

Supplemental Nutrition Assistance Program Education SNAP-Ed Works

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

THE CHALLENGE

28%

of NH third graders are overweight or obese

61.7%

of NH adults are overweight or obese

16.8%

of adults in NH eat vegetables less than one time per day

10.2%

of families in NH face hunger/food insecurity

Every \$1 spent on nutrition education saves as much as \$10 in long-term health care costs



THE SNAP-Ed SOLUTION

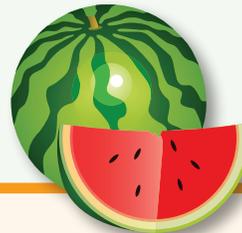


Introduce

school children to new fruits and vegetables through a series of lessons and school gardens

Teach

SNAP-Ed families how to buy and prepare healthy foods

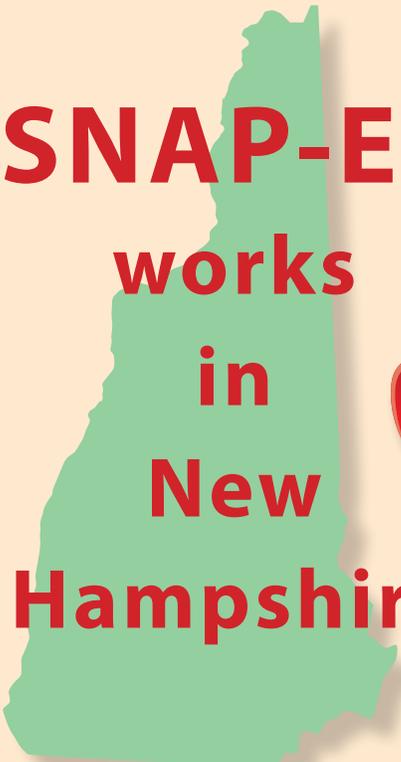


Help

SNAP-Ed families stretch tight budgets and buy healthy options

THE RESULTS

SNAP-Ed
works
in
New
Hampshire



Statewide Outreach

SNAP-Ed reached **971 families** with education benefiting **3,425 additional family members**

Saving Food Dollars

43% of SNAP-Ed participants more often **compared prices** when shopping for food

Increased Intake of Healthier Foods

35.2% of participants **improved their intake of vegetables**

Connecting with Youth

2,288 youth participated in a series of lessons at school, in after-school programs and through youth gardens

Reaching Seniors & Families with Children

A series of six newsletters reached **31,000 SNAP seniors and families with children**

Read what participants and teachers are saying about our work.



I learned that not all things that say wheat isn't always 100% wheat. I plan on eating whole grains instead of white.

With doing the WIC store tour, I learned how to use the food scale better. I didn't know how to calculate the number of pounds of food I was measuring.

It helped a lot!

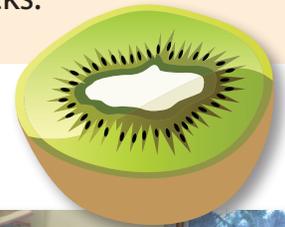


Because of taking Nutrition Connections course I have learned the value of eating healthy and making important nutrition choices.

As a mother of three children this course has helped me to add value and subtract unhealthy choices while cooking, grocery shopping, and eating healthy in general. I would not only take the class again I'd invite friends and family.

I learned a lot of fun facts that will benefit the health of my children and I. The value of actually paying attention to what I purchase and health selections on how to put different foods together. It was more helpful to understand "MyPlate" and portion sizes. I enjoyed the class.

Both myself and my students have become more aware of the food we are putting into our bodies. We have begun to make a healthy snack on Tuesdays. We've made smoothies, yogurt parfaits, banana s'mores, etc. We are also discussing healthy foods all throughout our day! Students are proud when they bring in their healthy snacks.



Cooking with food from the garden



WIC shopping tour



Exercising with seniors



Chopping vegetables in a cooking class