SNAP-ED WORKS
Montana State University Extension
Supplemental Nutrition Assistance Program - Education

2018

THE CHALLENGE

72% of Montana youth do not participate in enough aerobic activity to meet guidelines
74% of Montana adults eat less than 5 servings of fruit and vegetables each day
63% of Montana adults are overweight or obese
75% of American Indian adults are overweight or obese
22% 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

44% ate fruit more often
49% ate veggies more often
65% were more physically active
68% improved food safety practices

YOUTH

22% made healthier food choices
47% improved food safety practices

Behavior change results based on 324 adult participants with 152 graduates, and 4,976 youth participants with 3,847 graduates.

After learning about added sugar in beverages during a SNAP-Ed class, a third grade student shared the information with her family. She reported that the next time her family went to the store, they decided to look at the labels on beverages they were buying. Together they determined they were purchasing beverages that contained almost no juice and included large amounts of added sugar. They have since started buying 100% fruit juice and drinking more water.

- Nutrition Educator

www.buyeatlivebetter.org
SNAP-ED BY THE NUMBERS

- 7,733 visits to buyeatlivebetter.org in 2018
- 22,873 Montanans reached with education and/or environmental changes that assist in making the healthy choice the easy choice
- Partnerships with organizations where Montanans eat, live, learn, work, play, and shop: 183
- Policy system, environment, or promotional changes to support health: 86
- Montanans reached with nutrition and physical activity classes: 5,567

PROGRAM IMPACTS

- 86 nutrition and physical activity improvements in SNAP–Ed counties or reservations
- 9 farmers’ markets with increased access to and promotion of fruits and vegetables
- 5 school lunchroom partnerships that support healthy food selections
- 5 food bank partnerships that increase capacity for healthy choices

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

Youth nutrition classes were paired with a Smarter Lunchroom project in a local school. Students helped to name the fruits and veggies in the lunchroom with creative names, and signage was added in the lunchroom to promote the foods. The school food service staff reported more of the healthy items being selected.

-Nutrition Educator

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

SNAP-Ed partnered with a farmers’ market to participate in a state-wide fruit and vegetable incentive program. Nutrition classes and a market tour helped participants learn how to shop and save at the farmers’ market. Participants earned free fruit and vegetable vouchers and used Double SNAP dollars to shop with more money and increased confidence at the farmers’ market.

-Nutrition Educator

On a reservation in Montana, SNAP-Ed collaborated with a local school to feature apples as part of the Montana Harvest of the Month program.

Students in Youth Understanding MyPlate classes had the opportunity to taste test locally grown apples that were also featured in the school lunchroom as part of Montana’s Farm to School programming.

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