



## SNAP 1704-1 DIRECTORIES Nutrition Education Programs

**Supersedes:** SNAP 1704-1 06/30/2022

**Reference:** 7 CFR 272.2(d)(2)(vii)(B)

**Overview:** Nutrition Education and Obesity Prevention Program goals are to improve the likelihood that SNAP participants make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans, Physical Activity Guidelines, and the USDA food guidance.

Strengthening an individual's knowledge of the health benefits of healthy food choices and physical activity while also increasing knowledge of food resource management allows them to stretch their food dollars, improve their health, prevent obesity, and enhance their and their family's overall well-being. There are two Nutrition Education and Obesity Prevention Programs.

### **SNAP-Ed:**

**The Supplemental Nutrition Assistance Program Education (SNAP-Ed):** The goal of SNAP-Ed is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance.

Who's eligible to participate in SNAP-Ed? Those eligible include SNAP participants or those who are ELIGIBLE for SNAP, which includes individuals who are low income or participating in other means-tested federal programs such as TANF, Medicaid, as well as individuals residing in communities with a significant low-income population.

Montana's SNAP-Ed program is currently implemented by Montana State University (MSU) Extension through a contract. Youth SNAP-Ed classes are provided at eligible schools to 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grades during the school year. Adult classes are taught through a 6–9-week series of nutrition classes from the "Eating Smart-Being Active" curriculum, written and developed by Colorado State University. County and reservation-based nutrition educators lead interactive lessons for adults and youth across the state to help individuals learn easy meal planning according to MyPlate, stretching limited food dollars, increasing physical activity, discovering tasty and affordable ways to eat healthy, and improving skills for safe food handling and preparation. [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

**EFNEP:**

**Expanded Food and Nutrition Education Program (EFNEP):** EFNEP offers many of the same services as SNAP-Ed. EFNEP participants must have children in the household and are not required to be receiving SNAP benefits to receive EFNEP services.

**REFERRALS:**

Eligibility staff are strongly encouraged to refer participants of all ages and backgrounds to the SNAP-Ed and EFNEP programs, as appropriate. Referrals are not mandatory but must be provided when individuals express an interest or appears the information may be of assistance to the household.

**Virtual Courses** are also available, refer interested clients to [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org) for course information, registration, and updates.

**CONTACTS:**

MSU Extension SNAP-Ed/EFNEP maintains the [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org) website, Facebook, and Pinterest pages.

**FY23 SNAP-Ed/EFNEP  
Site Counties and Contact Information**

<b>Counties Services</b>	<b>Program</b>	<b>Nutrition Educator(s)</b>	<b>NEP Contact</b>
Big Horn County/ Crow Indian Tribal Organization (ITO) /Northern Cheyenne ITO	SNAP-Ed	Vacant	Vacant
Blackfeet ITO/Glacier County	SNAP-Ed	Jodi Duncan and Kaitlyn Sharp	(406) 873-8553 <a href="mailto:jodi.duncan@montana.edu">jodi.duncan@montana.edu</a> <a href="mailto:kaitlyn.sharp@montana.edu">kaitlyn.sharp@montana.edu</a>
Blaine County/Ft Belknap ITO	SNAP-Ed	Ramona King	(406) 353-2656 <a href="mailto:ramona.king@montana.edu">ramona.king@montana.edu</a>
Cascade County	SNAP-Ed	Nina Polk	(406) 454-6980 <a href="mailto:nina.polk@montana.edu">nina.polk@montana.edu</a>
Deer Lodge	SNAP-Ed	Jennifer Friedberg	(406) 723-0217 <a href="mailto:jennifer.friedberg@montana.edu">jennifer.friedberg@montana.edu</a>
Flathead County	SNAP-Ed	Vacant	Vacant
Hill County/ Chippewa Cree ITO	SNAP-Ed	Vacant	Vacant
Lake County/ Flathead ITO	SNAP-Ed	Havilah Burton and Tammy Sandberg	(406) 883-2865 <a href="mailto:havilah.burton@montana.edu">havilah.burton@montana.edu</a> <a href="mailto:tammy.sandberg@montana.edu">tammy.sandberg@montana.edu</a>
Lewis & Clark County	SNAP-Ed	Chloé Lundquist	(406) 447-8456 <a href="mailto:chloe.lundquist@montana.edu">chloe.lundquist@montana.edu</a>

Lincoln County	SNAP-Ed	Annette Galioto	(406) 283-2452 <a href="mailto:agalioto@libby.org">agalioto@libby.org</a>
Mineral County	SNAP-Ed	Jeanette Allday	406-827-6934 <a href="mailto:jeanette.allday@montana.edu">jeanette.allday@montana.edu</a>
Missoula County	EFNEP	Kayla Martin and Molly Attwater	(406) 258-4207 <a href="mailto:kayla.martin3@montana.edu">kayla.martin3@montana.edu</a> <a href="mailto:molly.moran3@montana.edu">molly.moran3@montana.edu</a>
Phillips County	SNAP-Ed	Ramona King	(406) 353-2656 <a href="mailto:ramona.king@montana.edu">ramona.king@montana.edu</a>
Sanders County	SNAP-Ed	Jeanette Allday	406-827-6934 <a href="mailto:jeanette.allday@montana.edu">jeanette.allday@montana.edu</a>
Silver Bow County	SNAP-Ed	Jennifer Friedberg	(406) 723-0217 <a href="mailto:jennifer.friedberg@montana.edu">jennifer.friedberg@montana.edu</a>
Ravalli County	SNAP-Ed	Vacant	Vacant
Yellowstone County	EFNEP	Lynn Olson, Melody Harris & Debbie Holman	(406) 258-4207 <a href="mailto:lynn.olson1@montana.edu">lynn.olson1@montana.edu</a> <a href="mailto:melody.harris@montana.edu">melody.harris@montana.edu</a> <a href="mailto:deborah.holman1@montana.edu">deborah.holman1@montana.edu</a>

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