

SNAP-ED WORKS! 2022



Supplemental Nutrition Assistance Program—Education
Partnering with communities to increase healthy, active living for all Mainers

Community Assets and Social Capital	Social and Community Context	Collaborative Action
<p>Communities across Maine are thriving because of shared values, community services, and public spaces.</p> <p>SNAP-Ed Nutrition Educators work to establish social capital with local partners to reduce health inequities.</p> <p>SNAP-Ed collaborated with...</p> <p>13 Libraries 16 Community and Rec Centers 6 Community Gardens 9 School Gardens</p>	<p>Whether people are healthy or not is complex and is affected by their circumstances and environment.</p> <p>In Maine, about 1 in 10 people live with low access to affordable, nutritious food.</p> <p>1 in 4 children is at risk for hunger, and of those, 37% do not qualify for public assistance.</p>	<p> Equitable access to healthy choices through SNAP-Ed:</p> <ul style="list-style-type: none"> ✓ evidence-based, trauma-informed curricula ✓ policy, systems, and environmental supports ✓ evidence-based, social marketing campaigns that support families ✓ public sector collaborations for nutrition security

Building on Strengths Results where Mainers Eat, Live, Learn, Play, Shop, and Work...

39 Nutrition Educators in all 16 counties **6,181** classes **15,000** participants **>13,500** youth

Series-based, participant-focused health education works! *

Adults reported **increased confidence** in buying and cooking nutritious foods on a budget

Youth, teens, and adults reported **increases in physical activity**



95% of youth and adult participants

in 10 Tips classes report educators made them feel included in the class

Instructor [was] very respectful of participants and their different experiences.

– Adult participant

I learned new healthier recipes to eat at home.

– Teen participant

New Policy, Systems, and Environmental Changes

60 community sites, reaching about **10,000** Mainers



Libraries hosted health-themed story walks, take-home garden kits, gleaned produce sharing tables



Gardens transformed an unused field, were doubled in size, added a greenhouse

Leveraged Resources

Gleaned produce from farms grew 10-fold, valued at

\$40K



State Nutrition Action Council

Statewide partners developed an outreach toolkit in

11 Languages

for schools to maximize nutrition program funding



Connected with

300+

Mainers through the **SHOP COOK EAT** texting campaign

*Statistically significant results. Sources available upon request by emailing mainesnap-ed@une.edu | 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 Office for Family Independence (OFI) at 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 families experiencing low-income on low-cost healthy eating and active lifestyles.

