



# Directory of Nutrition Education

# Montana

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This directory is designed to connect you with nutrition education programs available for youth and families around Montana. This directory was developed by Montana School Nutrition Programs of the Office of Public Instruction (OPI) in cooperation with the many nutrition programs listed in this directory. Many thanks to the numerous programs, organizations, and agency staff that provided information for this directory.

Additional printed copies of this resource are available upon request or feel free to make copies.

If you would like more information or to see a program/organization added to this directory, please contact us:

**Montana Team Nutrition Program**

Montana State University  
P. O. Box 173370  
Bozeman, MT 59717-3370  
406-994-5641

Katie Bark, Project Director  
[kbark@mt.gov](mailto:kbark@mt.gov)



**School Nutrition Programs**

Montana Office of Public Instruction  
P.O. Box 202501  
Helena, MT 59620-2501  
406-444-2501

Christine Emerson, State Director  
[cemerson@mt.gov](mailto:cemerson@mt.gov)

*This resource is posted on the Montana Office of Public Instruction website, located at: [www.opi.mt.gov/nutritioneducation](http://www.opi.mt.gov/nutritioneducation)*

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# Listing of Programs

## by Age Group Served

### EARLY CHILDHOOD

Child and Adult Care Food Program

Coordinated Approach To Child Health

Garden City Harvest

Learning by Nature

Montana Action for Healthy Kids

Montana Agriculture in the Classroom

Montana Nutrition and Physical Activity Program (NAPA)

Montana Rural Health Initiative

Montana Team Nutrition Program

Montana WIC Program

21st Century Community Learning Center

Child and Adult Care Food Program

Coordinated Approach To Child Health

Eat Smart

Flathead Farm to School

Gallatin Valley Farm to School

Garden City Harvest

Learning by Nature

Montana Action for Healthy Kids

Montana Agriculture in the Classroom

Montana FoodCorps

Montana Nutrition and Physical Activity Program (NAPA)

Montana Rural Health Initiative

Montana Team Nutrition Program

MSU Extension Food & Nutrition

MSU Nutrition Education Program, SNAP-Ed and EFNEP

Office of Public Instruction: School Nutrition Programs

### SCHOOL AGE GRADES K-5

SCHOOL GRADES 6-8

21st Century Community Learning Center  
Child and Adult Care Food Program  
Coordinated Approach To Child Health  
Eat Smart  
Flathead Farm to School  
Gallatin Valley Farm to School  
Garden City Harvest  
Learning by Nature  
Montana Action for Healthy Kids  
Montana Agriculture in the Classroom  
Montana Family, Career, and Community Leaders of America  
Montana FoodCorps  
Montana Nutrition and Physical Activity Program (NAPA)  
Montana Rural Health Initiative  
Montana Team Nutrition Program  
MSU Extension Food & Nutrition  
Office of Public Instruction: Agriculture Education (Grades 7 & 8)  
Office of Public Instruction: Family and Consumer Sciences  
Office of Public Instruction: School Nutrition Programs

SCHOOL AGE GRADES 9-12

21st Century Community Learning Center  
Child and Adult Care Food Program  
Eat Smart  
Farm to Cafeteria Network: Growing Leaders  
Flathead Farm to School  
Gallatin Valley Farm to School  
Garden City Harvest  
Montana Action for Healthy Kids  
Montana Family, Career, and Community Leaders of America  
Montana FoodCorps  
Montana Nutrition and Physical Activity Program (NAPA)  
Montana Rural Health Initiative  
Montana Team Nutrition Program  
MSU Extension Food & Nutrition  
Office of Public Instruction: Family and Consumer Sciences  
Office of Public Instruction: School Nutrition Programs  
Office of Public Instruction: Agriculture Education

PARENTS, GUARDIANS, OR FAMILY

MSU Extension 4-Health

21st Century Community Learning Center

Child and Adult Care Food Program

Coordinated Approach To Child Health

Eat Right Montana

Eat Smart

Gallatin Valley Farm to School

Learning by Nature

Montana Action for Healthy Kids

Montana FoodCorps

Montana No Kid Hungry

Montana Nutrition and Physical Activity Program (NAPA)

Montana Rural Health Initiative

Montana Team Nutrition Program

Montana WIC Program

MSU Extension Food & Nutrition

MSU Nutrition Education Program, SNAP-Ed and EFNEP

Office of Public Instruction: School Nutrition Programs

COMMUNITY MEMBERS

Eat Right Montana

Eat Smart

Gallatin Valley Farm to School

Learning by Nature

Montana Action for Healthy Kids

Montana FoodCorps

Montana No Kid Hungry

Montana Rural Health Initiative

Montana WIC Program

MSU Extension Food & Nutrition



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# 21st Century Community Learning Center (CCLC)

**Contact:** Mary Ellen Earnhardt

**Phone:** 406-444-3519

**Email:** [mearnhardt@mt.gov](mailto:mearnhardt@mt.gov)

**Address:** Office of Public Instruction  
PO Box 202501  
Helena, MT 59634



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## Age Groups Served:

School Age Grades K-5

School Age Grades 6-8

School Age Grades 9-12

Parents, Guardians or Family

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## Mission:

This program supports the creation of community learning centers that provide academic enrichment opportunities during non-school hours for children, particularly students who attend high-poverty and low performing schools.

The program helps students meet state and local student standards in core academic subjects, such as reading and math; offers students a broad array of enrichment activities that can complement their regular academic programs; and offers literacy and other educational services to the families of participating children.

## Program Goals/Focus/Impact:

1. Improve student-learning performance, for students of all ages, in one or more core academic areas through consistent involvement in 21st CCLC programs.
2. Offer a broad array of high-quality activities including youth development, drug and violence prevention, career development, art, music, recreation, technology education, and character education, which reinforce and complement the school day and positively affect school attendance, academic performance and decrease disciplinary actions or adverse behaviors.
3. Provide programming to engage families of enrolled 21st CLC participants with the intent of enhancing the home/school relationship, provide opportunities for parental involvement in school, and promote resiliency through family involvement.

## Resources and Support:

Curriculum or educational resources

Professional development or technical assistance

Information via newsletters

Web sites

Social media

Direct nutrition education activities and instruction to youth and/or families

**Website:** <http://opi.mt.gov/Programs/TitlePrgms/SafeSchools/21Century/index.html>

# Child and Adult Care Food Program (CACFP)

**Contact:** Mary Musil

**Phone:** 406-444-4086

**Email:** [mmusil@mt.gov](mailto:mmusil@mt.gov)

**Address:** MT DPHHS—CACFP  
PO Box 202925  
Helena, MT 59620-2925



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## Age Groups Served:

Early Childhood (Pre-K, infants, toddlers)  
School Age Child Care Institutions

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## Mission:

To administer the USDA Child and Adult Care Food Program (CACFP) for the State of Montana.

## Program Goals/Focus/Impact:

To support nutrition and food services to participants in eligible day care facilities.

To provide outreach, training and technical assistance to institutions; monitor program performance; facilitate expansion of the Program in low-income and rural areas; and ensure effective operation of the Program by participating institutions. The program is funded by the USDA, Food and Nutrition Service, and is administered by the Early Childhood Services Bureau of the Montana Department of Public Health and Human Services.

## Resources and Support:

The Program provides education, training, guidance, information, materials, resources, website, and communications to participating institutions, facilities, owners, directors, food service managers, cooks, staff, colleagues, students and the public on behalf of the participants served.

**Website:** [www.bestbeginnings.mt.gov](http://www.bestbeginnings.mt.gov)

# Coordinated Approach to Child Health (CATCH)

**Contact:** Lisa Tims

**Phone:** 406-329-5759

**Email:** [ltims@saintpatrick.org](mailto:ltims@saintpatrick.org)

**Address:** St. Patrick Hospital  
CATCH  
500 W Broadway  
Missoula, MT 59802



## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8

## Mission:

Coordinated Approach to Child Health is an evidence-based, coordinated school health program designed to promote physical activity, healthy food choices and the prevention of tobacco use in children. St. Patrick Hospital adopted the program because it is evidence-based; though it was originally designed to prevent cardiovascular disease in children, subsequent research has shown that it prevents childhood obesity.

## Program Goals/Focus/Impact:

Teach children that eating healthy and being physically active every day can be fun. Over 7,500 sites around the country currently use CATCH. Most school districts adopt and support the program on their own; in western Montana, however, we have a unique structure. St. Patrick Hospital sponsors CATCH in schools and community sites through the funding of curriculum materials and by providing staff members with on-going technical support and training.

## Resources and Support:

Curriculum or educational resources, Information via newsletters, Web sites, Social media, Direct nutrition education activities and instruction to youth and/or families

**Website:** <http://catchinfo.org>



# Eat Right Montana (ERM)

**Contact:** Rebecca Morley

**Phone:** 406-258-3827

**Email:** [rmorley@missoulacounty.us](mailto:rmorley@missoulacounty.us)

**Address:** Eat Right Montana Coalition  
PO Box 1631  
Helena, MT 59624



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

## Age Groups Served:

Parents, Guardians or Family  
Community Members

## Mission:

Eat Right Montana's mission is to promote healthy nutrition and physical activity choices and behaviors to improve the well being of all Montanans.

## Program Goals/Focus/Impact:

Eat Right Montana is a diverse group of individuals and organizations who have come together with the common goal of providing consistent, science-based nutrition and physical activity messages to all Montanans. Eat Right Montana strives to: Endorse and support efforts to improve Montanans' health through nutrition and fitness; promote the vision of ERM; develop, disseminate and market ERM themes and educational campaigns; seek collaborative partnerships with industry, governmental and non-profit organizations at the local, state and national level.

## Resources and Support:

Website and Facebook page with information about Montana nutrition and physical activity events

Healthy family recipes

Nutrition tips

Activities

Breastfeeding resources

Eat Right Montana also sponsors a Healthy Hero Award Program to recognize individuals and organizations that go above and beyond their job duties to promote health in Montana through nutrition and physical activity.

**Website:** <http://www.eatrightmontana.org/> or visit us on Facebook at Eat Right Montana



# Eat Smart

**Contact:** Rebecca Morley

**Phone:** 406-258-3827

**Email:** [rmorley@missoulacounty.us](mailto:rmorley@missoulacounty.us)

**Address:** Missoula County Health Dept.  
301 W. Alder  
Missoula, MT 59802



## Age Groups Served:

Parents, Guardians or Family  
Early Childhood -Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Community Members

## Mission:

Eat Smart's mission is to improve the food and beverage choices made by Missoula residents.

## Program Goals/Focus/Impact:

Eat Smart is part of the public health initiative focusing on decreasing the prevalence of obesity and improving the health of Missoula residents through community interventions including population-based education, partnerships, policy and environmental changes. The Eat Smart Program facilitates an Eat Smart Missoula Coalition serves as a forum for community members with a vested interest in the nutrition environment.

## Resources and Support:

Free services include bi-monthly e-nutrition newsletter

Shopping tours

Community breastfeeding support

Healthy nutrition presentations at schools and pre-schools, worksites, social service agencies, churches and health fairs.

Healthy nutrition and breastfeeding support related trainings for staff at child-cares, pre-schools, schools, agencies and work-sites.

**Website:** <http://www.missoulacounty.us/departments/health-department/healthy-people-healthy-families/eat-smart-3561>

# Farm to Cafeteria Network: *Growing Leaders* a project of NCAT

**Contact:** Kaleena Miller

**Phone:** 406-533-6651

**Email:** [kaleenam@ncat.org](mailto:kaleenam@ncat.org)

**Address:** NCAT  
3040 Continental Dr  
Butte, MT 59701



**Age Groups Served:**  
School Age Grades 9-12

## **Mission:**

Our "Growing Leaders" program seeks to connect high school students interested in sustainable food and agriculture and healthy living through leadership trainings, social media, and a bi-annual Youth Summit.

## **Program Goals/Focus/Impact:**

The "Growing Leaders" program was launched in 2013, and forms just one part of Farm to Cafeteria Network's larger programming that aims to increase local food in Montana institutions. The youth program is focused on getting young people involved in the larger local food movement in Montana and empowering them to make change in their schools and communities. We do this by providing a forum through which young people can share resources, build relationships, and develop leadership skills.

## **Resources and Support:**

Information via newsletters, Web sites, Social media , Leadership trainings, Bi-annual Summit

**Website:** [www.farmtocafeteria.ncat.org](http://www.farmtocafeteria.ncat.org)



# Flathead Farm to School

**Contact:** Jay Stagg

**Phone:** (406) 261-3705

**Email:** [staggi@whitefishschool.org](mailto:staggi@whitefishschool.org)

**Address:** Flathead Farm to School  
1658 2<sup>nd</sup> St  
Whitefish, MT 59937



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## Age Groups Served:

School Age Grade K-5  
School Age Grade 6-8  
School Age Grade 9-12

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## Mission:

Our mission is to reconnect people to the sources of their food and to those who produce it through education, outreach, and market support.

## Program Goals/Focus/Impact:

Flathead Farm to School is a program of Farm Hands – Nourish the Flathead. Nourish works under three pillars: Farm to Fork, Food for All, and Youth Empowerment; Flathead Farm to School falls under all three. We are a coalition of Flathead Valley school districts, including Somers/Lakeside, Bigfork, Kalispell, and Whitefish.

At schools in these districts, we are working on building and utilizing school gardens; increasing the amount of nutrition and cooking education; and sourcing healthy, local foods for our cafeterias.

Our goal is to grow our work in the districts we are currently involved with, as well as expand to more districts and schools in the valley.

## Resources and Support:

Information via website and social media  
Direct food education activities and instruction to students  
Training of participating food service managers and staff

**Website:** [www.nourishtheflathead.org](http://www.nourishtheflathead.org)



# FoodCorps Montana a project of NCAT

**Contact:** Al Kurki

**Phone:** 406-494-8655

**Email:** [akurki@ncat.org](mailto:akurki@ncat.org)

**Address:** NCAT  
PO Box 3838  
Butte, MT 59802



## **Age Groups Served:**

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Community Members

## **Mission:**

FoodCorps is a nationwide team of leaders that connects kids to real food and helps them grow up healthy.

## **Program Goals/Focus/Impact:**

We place motivated leaders in limited-resource communities for a year of public service. Working under the direction of local partner organizations, we implement a three-ingredient recipe for healthy kids.

Our service members:

1. teach kids about what healthy food is and where it comes from;
2. Develop school gardens as a learning tool for kids;
3. bring high-quality local food into public school cafeterias.

## **Resources and Support:**

FoodCorps members are placed regionally around the state.

**Website:** [www.montanafoodcorps.org](http://www.montanafoodcorps.org)



# Gallatin Valley Farm to School

**Contact:** Sam Blomquist

**Phone:** 406-219-1010

**Email:** [sam@gvfarmtoschool.org](mailto:sam@gvfarmtoschool.org)

**Address:** Gallatin Valley Farm to School  
PO Box 563  
Bozeman, MT 59771



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## Age Groups Served:

Parents, Guardians or Family

School Age Grades K-5

School Age Grades 6-8

School Age Grades 9-12

Teachers, Community Members

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## Mission:

Gallatin Valley Farm to School cultivates healthy kids, vibrant farms and strong communities by connecting schools and local producers in the Gallatin Valley.

## Program Goals/Focus/Impact:

By connecting schools and local producers, the program will realize many goals, including:

1. serving healthy, fresh, made from scratch, local meals in school cafeterias;
2. improving student nutrition;
3. providing health, nutrition and agriculture education;
4. enhancing local economies by supporting local farmers; and
5. instilling a sense of community citizenship in students.

## Resources and Support:

GVF2S provides professional development or technical assistance for educators, administrators and food service personal; Information via newsletters, web sites and social media; Direct nutrition education activities and instruction to youth and/or families including classroom activities, after school and summer programming.

**Website:** [www.gvfarmtoschool.org](http://www.gvfarmtoschool.org)



# Garden City Harvest Farm to School

**Contact:** Jason Mandala

**Phone:** 406-239-5524

**Email:** [jason@gardencityharvest.org](mailto:jason@gardencityharvest.org)

**Address:** Garden City Harvest  
PO Box 205  
Missoula, MT 59806



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## Age Groups Served:

Early Childhood  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12

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## Mission:

The Garden City Harvest Farm to School program is based in Missoula, and encourages youth to explore connections between food, agriculture, science, and their everyday lives. We offer hand-on, experiential learning opportunities at the PEAS Farm, in school gardens, in Missoula County Public School classrooms, and at many of our other farms and gardens.

## Program Goals/Focus/Impact:

Educational Field Trips—Spring, summer and fall we offer educational field trips at the PEAS Farm.

Summer Camps—Kids entering grades first through fifth can join in one of our four-day summer camps offered throughout the summer at the PEAS Farm and Orchard Gardens. Children learn about farming, cooking, and have fun on the farm.

School Gardens—Read about existing gardens and download Garden City Harvest’s school garden curriculum.

Farmer in the Classroom—A year-long program geared to 2nd grade classes in Missoula teaching about food, agriculture, and nutrition in Montana. The curriculum combines in-class and on-farm experiences.

## Resources and Support:

Curriculum for hands-on school garden lessons and in-class winter learning, recipes for seasonal eating in Montana, and field trips on the PEAS Farm in the spring and fall.

**Website:** [www.gardencityharvest.org](http://www.gardencityharvest.org)



# Learning by Nature

**Contact:** Bobbi Geise

**Phone:** 406-599-1770

**Email:** [Bobbi@LearningByNature.org](mailto:Bobbi@LearningByNature.org)

**Address:** Learning by Nature  
3475 Tumbleweed Dr  
Bozeman, MT 59715



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## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
Community Members

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## Mission:

Learning by Nature designs and creates innovative and sustainable outdoor environments and professional development opportunities that connect people, place and play.

## Program Goals/Focus/Impact:

Learning by Nature offers a blend of 30 years experience in the areas of education, curriculum development, landscape design, fundraising, and consulting. Learning By Nature's staff has traveled the world researching and playing in all varieties and sizes of outdoor learning landscapes, playscapes, and edible school yards.

Our ultimate goal is to get children, educators and families back outside to enjoy the wonders of nature through fun, safe, engaging and educational landscapes and lessons. We look forward to helping you create a healthy learning landscape and scrumptious engaging curriculum.

## Resources and Support:

Workshops, Designs, Consultation, Fundraising

**Website:** [www.learningbynature.org](http://www.learningbynature.org)



# Montana 4-H

**Contact:** County Extension Agent

**Phone:** 406-994-3501

**Email:** See County Agent Listings

**Address:** See County Agent Listings



Montana 4-H Center  
FOR YOUTH DEVELOPMENT

## Age Groups Served:

School Age Grades K-5

School Age Grades 6-8

School Age Grades 9-12

## Mission:

The Mission of Montana 4-H is to engage youth and adults across the state in partnerships with Montana State University Extension to promote positive youth development utilizing the collaborative strengths and resources of the USDA, Montana State University, local communities and citizens of Montana.

## Program Goals/Focus/Impact:

Montana 4-H strives to create engaging, research-based learning environments that focus on the Eight Essential Elements of Positive Youth Development. Through educational, learning-by-doing projects, club meetings, community service projects, and skill-building events, youth develop competence, confidence, connection, character, and compassion resulting in positive contributions to their communities.

Through the 4-H Healthy Living Mission Mandate, 4-H engages youth and families with opportunities to achieve optimal physical, social and emotional well-being.

## Resources and Support:

4-H offers a variety of healthy living projects for youth across the state. Topics include cooking-based projects and a fitness, nutrition and health project.

**Website:** <http://www.montana4h.org>

**County Extension Agent Listings:** <http://www.msuxextension.org/localoffices.cfm>



# Montana Action for Healthy Kids (MT AFHK)

**Contact:** Amanda Diehl

**Phone:** 406-461-6105

**Email:** [mandamay26@gmail.com](mailto:mandamay26@gmail.com)

**Address:** C/O Eat Right Montana  
P.O. Box 1631,  
Helena, MT 59624



## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Community Members

## Mission:

Montana Action for Healthy Kids Team is dedicated to improving the health and wellness of our children in schools and communities through nutrition and physical activity where children learn, participate in, and enjoy healthy lifestyle behaviors.

## Program Goals/Focus/Impact:

Montana Action for Healthy Kids (MT AFHK) is a statewide group working avidly to make childcare centers, schools and communities healthy places for kids by enhancing nutrition and physical activity opportunities. MT AFHK is a sub-committee of Eat Right Montana. Membership is open to anyone who is interested in supporting healthy kids. MT AFHK meets quarterly to keep abreast of current happenings, share resources and information, and is involved at the state and grassroots local level to support healthy schools and communities.

In addition to the statewide team, four local teams are working hard in these communities:

1. *Billings Action for Healthy Kids Team*  
Kathy Aragon ([jenaragon@bresnan.net](mailto:jenaragon@bresnan.net)) and Bernie Mason ([bcmason2612@hotmail.com](mailto:bcmason2612@hotmail.com))
2. *Great Falls Action for Healthy Kids Team*  
Erica Bridgeford ([erica\\_bridgeford@gfps.k12.mt.us](mailto:erica_bridgeford@gfps.k12.mt.us))
3. *Helena Action for Healthy Kids Team*  
Cassandra Drynan ([cassandramd@yahoo.com](mailto:cassandramd@yahoo.com))
4. *Missoula Action for Healthy Kids Team*  
Rebecca Morley ([rmorley@missoulacounty.us](mailto:rmorley@missoulacounty.us))

## Resources and Support:

Action for Healthy Kids is your "go to" place for how-to-guides, fact sheets and quick tips to help you create a healthy school environment. Check out the latest resources from our partners, volunteers and experts on our website.

## Websites:

<http://www.actionforhealthykids.org/in-your-state/montana/welcome>  
<http://www.eatrightmontana.org/eatrightafhk.htm>

# Montana Agriculture in the Classroom

**Contact:** Lorri Brenneman

**Phone:** 406-437-1906

**Email:** [lbrenneman@mt.gov](mailto:lbrenneman@mt.gov)

**Address:** Agriculture in the Classroom  
PO Box 1056  
Manhattan, MT



**Age Groups Served:**  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8

## **Mission:**

To provide today's teachers with timely, accurate, and integrated standards based curriculum on Montana agriculture through "hands on, minds on" activities.

## **Program Goals/Focus/Impact:**

Goal is agriculture literacy for grades PreK-8. Focus encompasses all aspects of agriculture literacy, from soils to world marketing.

Impact brief: 2012 outreach statistics are available by request.

## **Resources and Support:**

Curriculum or educational resources, Professional development or technical assistance, Information via newsletters, Web sites, Social media

**Website:** <http://agr.mt.gov/agr/Programs/AgClassroom/>



# Montana Family, Career & Community Leaders of America

**Contact:** Nicole Wanago

**Phone:** 406-581-7285

**Email:** [nicole.wanago@mtfcla.org](mailto:nicole.wanago@mtfcla.org)

**Address:** PO Box 11409

Bozeman, MT 59719



## **Age Groups Served:**

School Age Grade 6-12

## **Mission:**

The mission of Montana Family, Career and Community Leaders of America (FCCLA) is to promote personal growth and leadership development through Family and Consumer Sciences Education. Focusing on multiple roles of family member, wage earner, and community leader, members develop skills for life through:

1. character development;
2. creative and critical thinking;
3. interpersonal communication;
4. practical knowledge; and
5. career preparation.

## **Program Goals/Focus/Impact:**

FCCLA is a nonprofit national Career and Technical Student Organization (CTSO) for young men and women in Family and Consumer Sciences education in public and private school through grade 12. Everyone is part of a family, and FCCLA is the only national CTSO with the family as its central focus. Since 1945, FCCLA members have been making a difference in their families, careers, and communities by addressing important personal, work, and social issues through Family and Consumer Sciences education. Montana FCCLA provides opportunities for active student participation at local, state, and national levels. Montana has around 70 active FCCLA chapters with over 1,130 members.

## **Resources and Support:**

Chapter projects focus on a variety of youth concerns, including safe driving, teen pregnancy, parenting, family relationships, substance abuse, peer pressure, environment, nutrition and fitness, teen violence, and career exploration. Involvement in FCCLA offers members the opportunity to expand their leadership potential and develop skills for life -- planning, goal setting, problem solving, decision making, and interpersonal communication -- necessary in the home and workplace.

**Website:** [www.mtfcla.org](http://www.mtfcla.org)

# Montana No Kid Hungry

**Contact:** Danielle Anderson

**Phone:** 406-444-5940

**Email:** [danderson3@mt.gov](mailto:danderson3@mt.gov)

**Address:** MT DPHHS: No Kid Hungry  
2401 Colonial Drive—3rd floor  
Helena, MT 59604-4210



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## Age Groups Served:

Early Childhood- Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Parents, Guardians or Family  
Community Members

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## Mission:

End child hunger in Montana by ensuring all children get the healthy food they need every day.

## Program Goals/Focus/Impact:

Montana No Kid Hungry's primary goals are to:

1. Improve access to healthy food, and
2. empower children and parents/caregivers by teaching them to plan meals, stretch their food dollar, and cook healthy.

*Cooking Matters at the Store* is a program offered by *Share Our Strength*, which is a national nonprofit that works to end childhood hunger in the U.S. and funds the state No Kid Hungry campaigns. The guided in-store shopping tours help families shop and use the resources that they currently have, like SNAP and WIC benefits. They teach participants key food shopping skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grains. Montana No Kid Hungry will also be promoting the use of a newly released *Cooking Matters at the Store* app that brings the lessons taught in our in-store tours to a format accessible to consumers on their mobile devices or computer. The goal is to have participants understand and feel comfortable buying well-balanced meals for their families.

Montana No Kid Hungry (NKH) is currently focused on a variety of projects led by NKH AmeriCorps members in our target communities including, but not limited to, cooking classes, taste tests, and community dinners that incorporate nutrition education and cooking skills. NKH has expanded its reach by developing meaningful partnerships with several groups and organizations across the state involved in hunger, food access, and nutrition education.

## Resources and Support:

A fun opportunity to learn how to eat healthy on a budget with a hands-on experience  
A chance to share and earn from others  
A \$10 gift card  
A reusable bag, booklet to follow along, and recipes

**Website:** [mt.nokidhungry.org](http://mt.nokidhungry.org)

# Montana Nutrition and Physical Activity Program (NAPA)

**Contact:** Mandi Zanto

**Phone:** 406-444-7373

**Email:** [mzanto@mt.gov](mailto:mzanto@mt.gov)

**Address:** MT DPHHS  
1400 Broadway C-314A  
Helena, MT 59620



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## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12

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## Mission:

Making active living and healthy eating easier everywhere Montanans live, work, learn and play.

## Program Goals/Focus/Impact:

The Montana Nutrition and Physical Activity Program is funded by the Centers for Disease Control and exists to take more sweeping population-based approaches (as differentiated from working person by person). The program focuses on *environments* where we can support communities through their local hospitals, schools, and local governments. These are mostly citizen-led efforts to create better daily opportunities for physical activity and healthful eating where we live, work and play.

Our agreement with the Centers for Disease Control spells out that we will :

1. work for effective policy and environmental changes;
2. develop and maintain strategic partnerships to leverage this important work; and
3. develop capacity to monitor and share relevant obesity-related, nutrition and physical activity data in Montana.

## Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Mini-grants/funding opportunities

**Website:** <http://dphhs.mt.gov/publichealth/NAPA>

# Montana Rural Health Initiative

**Contact:** Amy Wycoff Royer

**Phone:** 406-994-5627

**Email:** [amy.wycoff@montana.edu](mailto:amy.wycoff@montana.edu)

**Address:** Montana State University  
PO Box 170520  
Bozeman, MT 59717



## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Community Members

## Mission:

Our mission is to create a dynamic network linking prevention and community-based wellness programs throughout Montana to stimulate a higher level of wellness across the state.

## Program Goals/Focus/Impact:

The Rural Health Initiative is managed through the Montana Office of Rural Health/Area Health Education Center. The key components of the initiative are:

1. A highly interactive website featuring:
  - ⇒ Showcase of local initiatives
  - ⇒ Calendar of events
  - ⇒ Technical assistance support database
  - ⇒ Links to health, wellness, and prevention resources
2. Regular communications via a listserv and e-newsletter
3. Webinars and education programs designed to improve the capacity of rural Montana health and wellness programs

## Resources and Support:

Curriculum or educational resources, Mini-grants or funding opportunities, Information via newsletters, Web sites, Social media, Direct nutrition education activities and instruction to youth and/or families

**Website:** [www.montanaruralhealthinitiative.com](http://www.montanaruralhealthinitiative.com)

# Montana Team Nutrition Program

**Contact:** Katie Bark

**Phone:** 406-994-5641

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**Address:** Montana State University  
Team Nutrition Program  
PO Box 173370  
Bozeman, MT 59717



[opi.mt.gov](http://opi.mt.gov)



**Age Groups Served:**  
Parents, Guardians or Family  
Early Childhood - Preschool  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12

## **Mission:**

To motivate children to make healthful food and beverage choices through healthier school environments and nutrition education.

## **Program Goals/Focus/Impact:**

The Montana Team Nutrition Program is the training arm for school nutrition programs and builds support for healthier school environments through food service training, nutrition education and implementation of the local school wellness policy.

Focus areas are:

1. Healthy School Awards;
2. Nutrition Education;
3. Nutrient-rich school meals and snacks;
4. Pleasant and Positive Mealtimes;
5. Farm to School;
6. Food Safety/School HACCP.

## **Resources and Support:**

Curriculum or educational resources, Professional development or technical assistance, Mini-grants or funding opportunities, Information via newsletters, Web sites, Social media, Farm to school, Local school wellness policy information

**Website:** [www.opi.mt.gov/MTeamNutrition](http://www.opi.mt.gov/MTeamNutrition)

# Montana WIC Program

**Contact:** Kate Girard

**Phone:** 406-444-5533

**Email:** [kgirard@mt.gov](mailto:kgirard@mt.gov)

**Address:** MT DPHHS  
1400 Broadway  
Cogswell Building, Rm 305  
Helena, MT 59620



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## Age Groups Served:

Parents, Guardians or Family  
Early Childhood - Preschool

Women-pregnant, breastfeeding, recently  
delivered and infants

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## Mission:

To safeguard the health of low-income women, infants and children up to age 5 who are at nutritional risk by providing information on healthy eating, referrals to health care and nutritious foods to supplement diets.

## Program Goals/Focus/Impact:

The Montana WIC Program's focus is to improve the health of women, infants and young children during critical times of growth and development. WIC acts as an adjunct to health care during those times to reduce health problems.

## Resources and Support:

Direct nutrition education activities and instruction to youth and/or families, Nutrition and breastfeeding education, Referrals to health and social services, Specific supplemental foods

**Website:** [www.wic.mt.gov](http://www.wic.mt.gov)

# MSU Extension Food and Nutrition

**Contact:** Lynn Paul, EdD, RD  
**Phone:** 406-994-5696  
**Email:** [lpaul@montana.edu](mailto:lpaul@montana.edu)  
**Address:** Montana State University  
PO Box 173370  
Bozeman, MT 59717



**Age Groups Served:**  
Parents, Guardians or Family  
School Age Grades K-5  
School Age Grades 6-8  
School Age Grades 9-12  
Community Members

## Mission:

MSU Extension is a statewide educational outreach network whose goal is to improve the health and well-being of Montanans by applying unbiased, research-based university resources for local, state, and national needs. Our mission is to empower individuals, families and communities to apply information, resources, and skills to make informed, healthy, and sustainable decisions and changes in the areas of food and nutrition, food safety, food preservation, health promotion, physical activity, and body image.

## Program Goals/Focus/Impact:

Programs and Focus of MSU Extension Food and Nutrition

1. Promoting Healthy Lifestyles and Well-being
2. Childhood and Adult Obesity Prevention Programs
3. Food Safety Training for Food Service and Consumers
4. Food Preservation for Consumers
5. Diabetes Prevention and Self-management
6. Self-management for People with Chronic Disease
7. StrongWomen - strength training for middle-to older adults
8. Eating Disorder Prevention and Positive Body Image Programs
9. Food and Nutrition Demonstrations

## Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Direct nutrition education activities

**Website:** [www.msuetension.org/nutrition](http://www.msuetension.org/nutrition)



# MSU Extension Nutrition Education Program, SNAP-Ed and EFNEP

**Contact:** Carrie Ashe

**Phone:** 406-994-6022

**Email:** [carrie.ashe@montana.edu](mailto:carrie.ashe@montana.edu)

**Address:** Montana State University  
235 Culberston Hall  
PO Box 172235  
Bozeman, MT 59717



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## Age Groups Served:

Parents, Guardians or Family  
School Age Grades K-5

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## Mission:

Both the SNAP-Ed and EFNEP program in Montana provides nutrition, food safety, meal planning and budgeting information to low-income families and those on SNAP or are eligible. Teaching a series of six to seven classes in food preparation, cooking skills and physical activity encourages participants to increase their skills during class and at home.

## Program Goals/Focus/Impact:

The goal of both the SNAP-Ed and EFNEP programs is for families to become healthier in their food choices, cook nutritious meals at home and incorporate daily physical activities into their lives to decrease obesity and disease.

## Resources and Support:

Curriculum or educational resources, Information via newsletters, Web sites, Social media , Direct nutrition education activities and instruction to youth and/or families

**Website:** [www.buyeatlivebetter.org](http://www.buyeatlivebetter.org)

# Office of Public Instruction Agriculture Education

**Contact:** Brad King

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**Email:** [bking2@mt.gov](mailto:bking2@mt.gov)

**Address:** MT Office of Public Instruction  
PO Box 202501  
Helena, MT 59601



[opi.mt.gov](http://opi.mt.gov)

**Age Groups Served:**  
School Age Grades 7-8  
School Age Grades 9-12

## **Mission:**

High School Agriculture Education and Future Farmers of America (FFA).

## **Program Goals/Focus/Impact:**

Agricultural Education (Ag Ed) is a sequential set of course offerings for students in grades 7-12. The program is designed to develop knowledge, skills, attitudes, and experiences in and about agriculture. Ag Ed prepares students for further education, self-employment, entry-level jobs, and consumer awareness in the agriculture industry. Vocational Agriculture, as it was formerly called, was started in Montana in 1917 with the passing of the federal Smith-Hughes Vocational Act. Curriculums in Ag Ed may contain: Ag Business, Animal Science, Aquaculture, Forestry, Horticulture, Leadership, Mechanics, Natural Resources, Plant Science, and Wildlife Management. Most programs consist of three major components: classroom and laboratory instruction, supervised agricultural experiences and membership in the FFA. Quality programs are conducted on a year-round basis with students actively engaged in educational activities over the summer months.

## **Resources and Support:**

Curriculum or educational resources

**Website:** [http://opi.mt.gov/programs/CTAE/CTE.html#p7GPc1\\_2](http://opi.mt.gov/programs/CTAE/CTE.html#p7GPc1_2)

# Office of Public Instruction Family & Consumer Sciences

**Contact:** Megan Vincent

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**Address:** Office of Public Instruction  
Family and Consumer Sciences  
PO Box 202501  
Helena, MT 59620



## **Age Groups Served:**

School Age Grades 6-8

School Age Grades 9-12

## **Mission:**

The mission of Family and Consumer Sciences Education is to prepare students for family life, work life, and careers in Family and Consumer Sciences Education by providing opportunities to develop the knowledge, skills, attitudes, and behaviors needed for:

1. strengthening the well-being of individuals and families across the life span;
2. becoming responsible citizens and leaders in family, community, and work settings;
3. promoting optimal nutrition and wellness across the life span;
4. managing resources to meet the material needs of individuals and families;
5. balancing personal, home, family, and work lives;
6. using critical and creative thinking skills to address problems in diverse family, community, and work environments;
7. successful life management, employment, and careers development;
8. functioning effectively as providers and consumers of goods and services;
9. appreciating human worth and accepting responsibility for one's actions and success in family and work life.

## **Program Goals/Focus/Impact:**

Family and Consumer Sciences (FCS) Education empowers individuals and families across the life span to manage the challenges of living and working in a diverse global society with a unique focus on preparation for family life, careers in FCS and their interrelationships. As a part of Career & Technical Education, Montana's public schools include over 100 qualified FCS high school programs serving more than 7,800 students. FCS programs can also be found in middle schools across the state.

## **Resources and Support:**

Family and Consumer Sciences curriculum areas include Consumer Services & Family Resources; Education & Early Childhood; Family & Community Services; Hospitality, Tourism & Recreation; Culinary Arts; Housing & Interiors; Human Development; Nutrition & Wellness; Parenting; and Textiles, Fashion & Apparel.

An integral part of FCS is our student organization, Montana Family, Career & Community Leaders of America (FCCLA).

**Website:** [www.opi.mt.gov/programs/CTAE/CTE.html](http://www.opi.mt.gov/programs/CTAE/CTE.html) and <http://mtfclla.org/>

# Office of Public Instruction School Nutrition Programs

**Contact:** Christine Emerson

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School Nutrition Programs  
PO Box 202501  
Helena, MT 59620



[opi.mt.gov](http://opi.mt.gov)

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## Age Groups Served:

School Age Grade K-5

School Age Grade 6-8

School Age Grade 9-12

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## Mission:

To ensure schools provide nutritious meals and promote healthy lifestyles through collaborative education and training, and administration of the USDA School Nutrition Programs.

## Program Goals/Focus/Impact:

Supporting Student Wellness: Promoting Health and Reducing Childhood Obesity

1. Ensuring nutrient rich school meals
2. Increasing access to fresh fruits and vegetables
3. Expanding Farm to School programs
4. Ensuring food safety

Increasing Program Access and Participation

1. Making it easier for children to enroll in free school meals through direct certification
2. Expanding access and participation in the School Breakfast Program
3. Feeding kids when school is out through the Summer Food Service Program

## Resources and Support:

Curriculum or educational resources, Professional development or technical assistance, Information via newsletters, Web sites

**Website:** [www.opi.mt.gov/programs/schoolprograms/school\\_nutrition](http://www.opi.mt.gov/programs/schoolprograms/school_nutrition)

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(1) mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202)690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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*Last revision by Glenn Falcon, MSU Food and Nutrition student on **April 2016***