

# SNAP-ED WORKS

Montana State University Extension  
Supplemental Nutrition Assistance Program - Education



2016

## THE CHALLENGE

77%

of Montana adults do not participate in enough physical 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 Montana adults are overweight or obese

29%

of Montana children ages 10-17 are overweight or obese



1 in 7 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 413 adult participants with 163 graduates, and 4,109 youth participants with 3,148 graduates.

“One participant who has seven children proved that it is never too late to modify health behaviors. After taking the class, not only has her planning, shopping, and saving improved, but her health as well. She lost 15 lbs. since beginning the class and has cut her soda consumption from 11 to 1-2 cans per day.”

- Nutrition Educator



[www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

# SNAP-ED BY THE NUMBERS

www.buymeatlivebetter.org 11,192



24,719



29,352

Number of web and social media views in 2016

# 332,468

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

# 142

Number of SNAP-Ed partnerships with organizations where Montanans eat, live, learn, work, play, and shop

# 24,654

Number of times youth were reached through nutrition classes

# 2,136

Number of times adults were reached through nutrition classes

## PROGRAM IMPACTS

30 nutrition and physical activity improvements in SNAP-Ed counties or reservations

11 school wellness partnerships

9 garden partnerships for families and youth

9 food bank partnerships that increase capacity for healthy choices

On the Flathead Reservation SNAP-Ed taught youth and adults while partnering with organizations to promote school wellness. This year, SNAP-Ed also provided support to a local school district which resulted in the adoption of a comprehensive, district-wide school wellness policy.

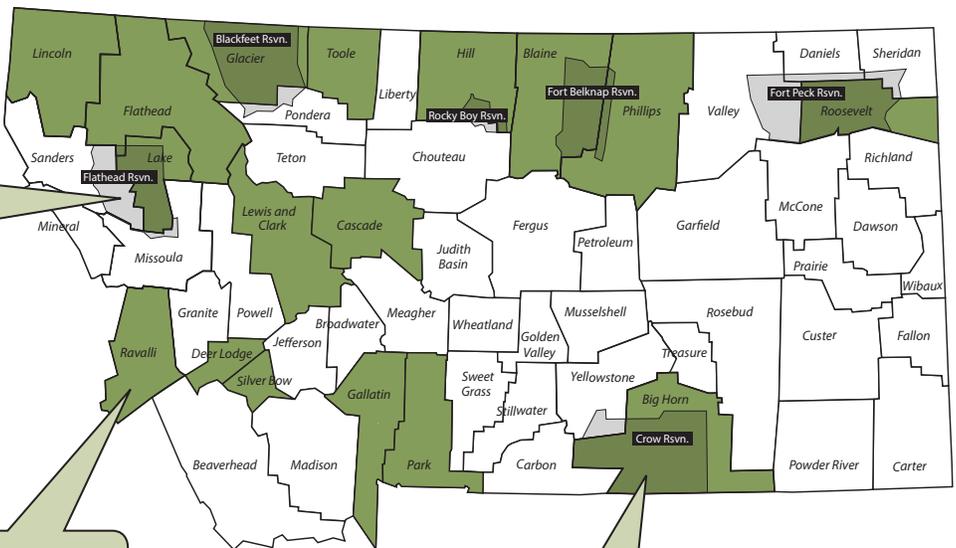
**“After taking the SNAP-Ed nutrition lessons, I hear my students discussing food labels and challenging each other to reduce their intake of soda and other sugary drinks.”**

**- 5th grade teacher  
Flathead Reservation**

In Ravalli County SNAP-Ed taught youth and adults while partnering with organizations to increase access to physical activity and healthy eating. This year, SNAP-Ed joined community partners to develop a garden at a local shelter. The shelter residents learned to grow and prepare healthy food and stretch their food dollars.

**“We had one woman, who took on the whole project and got people going. Even though her life is busy, she was able to grow peppers and tomatoes from seed.”**

**-Nutrition Educator**



Counties directly served by SNAP-Ed



Counties indirectly served by SNAP-Ed

In Big Horn County and on the Crow Reservation SNAP-Ed taught youth and adults while partnering with the local food bank and farmers' market. SNAP-Ed also collaborated with partners to build a community garden and increase the availability of fresh produce at the food bank.

**“I am very excited we have the community garden up and running with 16 raised beds this year. We have 6 plots maintained by SNAP-Ed participants.”**

**-Nutrition Educator**



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 www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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