EFNEP WORKS

Montana State University Extension
Expanded Food and Nutrition Education Program

FOR MONTANA

2022

THE CHALLENGE

75% of Montana youth do not participate in enough aerobic activity to meet guidelines

92% of Montana adults are overweight or obese

67% of Montana adults do not meet the vegetable intake recommendations

72% of American Indian adults are overweight or obese

25% of Montana children in grades 9–12 are overweight or obese

1 in 10 Montanans face hunger/food insecurity.

THE EFNEP SOLUTION

HELP

low–income families improve their health through a series of interactive lessons offered online & in–person to improve food and physical activity behaviors.

COLLABORATE

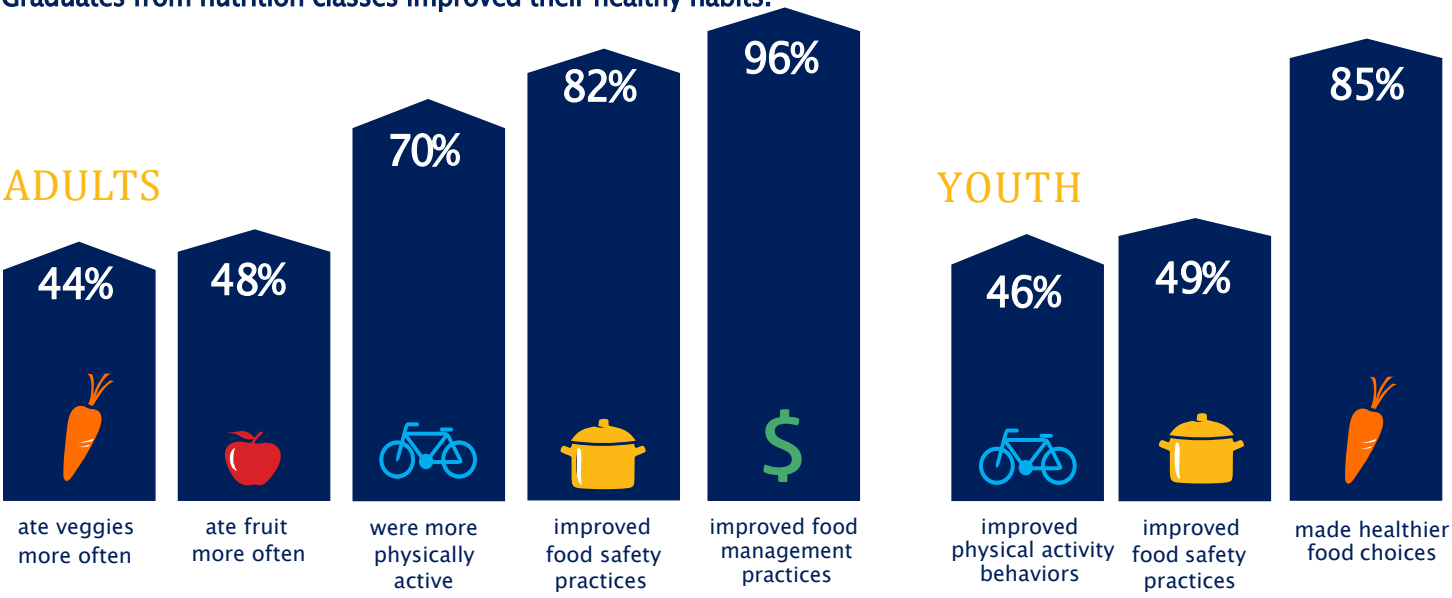
with community partners to support an improved food and physical environment for low–income populations, and work to meet ongoing needs.

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 busy older mother attended a nine–week series of healthy living classes. The classes covered eating healthy on a limited income, physical activity, MyPlate and the different food groups, food safety and cooking skills. She walked a couple of miles to and from class each week. At the end of the lessons, she was proud to share that her A1C numbers had dropped from 6.7 to 6.1.

-Nutrition Educator

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Buy Eat Live BETTER

www.montana.edu/extension/buyeatlivebetter

EFNEP BY THE NUMBERS

5,775 visits to buyeatlivebetter website

Pinterest views **34,185** Facebook reach **4,578**

166 adults participated in an Eating Smart Being Active series

1,259 youth participated in a Youth Understanding MyPlate series

962 adult and youth graduates from nutrition & physical activity series

599 nutrition and physical activity classes held

PROGRAM IMPACTS

EFNEP helps a mother of six learn how to plan meals to save money while eating healthier foods.

A homeschooling mother of six took a nine-week series of online cooking and nutrition classes with her three teens. The mother struggled feeding her growing children. After attending the lesson on grains, she started buying all whole grain products. Everyone started reading labels to find the whole grain products while shopping. The mother was surprised how easy the family accepted the healthier choices. She appreciated learning how to fill her family up and stretch her food dollars by buying whole grain foods.

EFNEP contributes to family transformations in the kitchen and at the dinner table.

A homeschooled teen took a nine-week series of cooking and nutrition classes at the local food pantry. Her family did not eat a variety of vegetables. After preparing and sampling recipes in class using spinach and broccoli, she started preparing these recipes for her family. The family has increased their consumption of dark green vegetables by using spinach in smoothies, quesadillas, lasagna and mac and cheese. One of the family's favorite meals is Broccoli Cheese Soup which the teen prepared in class and makes for her family regularly. This was a wonderful success considering the teen did not like broccoli (or spinach or peppers) before taking the series.

EFNEP helps a participant develop healthy and sustainable exercise habits to support their overall well-being.

A mother in a recovery program, with eight children has enjoyed the physical activity during the nutrition education series. She said, "These classes have motivated me to be active every day. I feel so much better." Reading the food labels has been a big help as she is trying to make healthier food choices.

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USDA National Institute of Food and Agriculture
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