DC SNAP-Ed
Supplemental Nutrition Assistance Program - Education

The Challenges

- **33.8%** of DC children ages 10 to 17 are overweight or obese
- **1 in 4 children** in DC face hunger and food insecurity
- **9.7% of White & 35.5% of Black residents are obese**
- **7 in 10 DC adults** in Wards 5, 7 and 8 are overweight or obese

High racial disparities in DC obesity rates:

The SNAP-Ed Solution

SNAP-Ed promotes healthier lives where low-income people live, learn, eat, shop, work, and play.

**Create**
A culture of health to prevent nutrition-related chronic disease and support self-sufficiency

**Teach**
Low-income families how to buy and prepare healthy foods on a budget

**Build**
School gardens in low-income schools to teach children and families to eat and grow fruits and vegetables

**Collaborate**
With local organizations and state agencies to collectively impact the food environment

The Results

- **More than 50%** of 3rd to 6th grade students participating in SNAP-Ed classes improve knowledge of fruits, vegetables, and whole grains
- **77% of seniors** who participate in SNAP-Ed classes report eating vegetables most days or every day of the week
- **More than 2,502 children** and their families learn about eating and growing fruits and vegetables at school gardens

In 2017, DC SNAP-Ed provided **28,423 low-income DC residents** with evidence-based nutrition education

In 2017, **15,594 DC residents** were taught skills to prepare fruits and vegetables at farmers’ markets

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