

CREATE A BETTER LIFE THROUGH SNAP-ED

Supplemental Nutrition Assistance Program - Education

BY: HEIDI LEBLANC & MATEJA SAVOIE

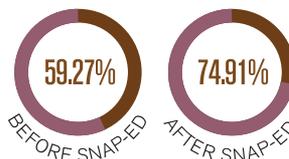


Percentage of participants who reported they usually/always had enough food to last to the end of the month.



Kids who don't get enough to eat are "significantly more likely to have poorer health status and to experience more frequent stomachaches and headaches than food-sufficient children."

Percentage of participants who reported they usually/always eat breakfast within 2 hours of waking each day.



70% of elementary and middle school kids who eat breakfast have the potential national impact of:

20% increase in graduating from high school

Food-insecure children are **90%** more likely to have overall health reported as "fair/poor"

Food-insecure kids are **31%** more likely to have been hospitalized since birth than children growing up in food-secure households.

Food \$ense (SNAP-Ed) participants increase food security.

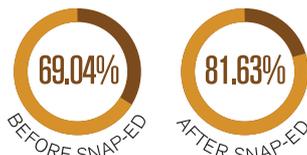
Food \$ense (SNAP-Ed) participants improve their diets by eating breakfast consistent with the current Dietary Guidelines for Americans.

17.5% scoring higher on standardized math tests per year.

Every \$1 in increased SNAP spending generates up to \$1.73 in local economic activity.



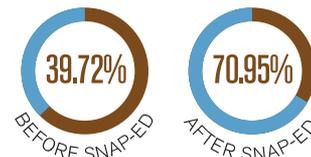
Percentage of participants who reported they usually/always eat family meals at home at least three times a week.



Food \$ense (SNAP-Ed) participants make healthy food choices consistent with the current Dietary Guidelines for Americans by eating together as a family.

Food \$ense (SNAP-Ed) participants improve their diets by adding vegetables into their daily intake, which is consistent with the current Dietary Guidelines for Americans.

Percentage of participants who reported they usually/always eat at least 2½ cups of vegetables a day.



Approximately \$2,668 is spent on meals away from home

\$8.00 per meal outside the home.

\$4.50 per meal made in the kitchen.

More than **5%** increase in obesity in children who do not eat three or more meals together with family in a week.



Lower rates of substance abuse, teen pregnancy and depression occur in families who eat together.



Increase in grade point average and self-esteem in families who eat together.

By eating 2½ cups of vegetables a day, the following has been improved/addressed through SNAP-Ed:



Eating a diet high in vegetables is associated with a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers.



Increase in local produce.



61% of the recommended servings of vegetables is consumed typically in a low-income individual's diet.

EXTENSION
UtahStateUniversity

FOOD
\$ENSE

This material was funded by USDA's Supplemental Nutrition Assistance Program

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.html>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis to file a complaint of discrimination write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250 or call (202)720-5964 (voice and TDD). USDA and Utah State University are equal opportunity providers and employers of race, color, national origin, sex, age, religion, political beliefs or disability.