Maine SNAP-Ed Works! 2020
Supplemental Nutrition Assistance Program—Education

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

Challenge

IN MAINE...

- SNAP enrollment increased in every county from 2019 to 2020
- 14% of households are food insecure
- 2 out of 3 adults are overweight or obese
- Only 3 out of 10 high school students eat enough fruits and vegetables

SNAP-Ed Solution

39 Nutrition Educators creating healthier communities in all 16 counties

Delivering evidence-based curricula
Increasing access to healthy environments
Increasing state capacity to address hunger and prevent obesity

Results

INDIVIDUAL

7,955 nutrition education classes reached 23,417 participants in...

- 133 child care sites
- 176 schools
- 16 job training and veterans services sites
- 17 health care sites

Over 800 were reached with virtual curricula adapted for COVID-19

Series-based nutrition education works!*

- Teens reported eating more fruits, vegetables, and whole grains and drinking more water
- Adults reported eating less fast food and getting more physical activity

Tribal partner designed the My Wabanaki Plate

ENVIRONMENTAL

74 policy, systems, and environmental changes at

- 15 food assistance sites
- 10 clinical sites
- 5 faith-based centers

And in other settings where Mainers eat, learn, live, play, shop, and work—making the healthy choice the easy choice for about 13,000 Mainers

SECTORS OF INFLUENCE

Postcards, $10 incentives, and nutrition education with partnering farmers markets and grocery stores increased SNAP participation by up to 200%

SHOP COOK EAT healthy messages reached 123,512 unique website users, peaking at the onset of the pandemic

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*Statistically significant results
Sources available upon request by emailing mainesnap-ed@une.edu.

www.mainesnap-ed.org