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

$3.3 billion
Obesity costs more than $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 limited 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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Virginia Cooperative Extension and Family Nutrition Program