 in 4 children are **food insecure**

## The SNAP-Ed Solution

### >> Helping Mainers shop, cook, and eat healthy foods on a limited budget



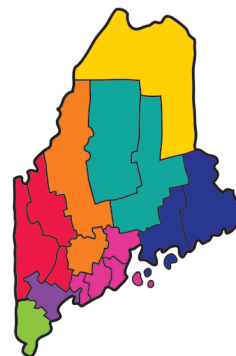
Introducing school children to **new fruits and vegetables** through classes and school gardens



Teaching low-income Mainers how to **buy and prepare healthy foods**



Helping SNAP families **stretch tight budgets** and buy healthy options



**And...**supporting sustainable community changes that help reduce the burden of obesity across Maine.

## The Results

- » In 2016, **44** Nutrition Educators conducted **11,548** evidence-based nutrition education classes in all 16 counties reaching **34,190** low-income children and adults.
- » **80%** of classroom teachers reported more students now **choose fruits or vegetables** in the cafeteria or during classroom parties after participation in the SNAP-Ed Pick a better snack™ program.



- » Parents of children participating in the Pick a better snack™ program reported significant increases in their children requesting and consuming more fruits and vegetables.
- » **3,109** Mainers were taught skills to **shop for healthy foods** at grocery stores.
- » In 2015, Nutrition Educators reached a total of **7,118** Mainers with sustainable changes to nutrition policies and environments in child care settings, schools, afterschool programs, public housing, and community sites to help **make the healthy choice the easy choice**.

**MAINE**  
  
**SNAP-Ed**  
Healthy Eating on a Budget

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UNIVERSITY OF  
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Department of Health  
and Human Services  
Maine People First  
Safe, Healthy and Prosperous 2025  
Paul E. LePage, Governor | Robert Handberg, Acting Commissioner

Sources available upon request by emailing [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu).  
[www.mainesnap-ed.org](http://www.mainesnap-ed.org)