

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 8 *Data from FFY2024

FFORC at UNC Chapel Hill is a SNAP-Ed implementer. We have active SNAP-Ed projects in District 8 located in Richmond and Hoke counties.

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.



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Community-based programs



295

SNAP-Eligible families & seniors received produce



~\$7,200

Cost of produce returned to local food system



\$22,700

Total economic investment from SNAP-Ed funds



4,749

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 8

Community gardens play a vital role in improving nutrition, health, and local economies, especially for SNAP-Ed participants. They increase access to fresh, affordable fruits and vegetables, supporting healthier eating habits and reducing food insecurity. Gardening also promotes physical activity, mental well-being, and social connection, fostering stronger, healthier communities. Additionally, community gardens boost local economies by creating opportunities for small-scale food production, farmers' markets, and nutrition education. FFORC supports several community gardens including Dobbins Heights (image 1), Mineral Springs Improvement Council (image 2), and the Hoke County Health Department community garden, called the Garden of Life.



image 1: Mr. Joe Rose helps support the Dobbins community garden, looking over a field of growing crops.



image 2: Midsummer growth at the Mineral Springs Improvement Council community garden, in Richmond County.



image 3: Tony standing next to the Hoke County Health Department employee wellness garden, called the Garden of Life.