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

**THE CHALLENGE**

In Maine...

- About 1 in 10 individuals participate in SNAP
- 35% of households receiving SNAP have children under 18
- More households with food insecurity than in the US overall
- 2 out of 3 adults are overweight or obese
- Only 1 in 4 elementary school students eat enough fruits and vegetables

**THE SNAP-Ed SOLUTION**

39 Nutrition Educators helping Mainers shop, cook, and eat healthy foods on a limited budget and creating healthier communities in all 16 counties.

Delivering evidence-based curricula

Increasing access to healthy environments

Increasing community capacity to address hunger and prevent obesity

**THE RESULTS**

**INDIVIDUAL**

Delivered 9,354 nutrition education classes and reached 25,046 participants.

Pick a better snack™ (PABS) reached 14,078 students in 125 eligible elementary schools across the state. Teachers reported* that after PABS, students were...

- more likely to bring a fruit or vegetable as a snack
- less likely to drink soda or other sugar-sweetened beverages

10 Tips for Adults reached 1,574 Mainers. A study demonstrated* healthy behavior changes:

- Increased fruits, vegetables, whole grains, and water
- Reduced sugar-sweetened beverages and sweets

*Indicates statistically significant results.
Sources available upon request by emailing mainesnap-ed@une.edu. www.mainesnap-ed.org

**ENVIRONMENTAL**

Implemented more than 60 policies, systems, and environmental changes to make the healthy choice the easy choice for over 14,000 Mainers in...

18 Schools
10 Clinics
8 Farmers Markets

**SECTORS OF INFLUENCE**

Organized partners to collectively promote federal school meal programs so more students can learn and thrive in their communities.

Marketed healthy living messages to 126,660 unique website users—over 3 times the reach of 2018.