



# EFNEP BY THE NUMBERS

7,733 visits to [buyeatlivebetter.org](http://buyeatlivebetter.org) in 2018

social media views



21,089



15,271

467

adults participated in an Eating Smart Being Active series

2,238

youth participated in a Youth Understanding MyPlate series

2,215

adult and youth graduates from nutrition & physical activity series

1,129

nutrition and physical activity classes held

## PROGRAM IMPACTS

EFNEP **helps** a single mother of two plan and prepare meals, and increase her physical activity.

During a series of adult classes, a young mother expressed interest in learning to plan and prepare healthy meals. Her hope was to be able to fit family meals with her two children into her schedule, instead of everyone just eating what they could find whenever they got hungry. After learning how to plan ahead for quick and easy meals, she began to cook an evening meal at home so that the family could eat together. Her children loved the vegetable and spinach filled quesadilla recipe she learned in class and prepared for them. In addition, the mother reported using the Walking DVD from class to increase her physical activity. Each week of the series, she eagerly shared with the EFNEP educator the healthy changes she was making for her and her family.

EFNEP **contributes** to a statewide project to increase fruit and vegetable consumption at Farmers' Markets.

Montana State University Extension's Nutrition Education

Program is a program partner with several statewide organizations working to offer and promote the use of Double SNAP dollars at Farmers' Markets across the state. Through the statewide partnership, local EFNEP programs provide education on use of Farmers' Markets, and are able to offer market outreach information and vouchers for free fruits and vegetables to adult EFNEP participants who want to use their EBT cards at a local market. Through this partnership, EFNEP is helping participants stretch their limited food dollars and increase their access to fresh fruits and vegetables.



EFNEP **collaborates** with local schools to increase children's consumption of and access to local fruits and vegetables.

Montana State University Extension's Nutrition Education Program collaborates with the Montana Harvest of the Month program in schools where EFNEP educators teach nutrition lessons. Through participation in the program, children in local schools have the opportunity to have a taste test of a fruit or vegetable being featured throughout the school. Promotional materials encouraging consumption of healthy foods are displayed, and program partners host additional tastings in the school lunchroom. Children in Harvest of the Month schools were able to receive consistent messaging through nutrition education, multiple taste exposures to healthy foods, and repetition in healthy food messaging throughout their school day.



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