

# DC SNAP-Ed

Supplemental Nutrition Assistance Program - Education

Every \$1 invested in nutrition generates as much as \$138 in better health and increased productivity

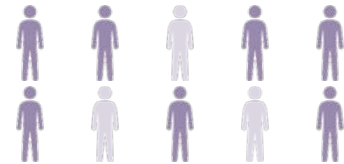
## The Challenges

**33.8%**  
of DC children ages 10 to 17 are **overweight** or **obese**



**1 in 4 children** in DC face **hunger** and **food insecurity**

**High racial disparities** in DC obesity rates:  
**9.7% of White & 35.5% of Black** residents are **obese**



**7 in 10 DC adults** in Wards 5, 7 and 8 are **overweight** or **obese**

## The SNAP-Ed Solution

SNAP-Ed promotes healthier lives where low-income people live, learn, eat, shop, work, and play.



### Create

A culture of health to prevent nutrition-related chronic disease and support self-sufficiency



### Teach

Low-income families how to buy and prepare healthy foods on a budget



### Build

School gardens in low-income schools to teach children and families to eat and grow fruits and vegetables



### Collaborate

With local organizations and state agencies to collectively impact the food environment

## The Results



**More than 50%** of 3<sup>rd</sup> to 6<sup>th</sup> grade students participating in SNAP-Ed classes **improve knowledge** of fruits, vegetables, and whole grains



In 2017, DC SNAP-Ed provided **28,423 low-income DC residents** with evidence-based nutrition education



**77%** of seniors who participate in SNAP-Ed classes report eating vegetables most days or every day of the week



In 2017, **15,594 DC residents** were taught skills to prepare fruits and vegetables at farmers' markets



**More than 2,502 children** and their families learn about eating and growing fruits and vegetables at school gardens

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GOVERNMENT OF THE DISTRICT OF COLUMBIA  
MURIEL BOWSER, MAYOR

This institution is an equal opportunity provider.

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