



# SNAP-ED WORKS

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION



## OHIO SNAP-ED

THE OHIO SNAP-ED

2022

THE CHALLENGE



20 percent of Ohio's **CHILDREN** live in poverty



1 in 8 people and 1 in 7 **CHILDREN** in Ohio face hunger



19,420 educational sessions; 12,818 teaching hours

OHIO SNAP-ED HAS BEEN...

**INTRODUCING**

school kids to new fruits and vegetables through workshops, classes, and school gardens.



**TEACHING**

families eligible for SNAP how to buy and prepare healthy foods.

**HELPING**

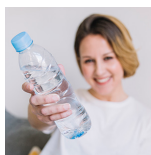
low-income families stretch tight budgets and buy healthy options.

IN FFY 2022, OHIO SNAP-ED REACHED...

**227,113** adults, teens and youth with our nutrition and physical activity programs.

THE RESULTS

OHIO SNAP-ED PARTICIPANTS ARE...



**DRINKING WATER**

76% of adults and 68% of teens choose water over soda



**EATING VEGGIES**

70% of adults and 58% of teens are eating vegetables daily



**EATING FRUIT**

63% of adults and 64% of teens eat fruit every day



**CYP SOCIAL MARKETING**

Unique reach **706,656**; project impressions **53,971,870**



**VOLUNTEER SUPPORT**

5,573 Volunteers; 16,589 Volunteer hours; estimated value **\$527,530**



**PARTNERSHIPS**

756 organizations and agencies partner with SNAP-Ed

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THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES  
COLLEGE OF EDUCATION AND HUMAN ECOLOGY  
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

# STATE HIGHLIGHTS

## SUMMARY

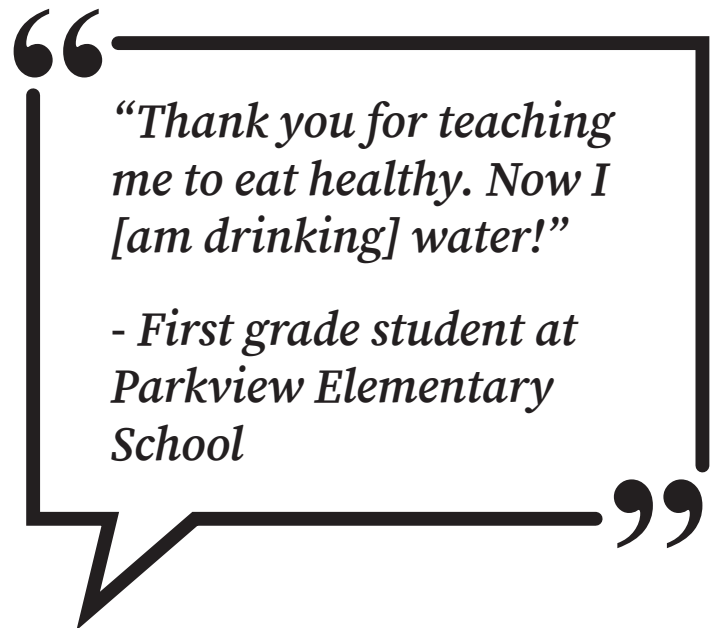


### THE OHIO SNAP-ED IMPACT

As a result of SNAP-Ed programming in our state, participants are:

- ✓ Using MyPlate to make healthy food choices  
67% of adults and/or teens  
85% of youth participants
- ✓ Drinking water instead of sugar-sweetened drinks  
84% of adults and/or teens  
88% of youth participants
- ✓ Being physically active at least 30 minutes most days of the week  
87% of adults and/or teens  
91% of youth participants
- ✓ Using Nutrition Facts labels to guide food choices  
76% of adults and/or teens  
73% of Cooking Matters participants
- ✓ Planning meals ahead of time  
76% of adults and/or teens  
80% of Cooking Matters participants

### HERE'S WHAT PARTICIPANTS ARE SAYING ABOUT SNAP-ED



### SNAP-ED OUTREACH IN FY2019

- ✿ **461,563** participants were reached through direct nutrition education programs
  - 10%** Adult participants
  - 2%** Teen participants
  - 87%** Youth participants
  - 1%** Cooking Matters participants
- ✿ **32,496** direct nutrition education programs were delivered, **97%** as program series
- ✿ **1,729,553** additional participants were reached through indirect programs such as community events, newsletters and health fairs

### HEALTHIER LIVES THROUGH NUTRITION EDUCATION

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