EFNEP WORKS
Montana State University Extension
Expanded Food and Nutrition Education Program

THE CHALLENGE

72% of Montana youth do not participate in enough aerobic activity to meet guidelines
63% of Montana adults are overweight or obese
74% of Montana adults eat less than 5 servings of vegetables & fruit each day
75% of American Indian adults are overweight or obese
22% of Montana children ages 10–17 are overweight or obese
1 in 9 Montanans face hunger/food insecurity.

THE EFNEP SOLUTION

HELP
low–income families improve their well–being through a series of hands–on, interactive lessons to improve food and physical activity behaviors.

COLLABORATE
with community partners and stakeholders to support an improved food and physical environment for low–income populations.

CONTRIBUTE
to the reduction of health disparities associated with those who have limited financial resources.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS

44% ate veggies more often
41% ate fruit more often
47% were more physically active
77% improved food safety practices
76% improved food management practices

YOUTH

22% were more physically active
49% improved food safety practices
77% made healthier food choices

"A third grade student learned about reading Nutrition Facts labels during our EFNEP nutrition education classes. Later in the year, she saw me in the hall at her school and she shared that she always reads the nutrition facts label now, and has since taught her family to make healthy choices by checking the label for sugar content, serving size, fiber, vitamins, and minerals."

–Nutrition Educator

www.buyeatlivebetter.org
EFNEP BY THE NUMBERS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visits to buyeatlivebetter.org in 2018</td>
<td>7,733</td>
</tr>
<tr>
<td>Social media views</td>
<td>21,089</td>
</tr>
<tr>
<td>Facebook / Instagram views</td>
<td>15,271</td>
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<tr>
<td>Adults participated in an Eating Smart Being Active series</td>
<td>467</td>
</tr>
<tr>
<td>Youth participated in a Youth Understanding MyPlate series</td>
<td>2,238</td>
</tr>
<tr>
<td>Adult and youth graduates from nutrition &amp; physical activity series</td>
<td>2,215</td>
</tr>
<tr>
<td>Nutrition and physical activity classes held</td>
<td>1,129</td>
</tr>
</tbody>
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PROGRAM IMPACTS

**EFNEP helps a single mother of two plan and prepare meals for her family, 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.