

# SNAP-Ed WORKS

Montana State University Extension  
Supplemental Nutrition Assistance Program—Education



2023

## THE CHALLENGE

75%

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

57%

of Montana adults consume fruits and vegetables less than one time daily.

66%

of Montana adults are overweight or obese.

76%

of Montana American Indian adults are overweight or obese.

25%

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



An estimated 1 in 12 Montanans and 28,400 Children experience 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.

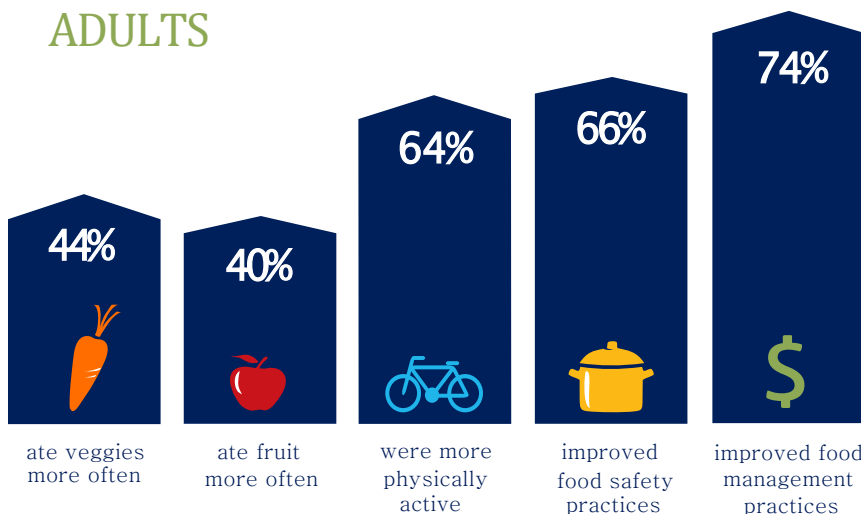
### EMPOWER

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.

### ADULTS



### YOUTH



"As a six-week SNAP-Ed series of nutrition classes was coming to close at a small elementary school in Montana, the teacher stood up and said he'd like to share something with the class. He proceeded to tell everyone that he had been listening to the lessons along with the students and that he had recognized that the information did not just apply to them. He felt that he also needed to make some changes. He excitedly shared that he had cut way back on unhealthy snacks, increased his produce intake, and eliminated sweetened beverages, and as a result lost 30 pounds. He explained that he felt so much better and had much more energy. He hoped that the children would consider this newfound information earnestly." - Nutrition Educator



[www.montana.edu/extension/buyeatlivebetter/](http://www.montana.edu/extension/buyeatlivebetter/)

# SNAP-ED BY THE NUMBERS

6.9k views on buyeatlivebetter website

Pinterest views  36.9k

Facebook reach  3,428

# 224

Partnerships with organizations where Montanans eat, live, work, play, & shop

# 46

Policy, system, environment or promotional changes to support health

# 22,605

Montanans reached by policy, system, environment or promotional changes

# 3,966

Montanans reached with online & in-person nutrition & physical activity classes

116 adults and 2,279 youth graduated from SNAP-Ed programs

## PROGRAM IMPACTS

Youth and adult education continued to be offered online and in-person. SNAP-Ed's work also supported:

- 11 food bank and garden projects that increased capacity for Montanans to make healthy food choices
- 12 farmers' market partnerships that increased access to and promotion of fruits and vegetables

**In Northwestern Montana, SNAP-Ed helped families with young children and low income access locally grown food.**

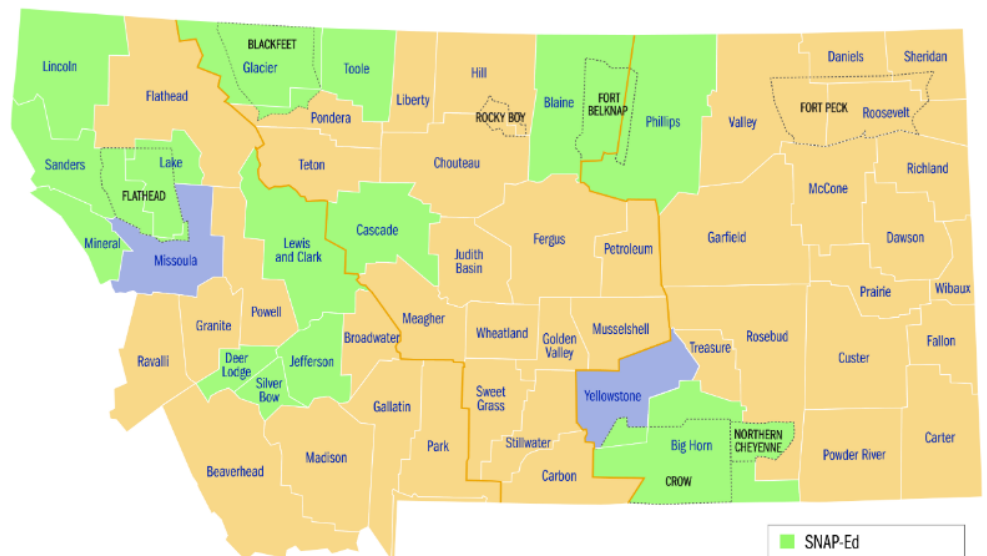
SNAP-Ed collaborated with a local organization to implement a project promoting a rainbow of colors of produce in all the area elementary schools' cafeterias. Nutrition education efforts were layered with an environmental approach to offer the produce option first in the lunch line within the lunchrooms across the school district. The strategy is to nudge the healthy choice as the first option, with the intent that the produce item would be selected and consumed more often among the students.

**On a Reservation in Northern Montana, SNAP-Ed partnered with Master Gardeners to develop a thriving community garden.**

SNAP-Ed collaborated with Master Gardeners and the community to increase access to fresh produce with the expansion of a garden at a local housing development. At first, there was limited help and interest in the garden from the surrounding community. The second year, more people became involved. Now, there is little help needed to get the garden planted and organized. It is now 90% taken care of by the community, with lots of children in and out of the garden. An information hub was built, with fact sheets and recipes stocked at the entrance of the garden for indirect education for the community members.

**In Central Montana, SNAP-Ed collaborated with Double SNAP Dollars to impact the elderly.**

SNAP-Ed offered Double SNAP Dollar coupons each week in a series of nutrition classes. A group of elderly friends living in senior housing attended the classes and received these coupons. Many of them had never visited the local Farmer's Market or hadn't been in years. These friends began meeting on Saturday mornings to ride the bus and shop together at the market. They were able to stretch their food dollars further and were excited to try new fruits and vegetables from area farmers. The local SNAP-Ed educator was even able to provide short market tours to introduce participants to vendors and different produce items.



■ SNAP-Ed  
■ EFNEP  
■ Virtual programming



This institution is an equal opportunity provider.

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