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**MSU Extension Nutrition Education Programs:
Buy. Eat. Live. Better.**

Supplemental Nutrition Assistance Program - Education (SNAP-Ed) offers nutrition education to SNAP participants and persons eligible to receive benefits.

Expanded Food and Nutrition Education Program (EFNEP) is a program of the USDA National Institute of Food & Agriculture (NIFA). EFNEP targets youth and limited-resource families who have one or more children living at home or pregnant women.

In FY2011, MSU Extension Nutrition Education Programs in partnership with the Montana Department of Public Health and Human Services (MT DPHHS) will provide nutrition education to low-income Montanans in 21 counties and seven reservations. Nutrition Educators are hired from the various communities and trained to teach series lessons to youth in schools and/or adults. MSU Extension values its partnerships with numerous state and community agencies and organizations to optimize effective programming.

Overall the goal is to emphasize that eating nutritious foods and being active are essential elements in a healthy lifestyle and achievable by all. The lessons provide education in a fun, supportive environment where even small changes are celebrated.

In 2010...

5,168

Number reached through youth programming

28

Counties and reservations served

287

Number of Title I classrooms

71% Youth who are adopting healthy food and lifestyle choices

1,273

Number reached through adult and senior programming

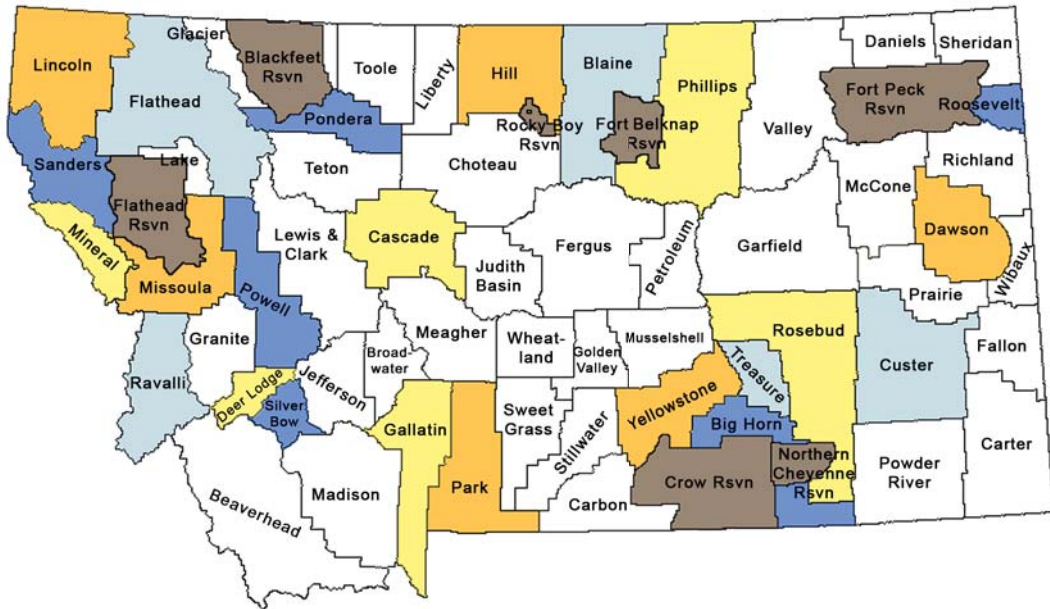
60%

Adults showing improved food choices and better food \$ management

37,664

Number of adult and youth contacts in the classroom

Communities served...



Lives changed...

“My children are helping in the kitchen.”

“I did not run out of food by the month end.”

“I lost weight when I gave up pop and started drinking water.”

Contact us