

# 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 adults and 1 out of 3 youth in Maine are **overweight or obese**



Only 16% of Maine students **eat enough fruits and vegetables**



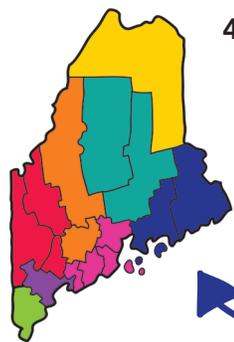
30% of adults report daily consumption of **sugar-sweetened beverages**



Maine is the oldest state in the country, and 17% of seniors are **food insecure**

## THE SNAP-Ed SOLUTION

» Helping Mainers shop, cook, and eat healthy foods on a limited budget and working to make the healthy choice the easy choice!



41 Nutrition Educators



Reaching **40,754** youth and adult participants with **9,610** nutrition education classes



Increasing access to healthy foods and **locally grown fruits and vegetables**, establishing school and community **gardens**, and supporting **wellness policies**

Reaching low-income Mainers of all ages in all **16 counties**

## THE RESULTS

**CHILDREN** In 2017, Nutrition Educators reached **14,205 students in 140 eligible elementary schools** across the state with the Pick a better snack™ program. **83% of teachers indicated that more students now choose fruits and/or vegetables** in the cafeteria or during classroom parties.

**TEENS** Students in 10 Tips for Teens in 2017 reported **significant increases in consumption of fruits and vegetables**, and **56% reported drinking more water**.

**ADULTS** **2,587** low-income Mainers were taught healthy behaviors through 10 Tips for Adults. **Daily consumption of sugary drinks decreased significantly** from 11% to 6%.

**SENIORS** **More than 2,000 seniors were reached** through veterans' service sites, senior public housing, food pantries, faith-based centers, and senior nutrition centers.

"I used to eat a lot of fast food but now I eat a lot of veggies and fruit."  
—Teen Participant



In 2016, **8,336 Mainers were reached** with SNAP-Ed policy, systems, and environmental changes.



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

**UNE** UNIVERSITY OF NEW ENGLAND  
INNOVATION FOR A HEALTHIER PLANET

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

Department of Health and Human Services  
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