

SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

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

OHIO SNAP-ED HAS BEEN...

THE OHIO SNAP • ED REACH

THE CHALLENGE

31

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

65

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

Ohio SNAP-Ed taught **322,605 ADULTS and YOUTH** how to buy and prepare **HEALTHY FOOD**, helping low-income families **STRETCH BUDGETS** and eat more **NUTRITIOUSLY**.

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

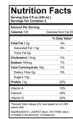
TEACHING families eligible for SNAP how to buy and prepare healthy foods

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



OHIO SNAP-ED PARTICIPANTS ARE...

THE RESULTS



READING LABELS

51% of adults and 24% of teens use the Nutrition Facts labels



EATING VEGGIES

73% of adults, 58% of teens, and 49% of youth eat vegetables daily



COOKING AT HOME

82% of adults are confident they can use basic cooking skills



PREPARING HEALTHY MEALS

75% of adults are confident they prepare healthy meals on a budget



CHOOSING WATER

56% of adults, 44% of teens, and 68% of youth choose water instead of soda



EATING FRUIT

65% of adults, 60% of teens, and 58% of youth eat fruit daily



BEING ACTIVE

57% of adults, 64% of teens, and 81% of youth are regularly active



EATING BREAKFAST

78% of youth regularly eat breakfast in the morning