



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 1st, 3rd, and 5th 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 , Facebook, and Pinterest pages.

**FY22 OPA Programs and SNAP-Ed/EFNEP
Contact Information**

Counties Services	OPA NAME	SNAP-Ed/EFNEP Nutrition Educator	NEP Contact
Deer Lodge	Anaconda	Jennifer Friedberg	(406) 723-0217 jennifer.friedberg@montana.edu
Blackfeet, ITO	Browning	Jodi Duncan Kaitlyn Sharp	(406) 873-8553 jodi.duncan@montana.edu Kaitlyn.sharp@montana.edu
Silver Bow	Butte	Jennifer Friedberg	(406) 723-0217 jennifer.friedberg@montana.edu
Roosevelt	Fort Peck/ Culbertson	vacant	vacant
Cascade	Great Falls	Nina Polk	(406) 454-6980 nina.polk@montana.edu
Ravalli	Hamilton	vacant	vacant
Crow ITO Big Horn	Hardin	Andrea Berry	(406) 665-9774 andrea.berry2@montana.edu
Chippewa Cree, ITO Hill	Havre	Rhonda Gregoire	(406) 265-5481 ext. 2334 rhonda.gregoire@montana.edu
Ft Belknap, ITO Blaine, Phillips		Ramona King	(406) 353-2656 ramona.king@montana.edu
Lewis & Clark	Helena	Chloé Lundquist	(406) 447-8456 chloe.lundquist@montana.edu
Flathead	Kalispell	vacant	vacant
Rosebud	Lame Deer	Andrea Berry	(406) 665-9774 andrea.berry2@montana.edu
Lincoln	Libby	Annette Galioto	(406) 283-2452 agalioto@libby.org
Mineral	Missoula	Jeanette Allday	406-827-6934 jeanette.allday@montana.edu
Lake Flathead, ITO	Polson	Havilah Burton	(406) 883-2865 havilah.burton@montana.edu
Sanders		Jeanette Allday	406-827-6934 jeanette.allday@montana.edu
Yellowstone	Billings	Lynn Olson, Melody Harris, & Debbie Holman	(406) 258-4207 lynn.olson1@montana.edu melody.harris@montana.edu deborah.holman1@montana.edu
Missoula	Missoula	Kayla Martin and Molly Moran	kayla.martin3@montana.edu molly.moran3@montana.edu (406) 258-4207

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