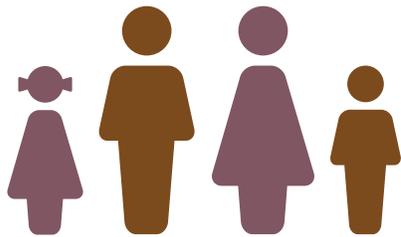
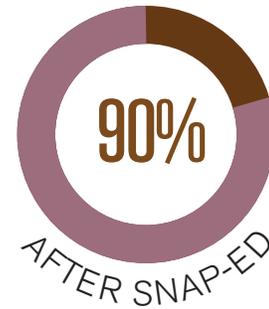


FOOD \$ENSE (SNAP-ED) AND FAMILY MEALTIME

Food \$ense (SNAP-Ed) participants learn the skills to create nourishing and delicious family meals on a budget.



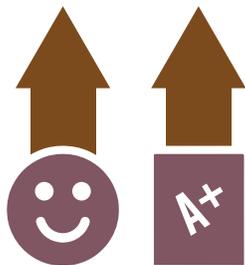
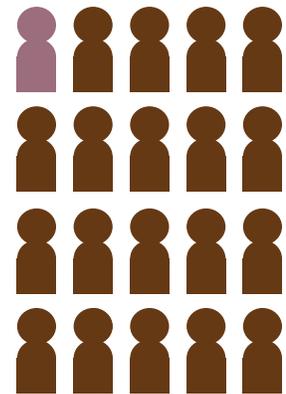
Percentage of participants who reported they usually/always prepare family meals at home at least three times a week.



On average, a family spends \$2,668 on meals away from home annually. This is over \$200 per month.

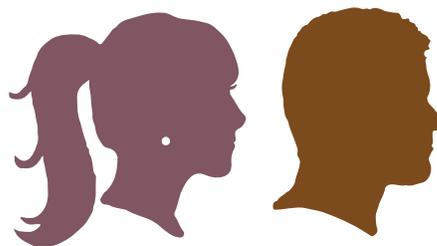
\$12.75 average spent per meal/person outside the home.

\$2.00 average spent per meal/person made in the kitchen.



Increase in grade point average and self-esteem in families who eat together.

Lower rates of substance abuse, teen pregnancy, and depression occur in families who eat together.



More than **5%** increase in obesity in children who do not eat three or more meals together with family in a week.