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
- Increasing access to healthy environments
- Increasing community capacity to address hunger and prevent obesity

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

ENVIRONMENTAL

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

- 18 Schools
- 10 Clinics
- 8 Farmers Markets

SECTORS OF INFLUENCE

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

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

*Indicates statistically significant results. Sources available upon request by emailing mainesnap-ed@une.edu. www.mainesnap-ed.org