CREATE
A BETTER LIFE THROUGH SNAP-ED
Supplemental Nutrition Assistance Program - Education

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Percentage of participants who reported they usually/always had enough food to last to the end of the month.

- BEFORE SNAP-ED: 65.8%
- AFTER SNAP-ED: 82.22%

Kids who don't get enough to eat are significantly more likely to experience frequent stomachaches and headaches than food-sufficient children.

Percentage of participants who reported they usually/always eat breakfast within 2 hours of waking each day.

- BEFORE SNAP-ED: 55.27%
- AFTER SNAP-ED: 74.91%

70% of elementary and middle school kids who eat breakfast have the potential national impact of:

- 20% increase in graduating from high school.
- 17.5% higher score on standardized math tests per year.

Food-insecure children are 90% more likely to have overall health reported as “fair/poor.”

Children from food insecure homes are 31% more likely to be hospitalized than children growing up in food-secure households.

Food-Sense (SNAP-Ed) participants increase food security.

- BEFORE SNAP-ED: 69.04%
- AFTER SNAP-ED: 81.63%

Food-Sense (SNAP-Ed) Dietary Guidelines to Americans.

Approximately $2,668 is spent on meals away from home.

- $8.00 per meal outside the home.
- $4.50 per meal made in the kitchen.

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

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

Food-Sense (SNAP-Ed) participants makeHealthy food choices consistent with the current Dietary Guidelines for Americans.

- BEFORE SNAP-ED: 39.72%
- AFTER SNAP-ED: 70.95%

By eating 2½ cups of vegetables a day, the following has been improved/addressed through SNAP-Ed:

- Increase in local produce.
- 61% of the recommended servings of vegetables is consumed typically in a low-income individual’s diet.

Eating a diet high in vegetables is associated with a decreased risk of many chronic diseases, including heart disease, stroke, high blood pressure, diabetes, and some cancers.

Every $1 in increased SNAP spending generates up to $1.73 in local economic activity.

- $1.00
- $1.73

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-223-6283 or visit online at http://hsusda.gov/npf/awards/coalition/snap2ed in accordance with Federal law and U.S. Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. Extension Utah State University are equal opportunity providers and employers of race, color, national origin, sex, age, religion, political beliefs, or disability.