

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 fruit and vegetables.
- Adults reported improvements 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 & Adults**

**Nutrition Education Training for Teachers & Volunteers**

**1,109** teacher-volunteers facilitated SNAP-Ed programs.

**Social Media**

Virginia SNAP-Ed reached over **4,838** followers on Facebook

Social media messages reinforce key nutrition and physical activity messages from educational programs and PSEs @VaFNP



[eatsmartmovemoreva.org](http://eatsmartmovemoreva.org)

**Policy, Systems, & Environmental (PSE) Initiatives**

A total of **134** PSE changes resulted from Virginia SNAP-Ed community partnerships.

From a collaborator: "From the outset, the Virginia SNAP-Ed team has been deeply collaborative, contributing a wealth of knowledge to our shared endeavors."

**In**  
**2023**

**Virginia SNAP-Ed reached 12,305 youth and 3,553 adults through educational programs.**

