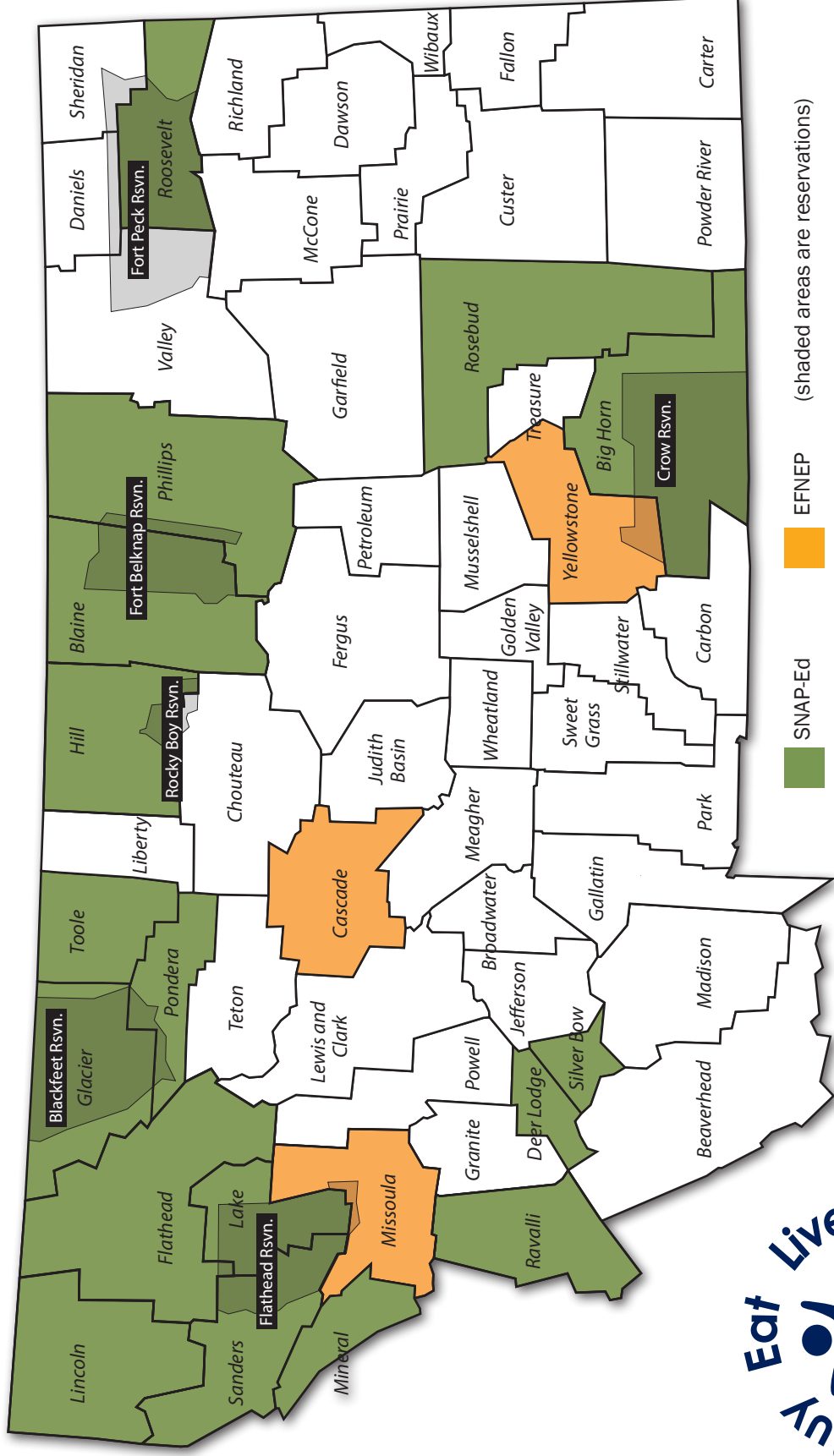


Montana State University Extension Buy. Eat. Live. Better. Nutrition Education Programs SNAP-Ed and EFNEP 2014 Counties and Reservations

www.buyeatlivebetter.org



MONTANA
STATE UNIVERSITY | EXTENSION

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jill Martz, Director of Extension, Montana State University, Bozeman, MT 59717.



www.buyearlivebetter.org

MSU Extension Youth Nutrition Education Programs: Buy. Eat. Live. Better.

Supplemental Nutrition Assistance Program - Education (SNAP-Ed) Youth Nutrition Program offers nutrition education to Title 1 Schools across Montana and its Native American Reservations. The nutrition educators provide a series of six lessons on a variety of nutrition topics and physical activity at the appropriate grade level to increase healthy choices, eating more fruits, vegetables and whole grains, and consuming less sugary type drinks.

Expanded Food and Nutrition Education Program (EFNEP) Youth Nutrition Program offers age-appropriate lessons and activities that engage Montana's youth in grades 1st, 3rd, and 5th in the Title 1 schools. The focus is on eating more fruits and vegetables, making healthy food choices and getting more physical activity. EFNEP targets youth in Montana's larger cities of Billings, Great Falls and Missoula.

Overall, the goal of SNAP-Ed and EFNEP in Montana is to emphasize eating nutritious foods and being physically active are essential elements in a healthy lifestyle and achievable by all.

2013 Montana by the numbers:

29

SNAP-Ed and EFNEP units serve 23 counties and 6 reservations

92

number of Title 1 Schools that received SNAP-Ed or EFNEP

4,987

total number of SNAP-Ed youth who completed the six-lesson series

2,301

total number of EFNEP youth who completed the six-lesson series

72%

percentage of youth who indicated they now eat more fruits and vegetables

341

number of youth Title 1 classes taught in both SNAP-Ed and EFNEP

57,598

total number of adults & youth contacted with nutrition education programs

