

# EFNEP WORKS

Montana State University Extension  
Expanded Food and Nutrition Education Program



2019

## THE CHALLENGE

72%

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

63%

of Montana adults are overweight or obese

92%

of Montana adults do not meet the vegetable intake recommendations

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 EFNEP SOLUTION

### HELP

low-income families improve their well-being through a series of hands-on, interactive lessons to improve food and physical activity behaviors.

### COLLABORATE

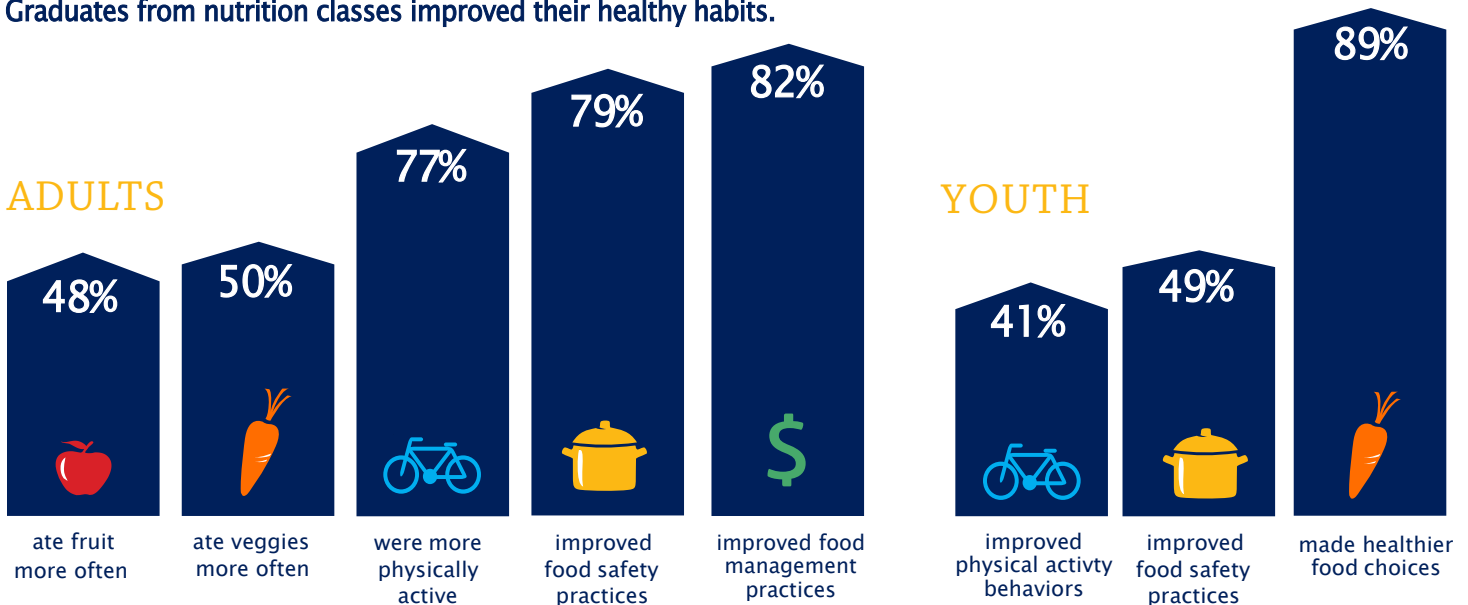
with community partners and stakeholders to support an improved food and physical environment for low-income populations.

### CONTRIBUTE

to the reduction of health disparities associated with those who have limited financial resources.

## THE RESULTS

Graduates from nutrition classes improved their healthy habits.



"A first grade student learned about food groups during our EFNEP nutrition education classes. Her mother reported that she was excited to make the recipe on the newsletter that came home each week. When cooking the recipes with her mother, the student confidently makes sure that each meal contains all of the food groups, and she is even willing to try new foods."

-Nutrition Educator



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

# 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 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 young mother plan healthy meals, learn to read food labels, and incorporate more physical activity into her day.



A young, single mother enthusiastically completed a nine-week series of EFNEP classes where she learned to stretch her food dollars by planning healthy, cost effective meals each week. She also learned how to incorporate more fruits and vegetables into the meals that she cooked for herself and her two-year-old daughter. She looked forward to grocery shopping because she learned how to read food labels, which made it easier to make healthier choices. She was getting ready to move into her first apartment and was excited to use all of the incentive items, which included measuring cups, measuring spoons, a refrigerator thermometer, and a fruit and vegetable brush. Additionally, she discovered that she could easily fit daily walks with her daughter into her schedule in order to get more exercise each day.



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