

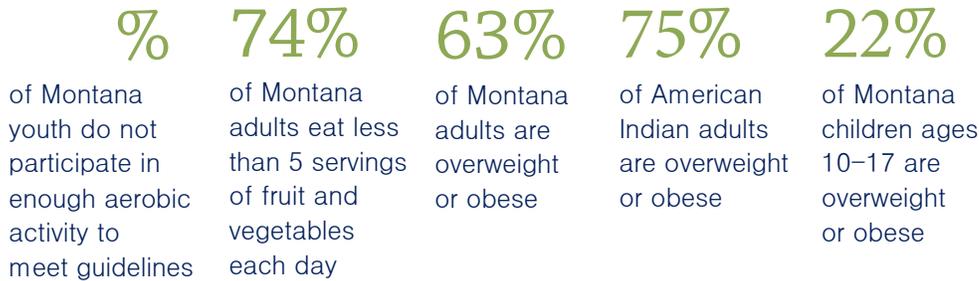
SNAP-ED WORKS

Montana State University Extension
Supplemental Nutrition Assistance Program - Education



2018

THE CHALLENGE



1 in 9 Montanans face hunger/food insecurity.

THE SNAP-ED SOLUTION

TEACH

low income youth and adults in the locations that they eat, live, learn, work, play, and shop.

COLLABORATE

with community and statewide partners to leverage resources and increase program reach to eligible audiences.

EMPOWER

organizations and individuals to create changes in policies, systems, and environments that make the healthy choice the easy choice for all Montanans.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.



Behavior change results based on 324 adult participants with 152 graduates, and 4,976 youth participants with 3,847 graduates.

After learning about added sugar in beverages during a SNAP-Ed class, a third grade student shared the information with her family. She reported that the next time her family went to the store, they decided to look at the labels on beverages they were buying. Together they determined they were purchasing beverages that contained almost no juice and included large amounts of added sugar. They have since started buying 100% fruit juice and drinking more water.

- Nutrition Educator



www.buyeatlivebetter.org

