



Supplemental Nutrition Assistance Program Education (SNAP-Ed) Snapshot

SNAP

The United States Department of Agriculture's (USDA's) Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities (USDA.gov).



**One in every eight individuals
receive SNAP**

FOR HOUSEHOLDS RECEIVING SNAP (1 YEAR ACS, 2015)

52.1%

have children less than 18 years of age



30.5%

have one or more 60 and above people



44.6%

have one or more people with a disability



SNAP-ED

SNAP-Ed provides nutrition education classes to families and individuals by introducing the knowledge and skills needed to make healthy food choices within a limited budget. The program also works with organizations and communities to change the environment and policies so it is easier to select healthy foods and be physically active for living a healthy lifestyle. The program uses the latest research-based strategies that are consistent with current *Dietary Guidelines for Americans* and *MyPlate.gov*.

SNAP-Ed programming is delivered in all 50 states, the District of Columbia, and three territories. Nationally, there are **138** SNAP-Ed implementing agencies. Their distribution is as follows:

Mid-Atlantic Region (MARO-7)

Midwest Region (MWRO-20)

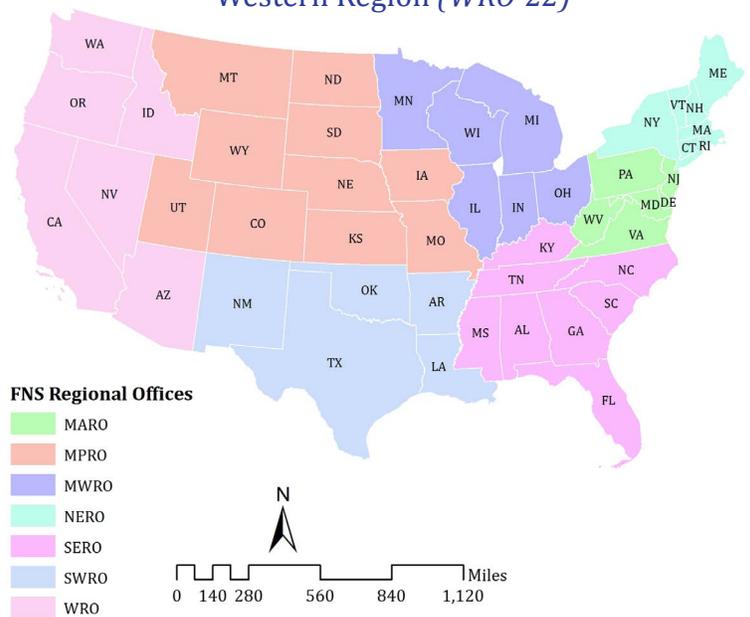
Mountain Plains Region (MPRO-13)

Northeast Region (NERO-28)

Southeast Region (SERO-28)

Southwest Region (SWRO-18)

Western Region (WRO-22)



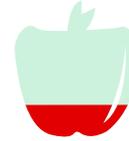
Source: Food and Nutrition Service Regional Offices, USDA
Date: January 24, 2017

Additional information on FNS regional offices can be accessed at www.fns.usda.gov/fns-regional-offices

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SNAP-ED WORKS!

SNAP-Ed programming encourages SNAP-eligible audiences (adults and children) to make healthy food choices (*USDA.gov*). Healthier food choices lead to improved health, better work productivity, less absenteeism, and less use of health resources, thus alleviating medical costs and improving work performance (*CDC.gov*).



Children



Adults

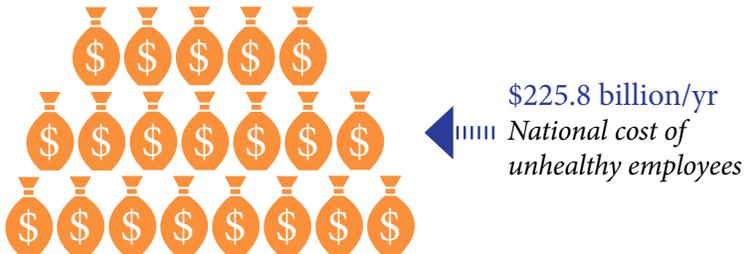
SNAP-ED IMPROVES FRUIT AND VEGETABLE INTAKE!

Nutrition education programs led to an increase in daily fruit and vegetable consumption among low-income elementary school children at home by a quarter- to a third-cup (*SNAP-Ed Evaluation Study-Wave II*).

Nutrition education programs led to an increase in daily fruit and vegetable consumption among seniors by about a half-cup (*SNAP-Ed Evaluation Study-Wave II*).

Resources

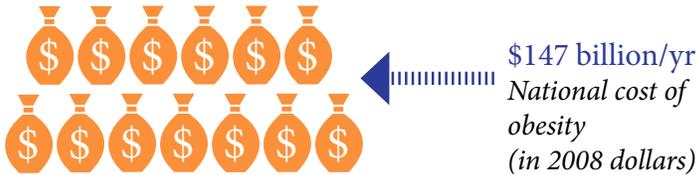
- Additional information on SNAP-Ed is available in the current SNAP-Ed Plan Guidance, that can be accessed at www.snaped.fns.usda.gov/national-snap-ed/snap-ed-plan-guidance-and-templates.
- For SNAP-Ed Connection-an online resource center for state and local SNAP-Ed providers, access www.snaped.fns.usda.gov



Source: *At A Glance 2015 Workplace Health Promotion*, *CDC.gov*



Source: *The cost of hunger in the United States*, *hungerreport.org*



Source: *Adult Obesity Causes and Consequences*, *CDC.gov*



Source: *SNAP-Ed Budget Allocation for FY2017*, *Snaped.fns.usda.gov*

