

What participants
had to say:



“The nutrition classes have helped me save \$80 in groceries in one month by teaching me how to plan meals and shop with a grocery list.”

“My family eats more healthy foods like fruits and vegetables because I now buy them instead of chips.”

“Learning how to cook different types of foods that are healthy was the best part of the class.”



outside fold



Expanded Food and Nutrition Education Program

For more information about the program and to sign up for classes, please visit our website:

www.montana.edu/extension/buyeatlivebetter/
406-994-6022

Local contact information:

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outside fold



What is EFNEP?

The Expanded Food and Nutrition Education Program (EFNEP) can partner with your agency to provide hands-on nutrition education with a research-based curriculum through a series of in-person or online lessons. EFNEP is free for those who are eligible.

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Who is eligible for EFNEP?

Low-income families or young adults who are eligible for assistance programs such as WIC, Head Start, or Supplemental Nutrition Assistance Program (SNAP), are also eligible for EFNEP.

inside fold

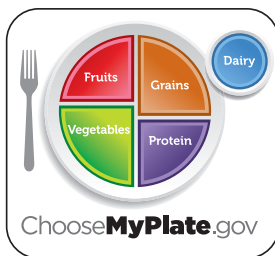
What does EFNEP provide?

- An interactive research-based nutrition curriculum
- Adaptable material to meet each participant's needs
- Lessons, delivered in small groups, that last about 60-120 minutes
- In-person or online lesson options



Participants learn how to:

- Plan and prepare meals according to MyPlate
- Eat healthfully and choose appropriate portion sizes
- Save money at the grocery store
- Keep food safe
- Be more physically active



EFNEP participants engage in interactive lessons and receive:

- Weekly recipes
- Grocery shopping list
- Measuring cups and spoons
- Cookbook
- Cutting board
- Produce brush
- Water bottle
- Graduation certificate



Participants prepare and/or taste new recipes at each lesson.