

THIS is SNAP-Ed at WORK in NORTH CAROLINA

SNAP-Education, or SNAP-Ed, is a program that helps people with low incomes learn how to eat healthy and stay active. It is part of SNAP (Supplemental Nutrition Assistance Program), which helps families buy food when money is tight. While SNAP gives money for groceries, SNAP-Ed teaches people how to make smart food choices on a budget to live healthier lives. SNAP-Ed programs also work to increase access to healthy, fresh foods by building infrastructure supports for local communities.

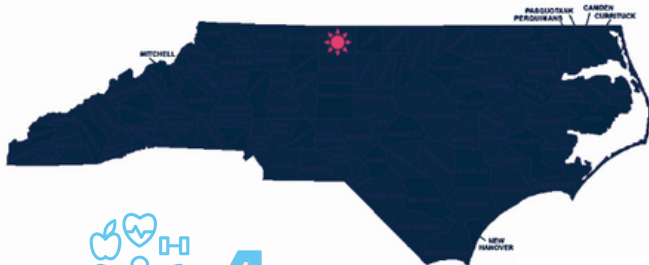


Cuts to food and nutrition education programs are expected to lead to poorer diets, increased health care costs, and decreased revenue to farmers and the local economy.

SNAP-Ed at work in District 5 *Data from FFY2024

FFORC at UNC Chapel Hill is a SNAP-Ed implementer. We have active SNAP-Ed projects in District 5 located in Rockingham County.

SNAP-Ed is a PROVEN, COST-EFFECTIVE PROGRAM that reduces food insecurity, supports the health of children, older adults, and veterans. SNAP and SNAP-Ed also reduce health care costs, improve educational outcomes, and support local economies. For example, For every \$1 spent on nutrition education and SNAP-Ed programs, the government saves as much as \$2 in food costs, and as much as \$10 in healthcare costs.



4

Community-based programs



~\$500+

Estimated cost of locally grown produce & value added to the local food system



24

SNAP-Eligible families & seniors received produce



\$5,600

Total economic investment from SNAP-Ed funds



297

Total pounds of fresh produce grown locally

What YOU can do:

- **Invest in programs** that provide nutrition education for healthy eating to improve workforce performance, economic productivity, and cognitive development and academic success for students.
- **Come experience** nutrition education and other community-based health initiatives by visiting SNAP-Ed programming in your district!

DISTRICT 5

REMMSCO, an acronym for “Reidsville, Eden, Madison, Mayodan, Stoneville, & County,” operates two substance abuse recovery homes that offer temporary, recovery-focused housing to men working to overcome addictions in North Carolina. Its mission is to help all residents achieve abstinence-based recovery from substance use disorders, develop structured daily living skills, and regain the dignity inherent in being productive members of society. The community garden at REMMSCO allows residents to participate in a program that teaches them about gardening and agriculture while also providing fresh vegetables for the recovery home. REMMSCO also hosts classes in cooking, nutrition, meditation, and daily living skills.

“It’s not a very big garden, but it’s still a project - it’s something we have done, we nurtured, and we reap the benefits from it, you know. All the way around from the nutritional value to the emotional value. And it’s a good thing. It brings us together.”

~REMMSCO resident and garden volunteer

Cost of
produce
returned to
local food
system



image: Produce grown here at the REMMSCO garden is nurtured by and goes directly to the residents.



image: The REMMSCO Annex/Main Office includes a space where meetings, classes, and other events take place.