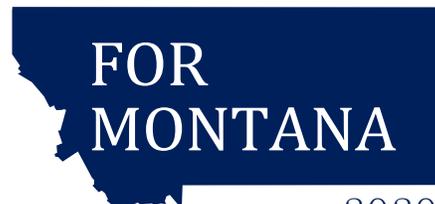


SNAP-Ed WORKS

Montana State University Extension
Supplemental Nutrition Assistance Program—Education



2020

THE CHALLENGE

72%

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

92%

of Montana adults do not meet the vegetable intake recommendations

63%

of Montana adults are overweight or obese

72%

of American Indian adults are overweight or obese

26%

of Montana children in grades 9–12 are overweight or obese



1 in 10 Montanans face hunger/food insecurity.

THE SNAP-ED SOLUTION

TEACH

low-income youth and adults in the locations, online or in-person, that they eat, live, learn, work, play, and shop.

COLLABORATE

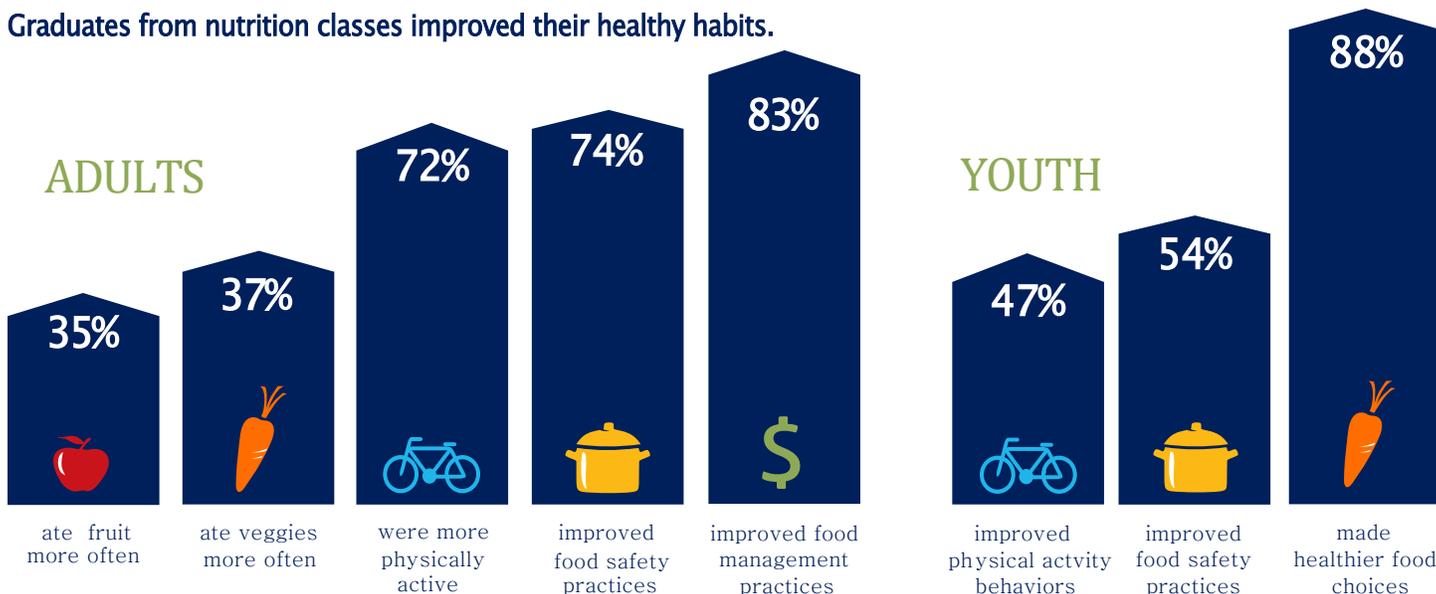
with community and statewide partners to leverage resources and increase program reach to eligible audiences, and work to meet new needs related to COVID-19.

EMPOWER

organizations and individuals to create changes in policies, systems, and environments that make the healthy choice the easy choice.

THE RESULTS

Graduates from nutrition classes improved their healthy habits.



"A single mother hoping to stay within her budget while encouraging her young son to eat healthier foods attended a six-week nutrition series. Finding whole grain options for breakfast as well as utilizing unit price calculating to stretch food dollars were some of the skills she learned and incorporated into her life. As a result of attending the series, she now reports being able to provide her son more nutritious meals."

- Nutrition Educator



www.buyeatlivebetter.org

