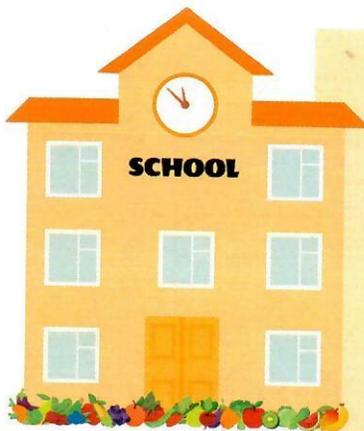


# Maryland SNAP-Ed:

## Supporting Families and Producing Healthy Changes in FY25

For more than 25 years, Maryland SNAP-Ed (Supplemental Nutrition Assistance Program Education) has helped local families lead healthy lives through increased food access, improved nutrition, and physical activity. Through partnerships with state and community organizations across Maryland, SNAP-Ed has provided comprehensive programs, which consist of delivering nutrition education and cultivating policy, system and environmental-level changes that support healthy choices and behaviors.

FY25 represents the last year of full federal funding allocations for SNAP-Ed and will be the final year of implementation for a statewide program consisting of multi-faceted nutrition education and policy, system, and environmental change efforts. This report highlights Maryland SNAP-Ed's reach and outcomes in the FY25 program year.



### In FY25, Maryland SNAP-Ed reached more than 640,000 Marylanders:

- **441,152** youth and adults at collaborator sites with comprehensive programming:
  - **55,254** youth and adults through in-person education.
  - **31,598** youth through site-wide events and tastings.
  - **354,300** participants through print or electronic educational materials.
- **193,585** youth and adults through broader educational efforts across the state.

In FY25, SNAP-Ed partnered with 772 local partners, including 40 multi-site and district-wide collaborations, to deliver comprehensive educational interventions. SNAP-Ed also trained 6,023 partners to implement SNAP-Ed programs and/or to support healthy eating and physical activity through improved policies, practices, and environmental efforts.

**SNAP-Ed worked directly with individual sites to impact change**, while also establishing more expansive partnerships at the district, agency, or county level in order to reach multiple sites within a single overarching partnership. System-wide health promotion efforts fostered success by improving access to nutritious foods and physical activity opportunities.

For every \$1 spent to implement education programs such as SNAP-Ed, up to \$10.64 is saved in health care costs. For the state of Maryland, approximately \$71.3 million in health care costs was saved in FY25.



This institution is an equal opportunity provider.

## Youth Education Sites

617 youth education sites, including schools, afterschool programs, and early learning centers worked with SNAP-Ed to make healthy choices more accessible and sustainable for children and families.

**Changes in policies, practices, and environmental factors within youth education sites further supported student and family well-being:**

- **61%** of youth sites have a policy requiring either healthy food/ beverages or non-food activities during celebrations.
- **54%** of youth sites offer a pantry backpack program to families.
- **76%** of youth sites limit access to sugar sweetened beverages.
- **89%** of youth sites offer physical activity breaks in the classroom.

A+

**Comprehensive and collaborative efforts within youth education sites led to numerous improvements in health and wellbeing:**

- **11% more** parents read food labels when grocery shopping.
- **12% more** parents buy fruits and vegetables at a farmers' market.
- **10% more** families grow their own fruits and vegetables.
- **17% more** children are willing to try new healthy foods.
- **40%** of children engage in more physical activity.



**Teachers at partnering educational sites also made changes that facilitated healthy behaviors by students and families:**

- **65% more** teachers report that students have opportunities to participate in gardening activities.
- **61% more** teachers provide opportunities for students to taste fruits or vegetables in their classrooms.
- **43% more** teachers provide healthy foods for classroom parties or other classroom events.
- **25% more** teachers use opportunities to be physically active as rewards for students.

## Food Access Sites

155 food access sites, including farmers and food pantries, worked with SNAP-Ed to improve access to healthy foods through policies, systems, and environments that supported clients or shoppers' healthy choices.

- **100%** of food pantries include healthy items on their list of desired options when procuring food.
- **71%** of food pantries prioritize nutritional value when procuring foods.
- **56%** of food pantries have increased or improved upon their equipment (e.g., shelves, cold storage) to support the distribution of more healthy foods.



- **86%** of farmers/markets offer culturally relevant, healthy, traditional foods for purchase.
- **86%** of farmers/markets use pricing strategies to encourage healthy purchases.
- **70%** of farmers/markets have a policy in place to accept benefits across all sales outlets.

