

Virginia SNAP-ED Works

Supplemental Nutrition Assistance Program Education



The Challenge



1 million Virginians
(1 in 10 people) face food insecurity



23.7%
of Virginia children are overweight or obese
• Source: Child health data



65.5%
of Virginia adults are overweight or obese
• Source: CDC



Obesity costs more than **\$3.3 billion** dollars each year in Virginia

The SNAP-Ed Solution

▶ **TEACH**
families how to buy and prepare healthy foods

▶ **HELP**
families stretch limited budgets and buy nutritious options



▶ **CREATE**
a culture of health

▶ **SUPPORT**
farmers markets and stores to promote healthy options

The Results

 **87% of adults have BETTER FOOD RESOURCE management skills**

 **94% of adults EAT MORE FRUITS AND VEGETABLES**

 **47% of young adults feel like they have INCREASED ACCESS to FRUITS AND VEGETABLES**

 **New markets are created to help STRENGTHEN LOCAL ECONOMIES and MAKE NUTRITIOUS FOODS MORE AFFORDABLE AND ACCESSIBLE**

In 2017, Virginia SNAP-Ed reached **148,530** limited income youth and **5,250** families.

For further information and resources go to www.eatsmartmovemoreva.org

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Eat Smart Move More

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