

OUR PARTNERS PAST & PRESENT

American Heart Association

www.americanheart.org

Montana Beef Council

www.beefnutrition.org

Blue Cross Blue Shield of Montana

www.bluecrossmontana.com

Montana Chapter of American Academy of Pediatrics

www.aap.org/member/chafact/montana.pdf

Montana Department of Health & Human Services:

www.dphhs.mt.gov

- Montana Cancer Control Programs:
www.cancer.mt.gov
- Cardiovascular Health Program (CVH):
<http://montanacardiovascular.mt.gov>
- Special Supplemental Nutrition Program for Women, Infants, & Children (WIC):
www.wic.mt.gov
- Child and Adult Care Food Program (CACFP)

Montana Dietetic Association

www.montanadieticassociation.org

Montana State University-Extension Service

Food & Nutrition

www.montana.edu/extensionnutrition

Nutrition Education Programs

www.montana.edu/nep/

Montana Office of Public Instruction

School Nutrition Programs

Montana Team Nutrition Program

www.opi.state.mt.us/schoolfood/index

North Dakota WIC

cpearce@state.nd.us

Shape Up Montana—Big Sky Fit Kids

www.shapeupmontana.org

Western Dairy Association

www.westerndairyassociation.org

Visit

www.eatrightmontana.org

to download packets, sign up for our listserv, find out about mini grant opportunities or to access contact information.

INTERESTED IN DONATING TO EAT RIGHT MONTANA?

Eat Right Montana operates through the generosity of donations, both financial and in-kind, from its sponsors and members, and through grants pursued by its membership. While the distribution of the Healthy Families packets is free, **we ask that you consider contributing a voluntary subscription donation.** The Eat Right Montana Coalition is a 501(c)(3) non-profit organization. Donations of any level are sincerely appreciated.

Go to

www.eatrightmontana.org

to learn about becoming a sponsor

Or

Simply send a check to:

Eat Right Montana Coalition

PO Box 5155

Bozeman, MT 59717



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

Working Together to Make

Healthy Eating
and
Active Lifestyles

A Way of Life in Montana!

Promoting Healthy Eating & Active Lifestyles



*Funded in part by a "going green" mini grant from ERM:
a FLAT (Forum for Living with Appropriate Technology)
project in Missoula*

WHAT IS EAT RIGHT MONTANA?

The Eat Right Montana (ERM) Coalition 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. Since our launch in 1992, we have understood the benefits of collaboration and partnerships. We work to meet our mission of promoting healthy eating and active lifestyles for all Montanans by providing:

- ◆ **Free** Healthy Families Packets each month accessible either through our listserv or from our Web site
- ◆ Mini grant **opportunities** that are open to all Montanans
- ◆ Opportunities for **action** in your community and across Montana
- ◆ Opportunities to donate your time to help **build** a healthier Montana, through membership or projects.

Healthy Families Packets

ERM provides a free monthly publication of family-friendly health information addressing current trends in nutrition and physical activity.

Mini Grants for Community-Based Activities

ERM helps support programs and activities that promote healthy eating and active living in diverse populations throughout Montana.

Examples include Fruits & Vegetables, "More Matters," "Going Green" and "Farm to Fork" gardening projects.

Montana Action For Healthy Kids

Action for Healthy Kids (AFHK) is a nationwide initiative. This Montana-specific sub-committee of ERM addresses school environments and supports healthy choices for kids.

Montana Breastfeeding Coalition (MBC)

A coalition of individuals and businesses interested in promoting and supporting breastfeeding for a healthier Montana, the MBC is also a sub-committee of ERM.

WELCOME NEW MEMBERS AND SPONSORS!

Visit

www.eatrightmontana.org
for contact information

Active Members

Actively participate in quarterly meetings, vote, and work toward the common goals of ERM.

Local Members

Assist with ERM implementation plans at the local level.

Sponsoring Partners

Individuals, groups or organizations that provide financial or other negotiated contributions to support the goals of ERM.

Please see the back panel if you are interested in making a donation.