ACAP Joins Maine SNAP-Ed in Celebrating National Nutrition Month

This year's theme for the Academy of Nutrition and Dietetics' National Nutrition Month is "Put Your Best Fork Forward." SNAP-Ed (Supplemental Nutrition Assistance Program- Education) is the nutrition education and obesity prevention component of the SNAP program.

"The goal of Maine SNAP-Ed is to help people shop, cook and eat healthier foods and choose physically active lifestyles, consistent with the latest Dietary Guidelines for Americans," explain Jenna Stephenson, ACAP Community Education Specialist and SNAP-Ed Nutrition Educator. "Maine SNAP-Ed offers evidence-based programs with simple, fun ways to eat healthy. Programs for adults help stretch shrinking food budgets as well as introduce new recipes. Programs for youth encourage them to try different fruits and vegetables and teach them how to prepare them at home."

In 2016, Maine SNAP-Ed delivered 11,548 nutrition education classes reaching a total of 34,190 youth and adult participants. Many of those participants attended multiple classes with Nutrition Educators, resulting in 173,054 contacts. "In Aroostook County we provided 732 classes and reached 2,486 youth and adults," says Stephenson. "It is so rewarding to help others make healthier lifestyle choices."

In 2017, Maine SNAP-Ed will continue to address obesity through evidence-based approaches to provide low-income Mainers with easy ways to shop, cook and eat healthy food. For more information on SNAP-Ed or to request a class in your town or school, please contact Jenna Stephenson by email at jstephenson@acap-me.org or by phone at 554-4132.

ACAP is celebrating 45 Years of Making Life Better in Aroostook County! ACAP provides the people of Aroostook County with services and resources that help individuals and families achieve greater economic independence. As a leader, or in partnership with others, ACAP strengthens the community by responding to human needs in the areas of community health, early care and education, energy and housing, and workforce development services. For more information on ACAP, or to make a tax-deductible contribution, please contact the agency at 771 Main Street, on the web at www.acap-me.org, or by calling 764-3721.