

EFNEP WORKS

Montana State University Extension
Expanded Food and Nutrition Education Program



2023

THE CHALLENGE

75%

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

57%

of Montana adults consume fruits and vegetables less than one time daily.

66%

of Montana adults are overweight or obese.

76%

of Montana American Indian adults are overweight or obese.

25%

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



An estimated 1 in 12 Montanans and 28,400 Children experience hunger/food insecurity.

THE EFNEP SOLUTION

TEACH

low-income youth and adults in the locations, online or in-person, 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.

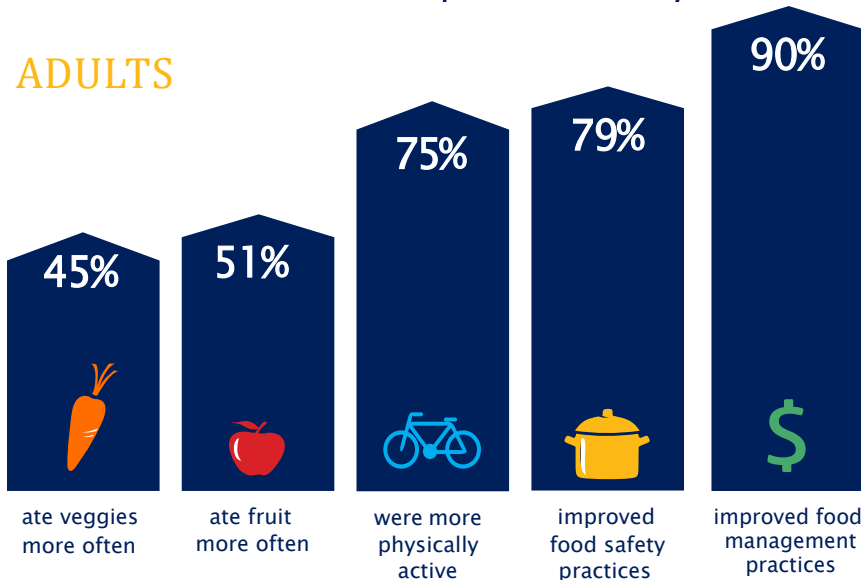
CONTRIBUTE

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

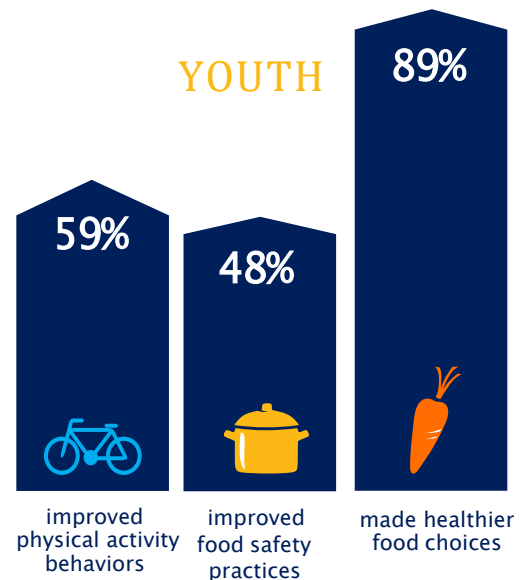
THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS



YOUTH



A third grade boy in a youth nutrition class in Eastern Montana had never consumed an orange before and didn't know what it was. He said, "This is the first time I have ever eaten one of these. I am going to ask my mom to buy some oranges because today I learned why they are good for us, and I like them!"

-Nutrition Educator



www.montana.edu/extension/buyeatlivebetter

EFNEP BY THE NUMBERS

6.9k views on buyeatlivebetter website

Pinterest views

 36.9k

Facebook reach

 3,428

346

adults participated in an Eating Smart Being Active series

1,078

youth participated in a Youth Understanding MyPlate series

992

adult and youth graduates from nutrition & physical activity series

1,715

nutrition and physical activity classes held

PROGRAM IMPACTS

EFNEP helps a mother of two have access to farmers market vouchers to increase her family's produce consumption.



A mother of two young children took a nine-week series of virtual cooking, nutrition, and wellness classes. She was excited to incorporate new recipes into her family's meals. Her children like vegetables, but she had never added them to items such as lasagna, macaroni and cheese, or smoothies. Her children like the new and healthier versions of these recipes and are eating even more vegetables. Also, this mom received a \$10 voucher to the local farmers market after each class she attended. She enjoyed taking her children to the market and letting everyone pick out farm fresh fruits and vegetables to try.

EFNEP contributes to family transformations in the kitchen and at the grocery store.



A busy working mother of three had taken the free nine-week series of cooking, nutrition, and wellness classes offered by the local EFNEP program. One of the free lesson enhancements she received upon completion of the series was a cookbook. She took the cookbook to the store with her and filled her cart up with lots of fruits and vegetables to make some of the recipes for her family. While in line, the woman behind her asked what she was going to make with all the produce. The EFNEP graduate showed the woman the cookbook she earned with all the quick and delicious recipes in it. The woman was very impressed and asked how to sign up for the classes.

EFNEP helps a mother of three gain financial confidence to provide for her family.



As a result of a series of nine nutrition and physical activity lessons for parents, a mother feels confident about sourcing local produce year-round and stretching her food dollars. She now prepares meals that will nourish her three children throughout the upcoming school year and beyond.



National Institute of Food and Agriculture

U.S. DEPARTMENT OF AGRICULTURE

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