

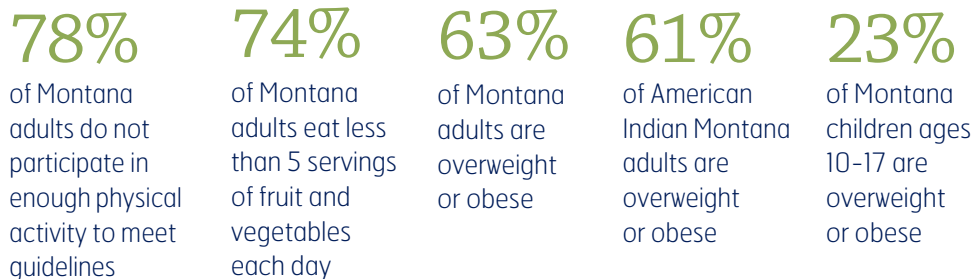
# SNAP-ED WORKS



Montana State University Extension  
Supplemental Nutrition Assistance Program - Education

2017

## THE CHALLENGE



**1 in 8 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

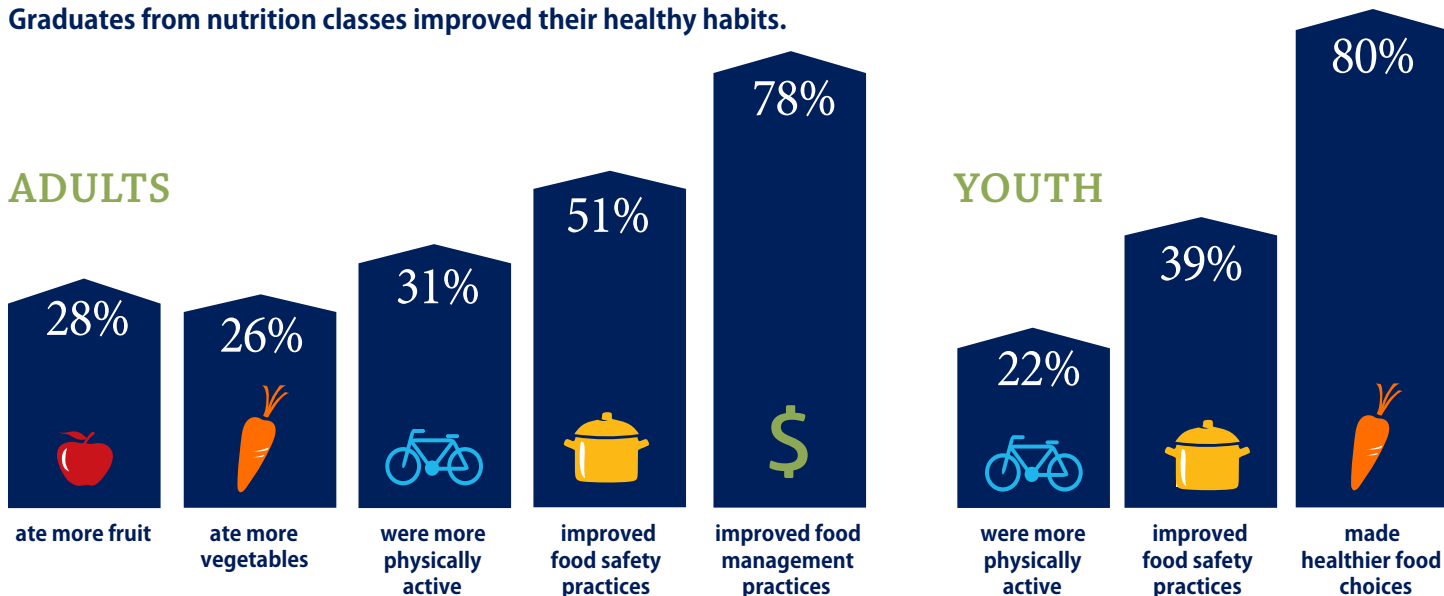
with community and statewide partners to leverage resources and increase program reach to eligible audiences.

### 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.



Behavior change results based on 499 adult participants with 197 graduates, and 4,862 youth participants with 3,544 graduates.

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- Nutrition Educator



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

# SNAP-ED BY THE NUMBERS

www.buyeatlivebetter.org

10,433

Number of web and social media views in 2017



20,705



29,494

23,930

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

169

Number of SNAP-Ed partnerships with organizations where Montanans eat, live, learn, work, play, and shop

6

Core projects for improving policy, systems, and environments that support nutrition and physical activity across the state

1,942

Number of nutrition and physical activity classes held for adults and youth

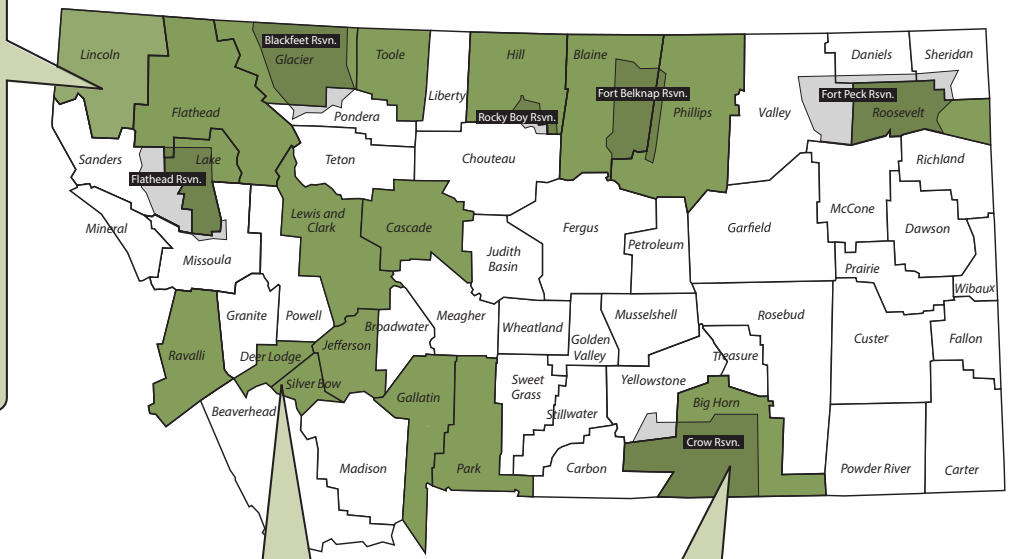
## PROGRAM IMPACTS

- 65 nutrition and physical activity improvements in SNAP-Ed counties or reservations
- 6 school lunchroom partnerships that support healthy food selections
- 2 school district wellness policies to enhance student health
- 5 food bank partnerships that increase capacity for healthy choices

In Lincoln County, SNAP-Ed taught youth while partnering with a local school to support healthy food selections in the lunchroom.

"After working on a Smarter Lunchroom project, we found that students were regularly choosing more white milk than chocolate milk; in fact, the white milk sales had doubled! Some of the students said that they were trying to drink less sugary drinks after discussing this in our weekly Youth Understanding MyPlate lessons."

-Nutrition Educator



In Silver Bow County SNAP-Ed taught youth and adults while partnering with a food bank.

"Through the assessment at the Butte Emergency Food Bank, we were able to assess and improve several areas of health and food safety. The score increased 12%. The Assessment also spurred unexpected changes within the Food Bank. As we drafted the new Nutritional Guidelines Policy, the Director decided it was time to organize and update the entire Policies and Procedures Manual."

-Nutrition Educator

"A participant told me that by having a garden plot two years in a row to plant, she got a lot more exercise because she had to walk to the garden every day and tend to it. She was also able to get her son involved."

-Nutrition Educator

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



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 www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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