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

THE RESULTS

OHIO SNAP-ED PARTICIPANTS ARE...

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

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

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 NUTRIENTLY.