

# Virginia SNAP-ED Works

Supplemental Nutrition Assistance Program Education



## THE CHALLENGE



**318,150**

Virginians  
1 in 7 people face food insecurity



**29.8%**

of Virginia children  
are overweight or obese\*



**64%**

of Virginia adults are  
overweight or obese\*\*



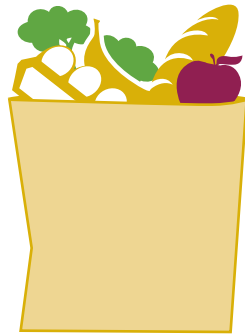
Obesity costs more than  
**\$3.3 billion**  
dollars each year in Virginia

## THE SNAP-ED SOLUTION

**TEACH** families how to buy  
and prepare healthy foods

**HELP** families stretch tight budgets  
and buy nutritious options

**CREATE** a culture of health



## SUPPORT

farmers markets to establish  
Electronic Benefits Transfer  
(EBT) and matching programs  
for SNAP participants



## THE RESULTS

# SNAP-Ed Works for Virginians



85% of families buy and prepare **MORE HEALTHY FOODS**



**FEWER FAMILIES** go hungry



Nutritious foods **BECOME AFFORDABLE AND ACCESSIBLE**, such as at Farmers Markets



More Farmers Markets with SNAP EBT **STRENGTHEN LOCAL ECONOMIES**

In 2015, Virginia **SNAP-Ed** reached **81,987** limited resource children and **24,210** adults throughout the commonwealth.

\*Source: Child and Adolescent Health Measurement Initiative. <http://www.childhealthdata.org/home>. 2011 National Survey of Children's Health, Data Resource Center for Child and Adolescent Health website. Accessed June 2013.

\*\*Source: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. [accessed Jan 12, 2016]. (<http://www.cdc.gov/brfss/brfssprevalence>).

For further information and resources go to  
[www.movemore.ext.vt.edu](http://www.movemore.ext.vt.edu)

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\*18 USC 707

