Food $ense (SNAP-Ed) participants learn the skills to create nourishing and delicious family meals on a budget.

Percentage of participants who reported they usually/always prepare family meals at home at least three times a week.

- BEFORE SNAP-ED: 83%
- AFTER SNAP-ED: 90%

On average, a family spends $2,668 on meals away from home annually. This is over $200 per month.

- Average spent per meal/person outside the home: $12.75
- Average spent per meal/person made in the kitchen: $2.00

Increase in grade point average and self-esteem in families who eat together.

Lower rates of substance abuse, teen pregnancy, and depression occur in families who eat together.

More than 5% increase in obesity in children who do not eat three or more meals together with family in a week.

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