



## SNAP 1704-1 DIRECTORIES Nutrition Education Programs

**Supersedes:** SNAP 1704-1 8/5/2020

**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):** Montana's SNAP-Ed program is implemented by Montana State University (MSU) Extension through a contract. MSU Extension provides SNAP-Ed classes to youth and adults. Youth classes are provided to 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> grades during the school year. Adult classes are taught in a series of 9 classes from the "*Eating Smart-Being Active*", curriculum developed by and written by Colorado State University classes are titled: "*Get Moving; Plan, Shop and Save; Fruits & Veggies: Half Your Plate; Half Your Grains whole; Go Lean Protein; Build Strong Bones; Make a change and Celebrate.*"

### **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.

**CONTACTS:**

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

**SNAP-ED:**

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