Maine SNAP-Ed works!
Supplemental Nutrition Assistance Program-Education

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

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.

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

Sources available upon request by emailing mainesnap-ed@une.edu.
www.mainesnap-ed.org

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