

Virginia

SNAP-ED Works

Supplemental Nutrition Assistance Program Education

AND SAVES

Virginia SNAP-Ed provides a comprehensive collection of resources, educational programs, and services across the Commonwealth to improve the health of families. 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

1,067 teacher-volunteers facilitated SNAP-Ed programs, totaling 5,537 hours of programs.

Social Media

Virginia SNAP-Ed reached over **5,009** followers on Facebook

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



eatsmartmovemoreva.org

Policy, Systems, & Environmental (PSE) Initiatives

A total of **304** PSE changes resulted from Virginia SNAP-Ed community partnerships.

From a collaborator: "I had zero experience and now I'm confident enough to say I can do this."



Virginia SNAP-Ed reached **14,124** youth and **2,357** adults through educational programs.

