

SNAP-Ed Works in Maine

The Association of SNAP Nutrition Education Administrators (ASNNA) collected stories from Maine community members of how SNAP-Ed has impacted them

Nutrition Educator

"[I introduce] children to fruits and vegetables, often ones they've **never had** because their parents can't afford to purchase foods they aren't sure their kids eat...I run into parents... [and their] children exclaim **THATS THE LADY THAT GAVE ME SNOW PEAS!!!** And the parents come over to tell me **now they buy snow peas every week** and even tried them cooked in a stir-fry and **BOTH kids love them** now. I also have the opportunity to teach youth and adult basic cooking classes...**Teaching my clients how to scratch cook**, how to **meal plan** and **budget their food dollars gives them more resources, without using more money**. Lastly, SNAP-Ed also does **important and wide-reaching** Policy, Systems and Environmental Change work in our communities. This work **reaches far beyond the classroom or kitchen and makes improvements to entire communities**. The continued support of SNAP-Ed is **critical in assuring fiscal responsibility of SNAP and the health of our residents.**"

Maine Farmer

"As a nutrition educator, I've watched **children cheer for vegetables** they've never tried before, **older adults try yoghurt for the first time** and fall in love with parfaits, and **adults with disabilities learn how to buy fruits and vegetables while on SNAP**. SNAP-Ed is important to me because I get to make an impact on peoples everyday lives and **spread knowledge**, joy, and a **feeling of confidence in creating and eating healthy meals**. As a **farmer**, I also get to see the impact of SNAP-Ed as we **promote the amazing foods that are grown right here, in Maine.** "

Maine Mom

"After participating in your classes, **my daughter has gained so much confidence in the kitchen**. She asks to help out regularly and even comes up with new ideas to cook. **This class has definitely increased her curiosity**. These classes are so **beneficial for exploring healthy foods!**"

Kindergarten Teacher

"I work for a school where the majority of the students come from **low income families...** (with) **limited budgets** and, to be blunt, **little education on health foods**. These **kids lack proper nutrition at home** and don't get to experience many different fruits and vegetables. SNAPed gives my students the opportunity to not only **try new healthy food**, but to learn about it. Allison provides fun and interactive lessons for my students. They truly get excited when she comes, because they're captivated by learning, listening to her read, doing the **fun physical activity, and trying a new food**. We're **lucky** to have **this program in our schools!**"