

SNAP-ED WORKS

Montana State University Extension
Supplemental Nutrition Assistance Program - Education



2018

THE CHALLENGE

72%

of Montana youth do not participate in enough aerobic activity to meet guidelines

74%

of Montana adults eat less than 5 servings of fruit and vegetables each day

63%

of Montana adults are overweight or obese

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 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

SNAP-ED BY THE NUMBERS

7,733 visits to buyeatlivebetter.org in 2018

22,873

Montanans reached with education and/or environmental changes that assist in making the healthy choice the easy choice

social media views



21,089



15,271

183

Partnerships with organizations where Montanans eat, live, learn, work, play, and shop

86

Policy, system, environment, or promotional changes to support health

5,567

Montanans reached with nutrition and physical activity classes

PROGRAM IMPACTS

- 86 nutrition and physical activity improvements in SNAP-Ed counties or reservations
- 9 farmers' markets with increased access to and promotion of fruits and vegetables
- 5 school lunchroom partnerships that support healthy food selections
- 5 food bank partnerships that increase capacity for healthy choices

In Northern Montana, SNAP-Ed taught youth while partnering with a local school to support healthy food selections in the lunchroom.

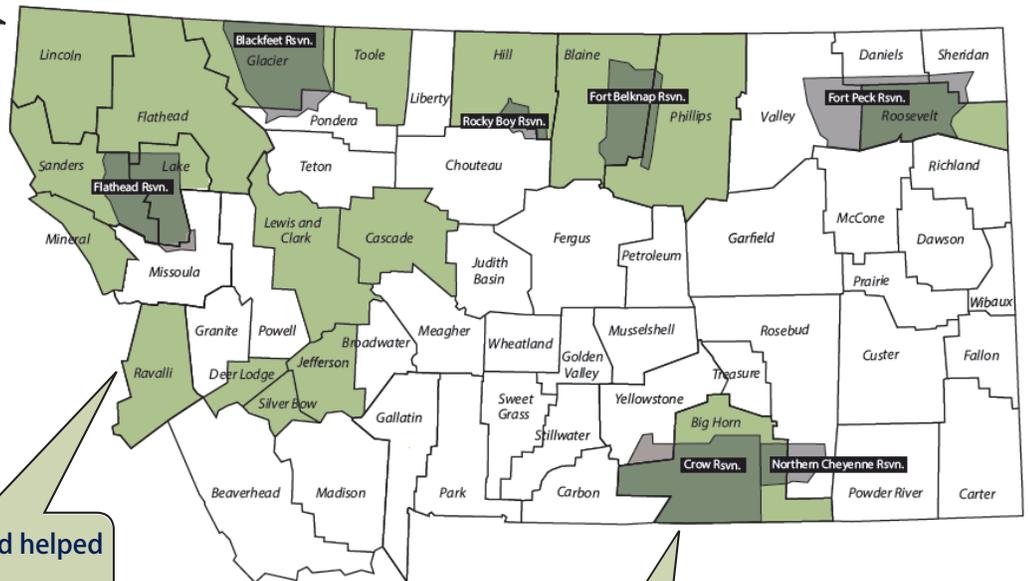
Youth nutrition classes were paired with a Smarter Lunchroom project in a local school. Students helped to name the fruits and veggies in the lunchroom with creative names, and signage was added in the lunchroom to promote the foods. The school food service staff reported more of the healthy items being selected.

-Nutrition Educator

In Southwestern Montana, SNAP-Ed helped increase healthy food access and consumption.

SNAP-Ed partnered with a farmers' market to participate in a state-wide fruit and vegetable incentive program. Nutrition classes and a market tour helped participants learned how to shop and save at the farmers' market. Participants earned free fruit and vegetable vouchers and used Double SNAP dollars to shop with more money and increased confidence at the farmers' market.

-Nutrition Educator



Counties served by SNAP-Ed

Counties indirectly served by SNAP-Ed

On a reservation in Montana, SNAP-Ed collaborated with a local school to feature apples as part of the Montana Harvest of the Month program

Students in Youth Understanding MyPlate classes had the opportunity to taste test locally grown apples that were also featured in the school lunchroom as part of Montana's Farm to School programming.

-Nutrition Educator



This institution in an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or <https://www.apply.mt.gov>. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.