

EFNEP WORKS

Montana State University Extension
Expanded Food and Nutrition Education Program



2024

THE CHALLENGE

65%

of Montana youth do not consume at least 1 serving of fruit per day.

68%

of Montana adults do not participate in enough physical activity to meet guidelines.

66%

of Montana adults are overweight or obese.

74%

of Montana American Indian adults are overweight or obese.

14%

of Montana children in grades 9–12 are obese.



An estimated 1 in 9 Montanans and 39,580 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.

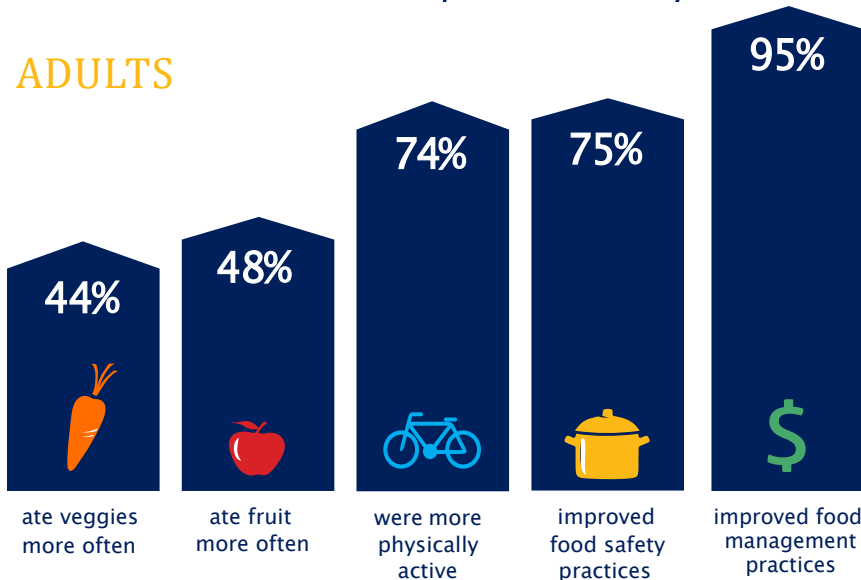
CONTRIBUTE

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

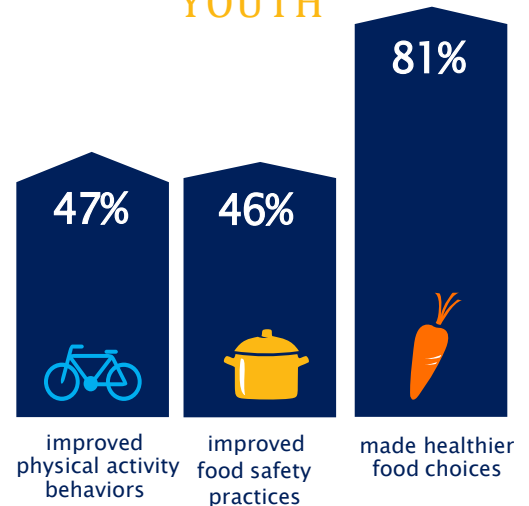
THE RESULTS

Graduates from nutrition classes improved their healthy habits.

ADULTS



YOUTH



One of the most inspiring success stories this year highlights how a single EFNEP youth class can ripple out to benefit an entire family. During a 3rd grade nutrition class, a young boy eagerly brought home the newsletter from a lesson, which included a simple salad recipe. Excited to share what he had learned, he asked his mom to help him prepare the recipe.

The result? His family was not only surprised by how delicious and healthy the salad was, but they also decided to make it a regular addition to their meals. This small step, sparked by a classroom lesson, has set the stage for ongoing healthier eating habits for the entire household. This story is a powerful example of how EFNEP empowers youth to become advocates for positive change, inspiring their families to make nutritious choices that improve their overall well-being. *-Nutrition Educator*



www.montana.edu/extension/buyeatlivebetter

EFNEP BY THE NUMBERS

8.8k views on buyeatlivebetter website

Pinterest views

 37.3k

Facebook reach

 3,063

267

adults participated in an Eating Smart Being Active series

1,080

youth participated in a Youth Understanding MyPlate series

854

adult and youth graduates from nutrition & physical activity series

440

nutrition and physical activity classes held

PROGRAM IMPACTS

EFNEP empowers a mother of three to keep her family physically active.



The family was new to the area, and she did not feel comfortable going out alone with the children. Recognizing her situation, the EFNEP nutrition educator shared an online physical activity resource designed for children. This allowed the mom and her children to stay active together while indoors. The following week, the mom excitedly shared that she and her children had tried several activities from the site and thoroughly enjoyed them. She expressed her excitement about discovering fun and safe ways to engage in physical activity with her children, fostering both health and bonding within the family.

EFNEP enables a mother with a disability with four children to gain confidence in the kitchen.



Prior to the nutrition classes, this mother did not feel comfortable in the kitchen or preparing meals for her family. Each week in class, she actively participated in preparing recipes for tasting, which gradually built her confidence. After a few weeks, she shared with her nutrition educator that the hands-on practice in class had empowered her to start cooking dinners at home using fresh ingredients, including raw meat—something she had previously avoided. By the end of the series, she expressed pride in her ability to provide her family with healthy, real foods instead of relying on processed options. This shift not only improved her family's nutrition but also enhanced her sense of self-reliance and accomplishment.

EFNEP supports a WIC referred mother of a three-year-old to learn new ways to use her benefits.

Prior to the nutrition classes, she had never used the whole grain benefits provided through WIC, believing her family would not enjoy whole grain products. During the course, she sampled recipes featuring whole grains and learned how to incorporate them into meals her family would love. Inspired by the classes, she began using her WIC benefits to purchase whole grains exclusively. By utilizing all her WIC benefits for the first time, she maximized the financial support available to her family, ensuring that no resources went to waste. This shift allowed her to stretch her household food budget further while providing healthier meals for her family.



The program's impact reached beyond the kitchen, empowering the mother to confidently advocate for her son's nutrition and stand firm against unhealthy food choices offered by family, enhancing her parenting and decision-making.



National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, and lender

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