



Photos by Edwin Remsberg

EAT WELL

Over
4,000
 low-income
 youth and adults
 participated in University
 of Maine Cooperative
 Extension's Eat Well
 Program in 2015.

Youth



70%
 improved
 nutrition
 knowledge



46%
 improved
 food safety
 practices



40%
 improved
 ability to prepare
 nutritious and
 affordable food



25%
 improved
 daily physical
 activity

Adults



96%
 improved diet



81%
 improved nutrition
 practices



74%
 improved
 food resource
 management
 practices



68%
 improved
 food safety
 practices



27%
 increased daily
 physical activity
 by 30 minutes

UMaine Extension's Eat Well Program brings nutrition education to limited-income families and youth in Maine. For more details on the program and educational resources, call **800.287.0274** (Maine only) or visit umaine.edu/food-health/eat-well.