Maine SNAP-Ed Works! 2018

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 1 in 5 Maine middle school students eat enough fruits and vegetables

8 in 10 adults do not meet physical activity guidelines

14% of Maine households are food insecure

THE SNAP-Ed SOLUTION

35 Nutrition Educators working at all community levels to help Mainers shop, cook, and eat healthy foods in environments designed to make the healthy choice the easy choice.

Delivering evidence-based curricula

Increasing access to healthy environments

Increasing community capacity to address hunger and prevent obesity

INDIVIDUAL

ENVIRONMENTAL

SECTORS OF INFLUENCE

THE RESULTS

INDIVIDUAL

In 2018, 8,956 SNAP-Ed classes reached 39,697 youth and adult participants.

After participating in 10 Tips for Teens, there were statistically significant increases in student consumption of fruit, non-fried vegetables, low-fat dairy products, and whole grains.

10 Tips for Adults reached 1,348 Mainers. Class participants reported significant behavior changes:

- Increased consumption of fruits and vegetables
- Reduced consumption of sugar-sweetened beverages
- Increased daily physical activity

ENVIRONMENTAL

Nutrition Educators continued to work on impactful policy, systems, and environmental changes. For example:

- 26 worked to increase access to produce from local farms.
- 12 promoted or established home or community gardens.
- 10 supported implementation of school wellness policies.

SECTORS OF INFLUENCE

Working with partners, postcards were distributed to 20,533 SNAP recipients to collectively promote participation in the Maine Harvest Bucks and Farm Fresh Rewards programs in priority farmers’ markets and food co-ops.

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

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Ed educates low-income families on low-cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.