



# EFNEP BY THE NUMBERS

4,169 visits to [buyeatlivebetter.org](http://buyeatlivebetter.org) in 2019

social media views



17,531



19,260

329

adults participated in an Eating Smart Being Active series

2,300

youth participated in a Youth Understanding MyPlate series

2,110

adult and youth graduates from nutrition & physical activity series

1,031

nutrition and physical activity classes held

## PROGRAM IMPACTS

### EFNEP helps a young couple learn to incorporate more fruits and vegetables into their meals.

A young couple, with their six-month old, took part in series of healthy cooking and nutrition classes in Central Montana. They did not have transportation, but this did not stop them from diligently attending all nine classes. They enjoyed learning how to incorporate more fruits and vegetables into their meals. The young woman loved to share how they had added vegetables to their pasta sauce, or fruits and vegetables to their smoothies. Their confidence in their cooking abilities grew throughout the series and they expressed feeling more comfortable trying new ways to cook their favorite foods. They even decided to make their own baby food using fresh vegetables and fruits.

### EFNEP contributes to a statewide project to increase fruit and vegetable consumption at Farmers' Markets.

Montana State University Extension's Nutrition Education Program is a program partner with several statewide organizations working to offer and promote the use of Double SNAP dollars at Farmers' Markets across the state. Through the statewide partnership, local EFNEP programs provide education on use of Farmers' Markets, and are able to offer market outreach information and vouchers for free fruits and vegetables to adult EFNEP participants who want to use their EBT cards at a local market. Through this partnership, EFNEP is helping participants stretch their limited food dollars and increase their access to fresh fruits and vegetables.

### EFNEP collaborates with local schools to increase children's consumption of and access to local fruits and vegetables.

Montana State University Extension's Nutrition Education Program collaborates with the Montana Harvest of the Month program in schools where EFNEP educators teach nutrition lessons. Through participation in the program, children in local schools have the opportunity to have a taste test of a fruit or vegetable being featured throughout the school. Promotional materials encouraging consumption of healthy foods are displayed, and program partners host additional tastings in the school lunchroom. Children in Harvest of the Month schools were able to receive consistent messaging through nutrition education, multiple taste exposures to healthy foods, and repetition in healthy food messaging throughout their school day.



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