Supplemental Nutrition Assistance Program Education
SNAP-Ed Works

THE CHALLENGE

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>28%</td>
<td>of NH third graders are overweight or obese</td>
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<tr>
<td>62%</td>
<td>of NH adults are overweight or obese</td>
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<tr>
<td>17.6%</td>
<td>of adults in NH eat vegetables less than one time per day</td>
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<tr>
<td>10.2%</td>
<td>of families in NH face hunger/food insecurity</td>
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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

**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

The results show that every $1 spent on nutrition education saves as much as $10 in long-term health care costs.
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!

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