

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 4 *Data from FFY2024

FFORC at UNC Chapel Hill is a SNAP-Ed implementer. We have active SNAP-Ed projects in District 4 located in Orange County.



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Community-based programs



~\$700+

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



78

SNAP-Eligible families & seniors received produce



\$43,500

Total economic investment from SNAP-Ed funds



473

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 4

In Hillsborough, NC, **Communities on the Move (COTM)** mobilizes young adults to address barriers to active living by building residents' capacity to become leaders and change agents and creating opportunities for healthy eating and physical activity. The COTM initiative encompasses several separate but complementary projects, including The Fairview Community Garden, Fairview Youth in Action (YIA) Internship, Educational Workshops, and Women on the Move. This year, the Youth in Action program hosted its 4th annual Walk Fairview Day, which had over 75 attendees. Youth interns shared their proposals for a safer, healthier, and more vibrant Fairview and lead a guided walk around the Fairview neighborhood with pop-up demonstrations describing their proposed built environment changes.

“Our youth are the future of Fairview. By involving them in these initiatives, we’re giving them the chance to carry forward the dreams of past generations and to shape the future they envision for our neighborhood. Their fresh perspectives are vital to the progress we’re making,”

~Edith DeJesus-Sanchez, YIA Program Coordinator and Fairview resident

Women on the Move is a collaboration with COTM and Fairview Community Watch to offer physical activity opportunities and nutrition classes to women in the Fairview Community. The program continues to flourish in the Fairview community, with 29 women registered for the weekly physical activity sessions, and over the course of this year collectively contributed a total of 25 hours (~1,500 minutes) of physical activity.



image: The 2024 cohort of Youth in Action interns and several local and state policymakers at the Walk Fairview Day event held in August.



image: Participants gather weekly at the Dorothy N. Johnson Community Center to take fitness classes and learn more about strength training, stretching, and other forms of movement and fitness.