# Virginia SNAP-ED Works AND SAVES

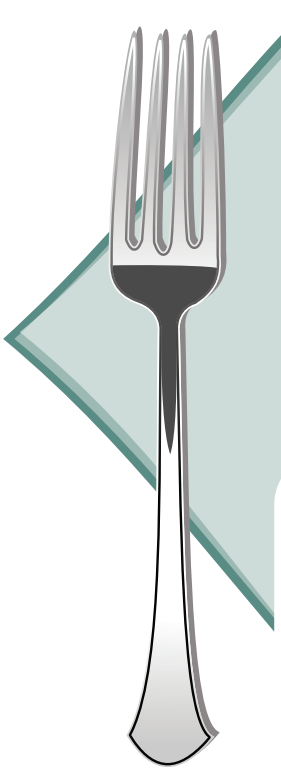
## Supplemental Nutrition Assistance Program Education

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."

**In 2024**

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

Virginia Cooperative Extension · Family Nutrition Program · Eat Smart Move More