
**Supplemental Nutrition Assistance Program - Education (SNAP-Ed)** offers nutrition education to SNAP participants and persons eligible to receive benefits through a series of six lessons and recruitment events to families with children, adults and youth.

**Expanded Food and Nutrition Education Program (EFNEP)** is a program of the USDA National Institute of Food and Agriculture (NIFA). EFNEP targets youth and limited-resource families who have one or more children living at home or pregnant women.

Overall, the goal of EFNEP and SNAP-Ed is to emphasize that eating nutritious foods and being active are essential elements in a healthy lifestyle and achievable by all. The lessons provide education in a fun, supportive environment where even small changes are celebrated.

### 2012 Montana by the numbers:

- **28** counties and 7 reservations served
- **75%** percentage of adults who showed improvement in healthy food choices and food budget management
- **1,205** total number of adults who completed the six-lesson series
- **76%** percentage of youth who adopted healthy food and lifestyle choices
- **6,990** total number of youth who completed the six-lesson series
- **334** number of youth Title 1 classes taught
- **57,905** total number of adults & youth contacted with nutrition education programs