



What participants had to say:

“We used to eat pancakes four times a week; after going to classes, I now cook new healthy foods and my family is eating more variety.”

“The lesson on portion sizes was great. I now pay more attention to the portion I put on my plate and my kids.”

“The nutrition class on Plan, Shop and Save has helped me to save \$50 on my grocery bill last month, that is extra money for other bills.”

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Supplemental Nutrition Assistance Program-Education

For more information about the program and to sign up for classes, please visit our website www.buyeatlivebetter.org
406-994-6022

Local Contact Information:

Montana State University Extension encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodations or have questions about the physical access provided, please contact your local Extension office or the Nutrition Education Program at 406-994-6022 in advance of your participation or visit.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

This institution is an equal opportunity provider.



SNAP-Ed

Supplemental Nutrition Assistance Program-Education



What is SNAP-Ed?

The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) 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. SNAP-Ed is free for those who are eligible.



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

SNAP-Ed participants will engage in interactive lessons and receive:

- Calendar with recipes
- Grocery shopping list
- Measuring cups and spoons
- Refrigerator Thermometer
- Produce brush
- Cookbook
- Graduation Certificate

Who is eligible for SNAP-Ed?

Individuals who are eligible for programs such as the Supplemental Nutrition Assistance Program (SNAP), WIC, or Head Start are eligible for SNAP-Ed.

Participants learn about:

- Planning and preparing meals according to MyPlate
- Healthy eating and cooking for less
- Saving money at the grocery store
- Keeping food safe
- Ways to be more physically active

What does SNAP-Ed provide?

SNAP-Ed participants learn about healthy eating and being active. Each lesson lasts 60-120 minutes. Lessons are taught in a group.

