

Supplemental Nutrition Assistance Program Education SNAP-Ed Works

FY 2015

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

THE CHALLENGE

28%

of NH third graders are overweight or obese

62%

of NH adults are overweight or obese

17.6%

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

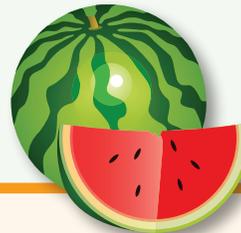
THE SNAP-Ed SOLUTION



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 **974 families** with education benefiting **2811 additional family members**

Saving Food Dollars

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

Increased Intake of Healthier Foods

64% of participants **eat vegetables most days of the week**

Connecting with Youth

3,228 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 two newsletters reached **47,754 SNAP seniors and families with children**

Read what participants and teachers are saying about our work.



I now know how to look for 100% whole grain and low sodium foods. To look at the unit prices to compare prices.

I feel I have learned a lot from these classes and enjoyed it very much. I learned money saving tips and food safety also how to make some pretty tasty meals. It really was a great experience my health and food greatly benefited from this.

It opened my eyes to nutritional values on labeling. I am much more conscious about what we are eating. It really was a great experience my health greatly benefited from this.



I have been encouraged to know that there are ways I can save money at the grocery store, and with this in mind I have changed some things about the way I shop. Our weekly grocery bill for 2 people was around \$93. I have seen the weekly grocery bill drop to \$73 for one week and most recently \$64!!! Thank you for offering this program.

The children were so excited and enthusiastic. They got to learn about nutrition they may not have known. They also got to try NEW foods and enjoyed that. It made them think and I hope they shared knowledge with their parents as well. I hear comments occasionally at lunch that are about the food being healthy or not. They have more awareness!



Teacher demonstrating physical activities



Kids trying fruits and vegetables



Cooking Matters for Adults Class



Families cooking together

