

# SNAP-Ed WORKS

Healthier Lives Through Nutrition Education

2017

## THE CHALLENGE

17%



of Pennsylvanians are living below 125% of poverty. 1.8 million Pennsylvanians are SNAP eligible.<sup>1</sup>

85%



of Pennsylvania adults do not eat recommended daily amounts of both fruits and vegetables.<sup>2</sup>

12.5%



of Pennsylvanians are food insecure.<sup>3</sup>

## THE SNAP-ED SOLUTION

SNAP-Ed partners with community organizations to implement evidence-based nutrition education and policy, systems, and environmental changes that make the healthy choice the easy choice in settings where low-income Pennsylvanians...

### Shop

Help families stretch food budgets and choose healthy options.



### Learn

Introduce kids to fruits and vegetables through classes, after school programs, and school gardens.



### Live

Connect low-income families with healthy resources in their neighborhoods and communities.



### Eat

Teach low-income families how to prepare healthy foods.



## THE RESULTS

### SNAP-Ed Worked in 2017

#### Kids



89%

of PA SNAP-Ed participants were children. Children learned from SNAP-Ed.<sup>4</sup>

#### Adults & Families



70%

of PA SNAP-Ed adult participants reported using SNAP in the past year.<sup>4</sup>

#### Increased Consumption of Fruit

Students participating in PA SNAP-Ed consumed more fruit juice after participating in nutrition education sessions.<sup>5</sup>



#### Improved Shopping Skills.

After SNAP-Ed programming, adults are 22.7% more likely to plan meals before shopping and 28.2% more likely to compare prices at the grocery store.<sup>5</sup>



#### Healthy Snack Behaviors.

Adults reported eating more fruits and vegetables as snacks between meals following SNAP-Ed nutrition education programming.<sup>5</sup>



#### Increased Vegetable Intake.

Students in grades 8-12 who participated in PA SNAP-Ed report eating vegetables more frequently than those who did not receive nutrition education.<sup>5</sup>



Adults reported eating more vegetables following PA SNAP-Ed nutrition education programming.<sup>5</sup>

