

# Maine SNAP-Ed Works! 2019

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

### In Maine...



About 1 in 10 individuals participate in SNAP



35% of households receiving SNAP have children under 18



More households with food insecurity than in the US overall



2 out of 3 adults are overweight or obese



Only 1 in 4 elementary school students eat enough fruits and vegetables

## THE SNAP-Ed SOLUTION

**39 Nutrition Educators** helping Mainers shop, cook, and eat healthy foods on a limited budget and creating healthier communities in all **16 counties**.

Delivering **evidence-based** curricula



INDIVIDUAL

Increasing access to **healthy environments**



ENVIRONMENTAL

Increasing community capacity to **address hunger and prevent obesity**



SECTORS OF INFLUENCE

## THE RESULTS

### INDIVIDUAL

Delivered **9,354 nutrition education** classes and reached **25,046 participants**.

**Pick a better snack™ (PABS)** reached **14,078 students** in **125 eligible elementary schools** across the state.

Teachers reported\* that after PABS, students were...

- more likely to bring a **fruit or vegetable** as a snack
- less likely to drink **soda or other sugar-sweetened beverages**

**10 Tips for Adults** reached **1,569 Mainers**. A study demonstrated\* healthy behavior changes:

- **Increased** fruits, vegetables, whole grains, and water
- **Reduced** sugar-sweetened beverages and sweets

\*Indicates statistically significant results.

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

### ENVIRONMENTAL

Implemented more than **60 policies, systems, and environmental changes** to make the healthy choice the easy choice for over **14,000 Mainers** in...



Schools



Clinics



Farmers Markets

### SECTORS OF INFLUENCE

Organized partners to collectively promote **federal school meal programs** so more students can learn and thrive in their communities.



Marketed healthy living messages to **137,762** unique website users—over **3 times** the reach of 2018.