

# THIS is SNAP-Ed at WORK in NORTH CAROLINA

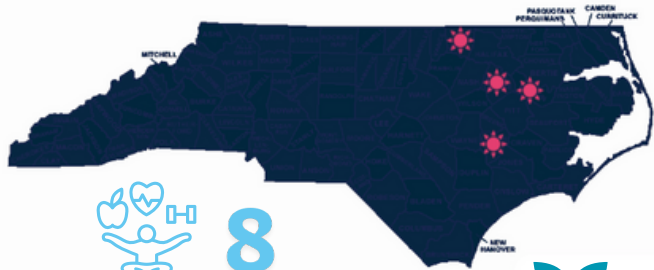
**SNAP-Education, or SNAP-Ed**, is a program that helps people with low incomes learn how to eat healthy and stay active. It is part of SNAP (Supplemental Nutrition Assistance Program), which helps families buy food when money is tight. While SNAP gives money for groceries, SNAP-Ed teaches people how 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 1 \*Data from FFY2024

**FFORC at UNC Chapel Hill is a SNAP-Ed implementer. We have active SNAP-Ed projects in District 1 located in Warren, Lenoir, Martin, and Edgecombe counties.**



**8**

Community-based programs



**7,894**

Total pounds of fresh produce grown locally



**~\$16,000**

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



**532**

SNAP-Eligible families & seniors received produce



**\$80,500**

Total economic investment from SNAP-Ed funds

**SNAP-Ed is a PROVEN, COST-EFFECTIVE PROGRAM** that reduces food insecurity, and supports the health of children, older adults, and veterans. SNAP and SNAP-Ed also reduce healthcare 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.

### 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 1

**Golden Journeys** is a wellness program dedicated to providing nutrition and health education to older, mixed-income Black women in Warren County. The program provides a space for older women to learn and socialize together. Some of the topics covered this year included nutritional management of chronic diseases that are common in the older Black community, health benefits and other uses of local flora, sustainable gardening techniques that can be suitable for older populations, mindfulness activities, including nature walks, meditation, and reflections, and exploring local histories through their personal stories and genealogy.

“[I am] Learning tools & techniques to feed my mind, body, and soul.”  
~Golden Journeys participant

**Little Bud Thorbs community garden**, named in the legacy of Leslie "Little Bud" Thorbs, an inspirational mentor to many in the rural area of Grifton, NC, provides health and wellness to families experiencing poverty in rural Lenoir county. In 2024 alone, 5,330 pounds of fresh produce were grown and distributed to local families.



image: Golden Journeys participants gather at their new community meeting space, where they are learning how to nutritionally and physically manage their health and connecting to one another through reflection and sharing personal histories.



image: Linwood is pictured here tilling the ground in the high tunnel getting it ready to grow produce to be distributed to local families.