

Virginia

SNAP-ED Works

Supplemental Nutrition Assistance Program Education

AND SAVES

Virginia SNAP-Ed provides quality nutrition education and technical assistance across the Commonwealth. Below are some highlights.

After participating in classes:

- Youth reported eating more more fruit and drinking less soda
- Adults reported increases in food resource management, dietary quality, and physical activity

Every \$1
spent on quality
nutrition education
saves as much as
\$10 in long-term
healthcare
costs.

**Nutrition
Education
for Youth &
Caregivers**

**Nutrition
Education
Training for
Teachers &
Volunteers**

362
teacher-volunteers
have participated in
SNAP-Ed trainings,
resulting in
63,989
indirect contacts

**Social Media
& Marketing**

**Policy, Systems,
& Environmental
Initiatives**

Increased resources at:
eatsmartmovemoreva.org

Follow us at @VaFNP



Reached over **4,411**
followers on Facebook.

53,179

adults reached through farmers market
initiatives to support healthy eating and
SNAP redemption at farmers markets

97,133

individuals reached through *Shop Smart,
Eat Smart* healthy food retail initiatives

**In
2022**

**Virginia SNAP-Ed reached
18,216 youth and 1,433 adults
through direct education.**



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Success Stories

**Thank you note sent to Virginia SNAP-Ed
from a youth Garden-to-Go program participant**

thank YOU for your help with the
Garden to Go Program.
With out you I ~~to~~ would have
know fun. I am very happy to
do this most of all. I am happy
that I can grow and do my own
Project. I thank you for
your help God Blesses you

Farmers Market Manager:

"I found great ideas to add to my program this season and things that I would need to look out for."

**Adult SNAP-Ed
Program Participant:**

"This has been a blessing. I really enjoyed the tips on safe food preparation and storage. Also, I learned a lot about reading labels and understanding healthy portions. I will use the things I have learned in my daily life and definitely spread the word."

**Mother of SNAP-Ed
Youth Participant:**

"You have made a huge impact on my daughter."

For further information and resources go to eatsmartmovemoreva.org

Follow us @VaFNP



Eat Smart • Move More

Virginia Cooperative Extension • Family Nutrition Program

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