



2014 Program Highlights



Montana State University Extension's Nutrition Education Program "Buy Eat Live Better," funded by SNAP Education (SNAP-Ed) and the Expanded Family Nutrition Education Program (EFNEP), addresses Montana's goals for increasing food security and healthier food choices. Although programs like the Supplemental Nutrition Assistance Program (SNAP) provide for more regular access to nutritious food, food insecurity persists unless the knowledge and skills necessary to plan nutritious family meals are in place. Using the evidence based curriculum, Eating Smart Being Active®, paraprofessional nutrition educators in 15 counties and 7 Native American reservations across Montana teach low-income families and individuals to better utilize their benefits so that they do not run out of money for food prior to the end of the month, as well as how to choose foods with maximum nutrition at the lowest cost. Participants learn to stretch their food dollars using concepts of cost-saving, label comparison, meal planning, and preparation of healthy meals and snacks for the whole family. They are encouraged to choose a variety of foods from each of the five food groups, emphasizing fruits and vegetables, whole grains, and low-fat dairy products, as well as a physically active lifestyle. In addition, they are taught basic, critical concepts of food safety, food storage, and food preservation.

Impact and outcome data show that the curriculum is working to improve food insecurity and nutrition in Montana, and data will continue to improve through key partnerships within the communities to make changes at the policy, systems and environment level, as well as the launching of two social media platforms, planned for 2015.

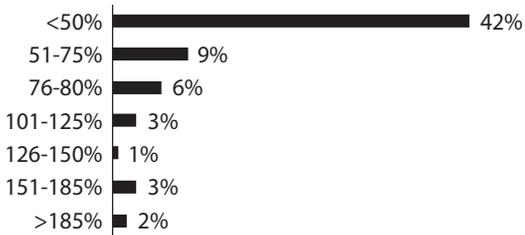
EFNEP and SNAP-Ed Programs
www.buyeatlivebetter.org



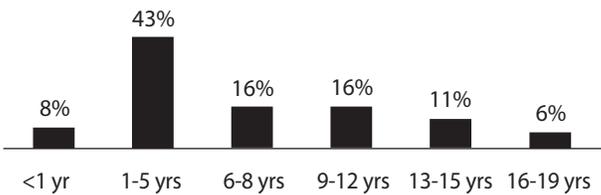
SNAP-Ed

The SNAP – Education (SNAP-Ed) Nutrition Program provides educational programs that increase the probability that participants will make healthy food choices with a limited budget and choose physically active lifestyle consistent with the Dietary Guidelines for Americans. Buy Eat Live Better serves the top 15 counties, including 7 Native American reservations, with the highest number of people receiving SNAP and TANF benefits. The SNAP-Ed Youth Nutrition Program offers nutrition education to Title 1 schools in these counties and reservations. Through an age-appropriate, 6-lesson curriculum, it emphasizes eating more fruits, vegetables and whole grains, and consuming less sugary drinks.

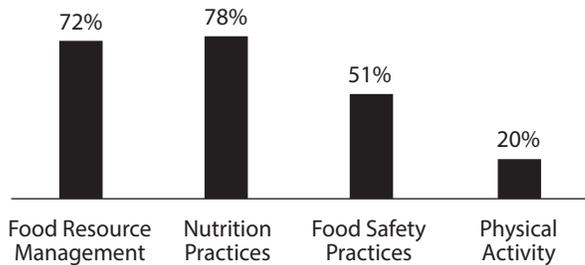
Household Income: Percentage of Poverty Rate



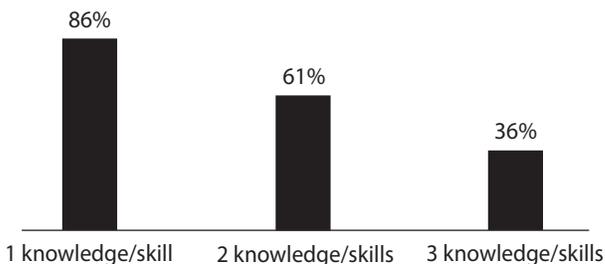
Age Range of Children in Families Served



Improved Behaviors of Adult Participants



Youth Improvement in Knowledge/Skills**



2014 Montana SNAP-Ed by the numbers:

participants enrolled in adult nutrition education programs	489
total number of people in participants' families receiving direct benefit	1,684
total number of first, third, and fifth graders in Title 1 schools completing youth program	4,189
average cost savings on food per family per month	\$28.90
of adult participants made a positive change* in more than one food group	93%
of youth improved in more than one core area - diet quality, physical activity, food safety	100%
of youth improved in physical activity practices	33%

Specific Behaviors Improved:

planning meals in advance	39%
comparing prices when shopping	34%
running out of food by the end of the month	29%
using lists for grocery shopping	38%
thinking about healthy food choices when deciding what to feed the family	34%
preparing food without adding salt	34%
using "Nutrition Facts" on food labels to make food choices	52%
having children eat breakfast more often	29%
not allowing meat and dairy to sit out for more than two hours	22%
not thawing food at room temperature	39%

* closer to recommended amount for age, gender and level of physical activity

** improvement of knowledge/skills necessary to choose foods consistent with dietary guidelines

The Expanded Food and Nutrition Education Program

improves the health of limited resource youth and families with young children through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity. The EFNEP Youth Nutrition Program offers age-appropriate lessons and activities that engage Montana's youth in Title 1 schools. The focus is on eating more fruits and vegetables, making healthy food choices, and getting more physical activity. EFNEP targets Montana's larger cities of Billings, Great Falls and Missoula.

EFNEP

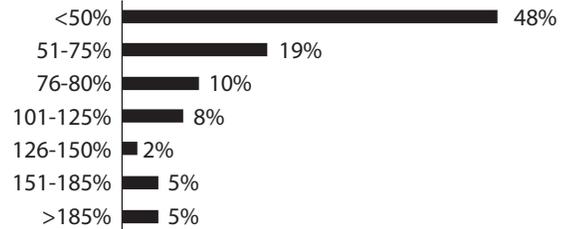
2014 Montana EFNEP by the numbers:

- 553** participants enrolled in adult nutrition education programs
- 1,794** total number of people in participants' families receiving direct benefit
- 1,618** total number of first, third, and fifth graders in Title 1 schools completing youth program
- \$21.10** average cost savings on food per family per month
- 94%** of adult participants made a positive change* in more than one food group
- 100%** of youth improved in more than one core area - diet quality, physical activity, food safety
- 42%** of youth improved in physical activity practices

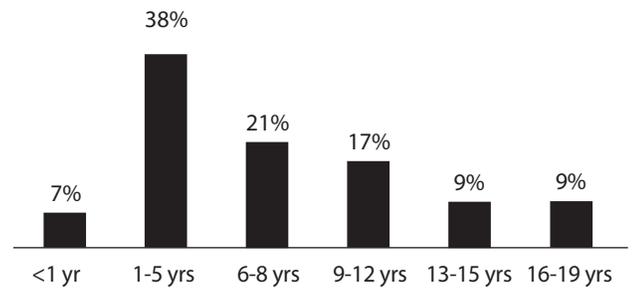
Specific Behaviors Improved:

- 41%** planning meals in advance
- 33%** comparing prices when shopping
- 31%** running out of food by the end of the month
- 30%** using lists for grocery shopping
- 32%** thinking about healthy food choices when deciding what to feed the family
- 34%** preparing food without adding salt
- 43%** using "Nutrition Facts" on food labels to make food choices
- 22%** having children eat breakfast more often
- 21%** not allowing meat and dairy to sit out for more than two hours
- 43%** not thawing food at room temperature

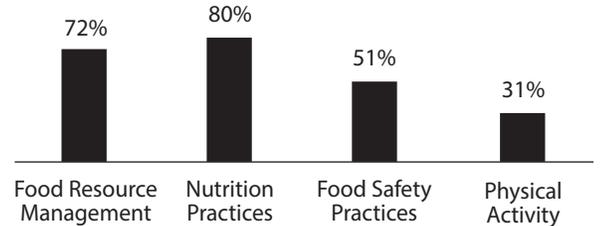
Household Income: Percentage of Poverty Rate



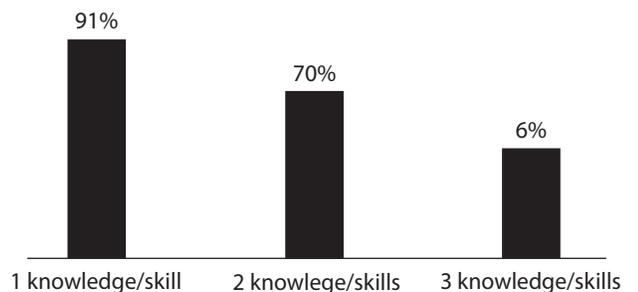
Age Range of Children in Families Served



Improved Behaviors of Adult Participants



Youth Improvement in Knowledge/Skills**



For a more detailed report, please visit www.buyeatlivebetter.org.

A woman from a class in the transitional housing saw me at the Health Fair and told her friend that was with her, 'This is what I miss most about living here – these great, healthy eating lessons!' She went on to tell me that she learned from the classes to watch her portion size and eat more fruits and vegetables. She said, 'I have lost 43 pounds in just 6 months since I changed my eating habits, and it is because of the lessons you taught me. Thank you!'

SNAP-Ed Educator in Flathead Reservation

13,572 total number of adults and youth contacted through the nutrition education programs

One of the first grade teachers took 'Eating a Rainbow' one step further by adding additional activities in science that complemented the first grade curriculum I taught in her classroom. She also had her students grow their own vegetables in a portable greenhouse in the classroom. These kids are learning lifelong skills and nutrition, and having fun at the same time!

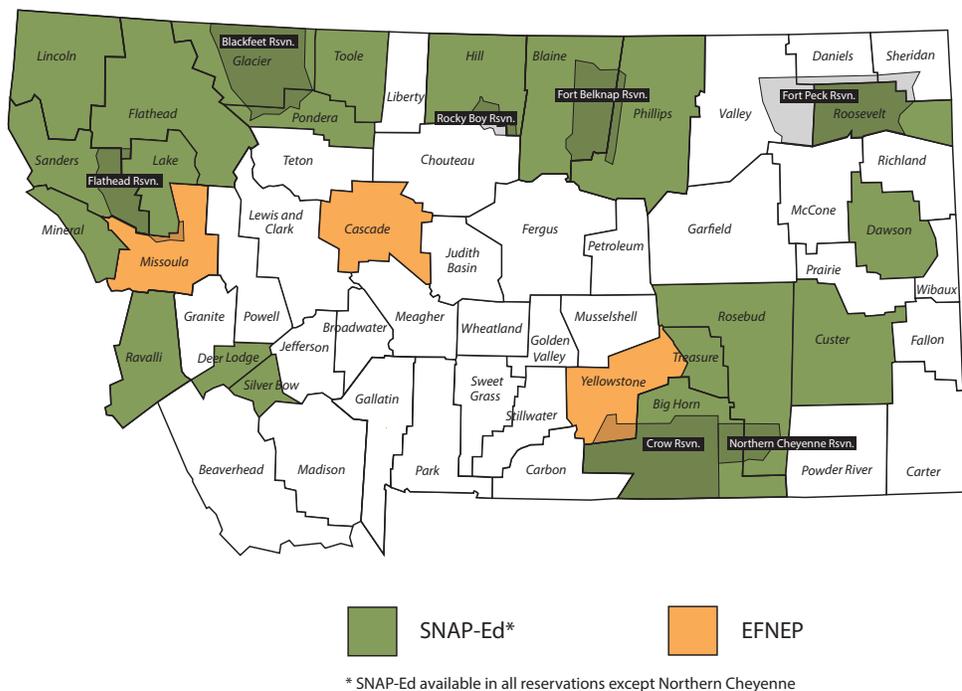
SNAP-Ed Educator in Toole County

The new moms in the independent living residence (Mountain Home) are enthusiastic about the cooking lessons, but have also been excited to learn how to stretch their food dollars by comparison shopping using store flyers, buying in larger quantities, and shopping with a list. Several of the girls have never done this, and were surprised at what they could afford to buy with a little planning, list making, and watching for sales. They eagerly planned delicious meals with the flyers, and competed to see who could plan the cheapest meal!

EFNEP Nutrition Educator, Missoula County

The students have learned and practiced washing their hands before eating or handling food. The students love our cookbooks and have reported making the recipes at home. One parent reported that they discussed the classes over the dinner table and said their child was willing to try new foods and was eating new vegetables.

EFNEP Nutrition Educator, Yellowstone County



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EFNEP and SNAP-Ed Programs
www.buyeatlivebetter.org

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