

# SNAP-ED WORKS

FOR MONTANA

Montana State University Extension  
Supplemental Nutrition Assistance Program - Education

2019

## 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 ages 10-17 are overweight or obese



1 in 9 Montanans face hunger/food insecurity.

## THE SNAP-ED SOLUTION

### TEACH

low-income youth and adults in the locations 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 for all Montanans.

## THE RESULTS

Graduates from nutrition classes improved their healthy habits.

### ADULTS



### YOUTH



After learning about the benefits of eating whole grains in a SNAP-Ed class, a third grade student began choosing whole grains for breakfast every morning. The student's mother reported having a challenging time trying to encourage her kids to healthier breakfast foods, but was excited to see her daughter choosing oatmeal every morning as a result of participating in a series of 6 nutrition education classes.

- Nutrition Educator



[www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

# SNAP-ED BY THE NUMBERS

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

21,509

Montanans reached with education and/or environmental changes that assist in making the healthy choice the easy choice

social media views  17,531  19,260

193

Partnerships with organizations where Montanans eat, live, learn, work, play, and shop

99

Policy, system, environment, or promotional changes to support health

5,371

Montanans reached with nutrition and physical activity classes

523 adults and 4,848 children

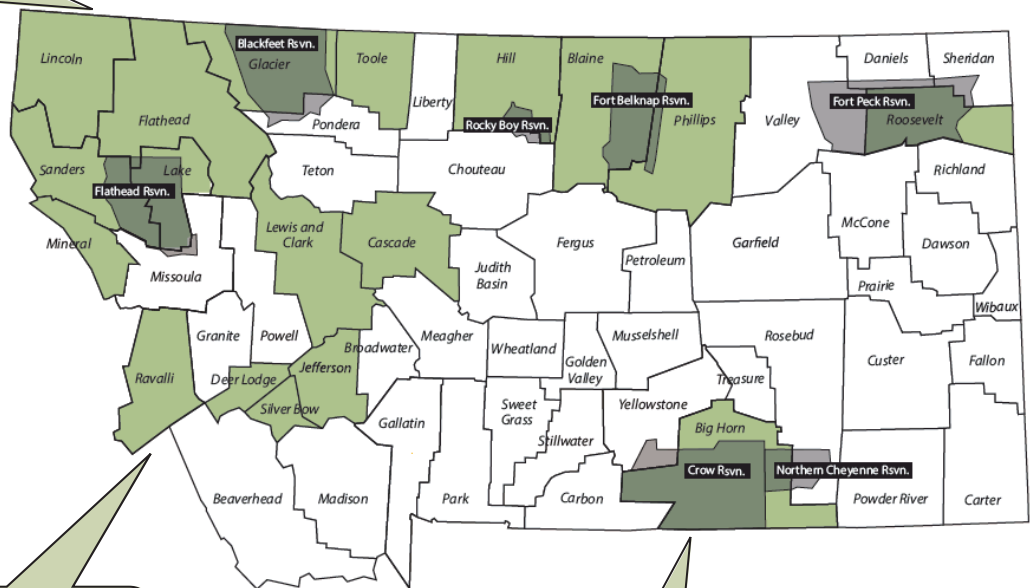
## PROGRAM IMPACTS



99 nutrition and physical activity improvements in SNAP-Ed counties or reservations  
 27 school based Harvest of the Month partnerships that promote healthy Montana foods  
 11 food bank partnerships that increase capacity for healthy choices  
 9 farmers' markets with increased access to and promotion of fruits and vegetables

In Northern Montana, SNAP-Ed partnered with educators to teach youth how to grow and prepare healthy produce.

Youth nutrition classes were paired with a school garden program. Students enjoyed learning how to prepare the soil and plant the seeds. The students then learned to how to properly harvest their tomatoes, zucchinis, dill, basil, and beans, which they used to prepare fresh salsa.

-Nutrition Educator



 Counties served by SNAP-Ed  
 Counties indirectly served by SNAP-Ed

In Southern Montana, SNAP-Ed collaborated with a food bank to better meet the needs of the community.

Following a Healthy Food Pantry Assessment, SNAP-Ed helped the food bank develop short and long-term goals for improvement, such as adding garden space, volunteer training practices, and nutrition-focused signage in both English and the indigenous language.

-Nutrition Educator

In Southwestern Montana, SNAP-Ed helped increase healthy food access and consumption.

SNAP-Ed facilitated a multi-agency partnership that resulted in the acceptance of SNAP dollars at a farmers' market that serves several low-income neighborhoods. One shopper learned about this opportunity while attending a SNAP-Ed nutrition class, and was excited to report that she was better able to access healthy, affordable food as a result. This partnership has also benefited local farmers.

-Nutrition Educator

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or <https://www.apply.mt.gov>. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

