

SNAP-ED WORKS! 2023



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 engaged in community-driven public health interventions in...</p> <p>162 K-12 schools 97 child care and preschool sites</p> <p>49 public housing sites 21 community and recreation centers</p> <p>Leveraging close to \$130K in partner resources</p> | <p>Whether people are healthy or not is complex and is affected by their circumstances and environment.</p> <p>Over 144,000 Mainers lack access to enough food to lead healthy lives.</p> <p>1 in 9 Mainers rely on SNAP:</p> <ul style="list-style-type: none"> • More than 36% are in working families • 56% are in families with children • 55% are older adults or are disabled | <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 ✓ 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...

40 Nutrition Educators in all 16 counties **7,460** classes **19,814** participants **>18,000** youth

After completing series-based health education... 9 to 18-year-olds reported **eating more fruits and vegetables**. Adults reported **increased confidence in buying and cooking nutritious foods on a budget**.

79% of teachers agreed: "The nutrition educator honored different personal and cultural connections to food."

"... encouraging to see my students try healthy snacks and talk about enjoying them."
 ~Teacher

Policy, systems, and environmental changes in **71 new and 70 ongoing** sites, reaching close to **15,000** Mainers with long-lasting community health improvements.

Food assistance sites and food banks distributed **>15,000** lbs of gleaned produce.

Health care clinics and hospitals screened for **food insecurity** and provided emergency food and nutrition education messages.

State Nutrition Action Council

Promoted **Hot Lunch Summer** campaign: 7 million impressions connecting youth to summer meals.

Produce Incentives: 1,816 \$15-postcards redeemed at farmers markets and farm stands.

SHOP COOK EAT social marketing campaign

2,452,391 impressions

↑ **2.26%** from last year

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

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