SNAP-ED WORKS
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

OHIO SNAP-ED HAS BEEN...

INTRODUCING school kids to new fruits and vegetables through workshops, classes, and school gardens

TEACHING families eligible for SNAP how to buy and prepare healthy foods

HELPING low-income families stretch tight budgets and buy healthy options

IN FFY 2017, OHIO SNAP-ED DIRECTLY REACHED...

381,463 adults, teens and youth with our nutrition and program assistant programs.

OHIO SNAP-ED PARTICIPANTS ARE...

BEING ACTIVE
87% of adults, 86% of teens and 92% of youth are regularly active

EATING FRUIT
89% of adults, 87% of teens and 86% of youth eat fruit every day

PREPARING MEALS AT HOME
95% of adults are confident they can use basic cooking skills

EATING VEGGIES
91% of adults, 84% of teens and 75% of youth are eating vegetables daily

COOKING MEALS ON A BUDGET
92% of adults are confident they can prepare healthy meals on a budget

DRINKING WATER
84% of adults, 78% of teens and 88% of youth choose water over soda

Every $1 spent on nutrition education saves as much as $10 in long-term health care costs

67 percent of Ohio ADULTS are overweight or obese

75 percent of adults & youth in Ohio do not eat FRUITS AND VEGETABLES at least one time daily

31 percent of OHIO CHILDREN ages 10-17 are overweight or obese

CELEBRATE YOUR PLATE
celebrateyourplate.org

OHIO STATE UNIVERSITY EXTENSION
FAMILY AND CONSUMER SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOCY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
STATEWIDE PROJECTS THROUGH 2018

Social Marketing Campaign [celebrateyourplate.org]
- Goal: increase statewide consumption of fruits and vegetables among SNAP participants
- Partners: ODJFS, ODE, ODH, ODA

Building Capacity for Obesity Prevention
- Goal: Develop a tool to determine the PSE intervention a community is ready to support and therefore succeed
- Partners: ODH, Creating Healthy Communities and CWRU

HEALTHIER LIVES THROUGH NUTRITION EDUCATION

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