

EFNEP BY THE NUMBERS

6,382 visits to buyeatlivebetter.org in 2021

social media views



47,540



18,987

145

adults participated in an Eating Smart Being Active series

633

youth participated in a Youth Understanding MyPlate series

392

adult and youth graduates from nutrition & physical activity series

609

nutrition and physical activity classes held

PROGRAM IMPACTS

EFNEP helps a mother of two learn how to plan meals ahead of time. 

A mom with two small children, who lives in a rural area and participates in WIC, took a series of EFNEP online cooking and nutrition classes. As a result, she learned how to plan meals ahead of time and prepare them more quickly. She began freezing cooked foods such as pasta and beans, and she also shared that the knife skills she learned in class made preparing food much easier. Additionally, the young mother gained confidence in cooking foods such as meat with her newly acquired food safety skills. She reported that she no longer worries about over- or under-cooking the meat because she knows how to test for the optimal internal temperature.

EFNEP contributes to a statewide project to promote fruit and vegetables 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 coupons 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 helps a participant develop healthy and sustainable exercise habits to support their overall wellbeing.

While attending a nine-week series of adult nutrition education classes, a participant was inspired to develop a habit of walking every day to support their mental and physical well-being. The participant stated that this was the first time they had been able to sustainably stick to a workout routine and as a result, they gained a strong sense of mindfulness while out on their daily walks.



The U.S. Department of Agriculture (USDA), Montana State University and 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, Cody Stone, Director of Extension, Montana State University, Bozeman, MT 59717