



## WORKING TOWARDS A BETTER TOMORROW



  
**MONTANA**  
STATE UNIVERSITY  
EXTENSION

- Food & Nutrition
- Family Economics
- Housing & Environmental Health
- Family & Human Development

[www.montanafamilies.info](http://www.montanafamilies.info)

**FAMILY & CONSUMER SCIENCES**

# Montana State University Extension FAMILY & CONSUMER SCIENCES PROGRAMS

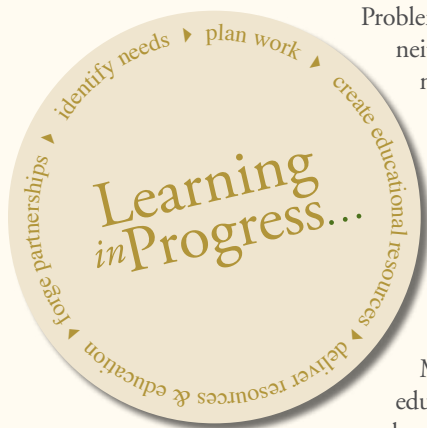


Our mission is to empower individuals, families and communities to apply unbiased, research-based information to make informed decisions.

## Integrated programs respond to needs

Problems don't always have borders, and neither should solutions. One issue may have multiple impacts within a community that require a strategic, coordinated response. To address complex community concerns, Extension specialists and agents work together and team with others, combining expertise and resources to deliver broad-based solutions that make an impact.

Many Extension programs blend educational resources across disciplines and you find dramatic examples on the following pages.



## Who are we?

### MONTANA STATE UNIVERSITY

Extension is a unique organization serving all the people of Montana with research, skills and knowledge from Montana State University in Bozeman.

Extension Family and Consumer Sciences professionals serve people and families of all shapes and sizes—from the elderly to kids, from single parents to step families. We provide what people need to make informed decisions and suggestions on change. This can be up to date information on family finance, practical advice on how to deal with energy issues, support groups to help grandparents raising grandchildren, or workshops on eating healthfully on less money. We pool our expertise in food and nutrition, housing, health, family issues, personal finances, and environmental health to provide innovative and targeted programs based on the needs of families, individuals, businesses and communities.

Our MSU Extension network consists of Extension agents based in Montana's counties, Indian reservations and tribal colleges; and specialists who are based on campus at MSU in Bozeman. This network constantly links with groups of communities and the national Extension network in order to produce the best educational resources.

Together, we respond to local needs in your community with friendly advice, useful tips, one-on-one consultations and educational presentations.

If you've never heard of Extension and our Family and Consumer Sciences programs, we invite you to find out more. If you're a longtime "customer," we hope you will enjoy reading about some of our recent programs.

## The Fight Against Meth

*Extension's Nationally Recognized Effort*

In Montana, 74.3 percent of federal drug cases involve meth, while nationally, methamphetamine accounts for 21 percent of drug offenses. Data from the U.S.

Sentencing Commission show that drug-related cases account for about 35 percent of all offenses. The problems created by methamphetamine in Montana reach well beyond users or dealers. Meth affects public health and safety, family and social services, law enforcement, criminal justice and the environment. Public education is essential in the fight against meth in Montana.

According to the National Congress of American Indians, Native Americans now experience the highest meth usage rates of any ethnic group in the nation.

Reservation and rural Native communities meth abuse rates have been seen as high as 30 percent of the population.

Public education, working directly with consumers, youth, community leaders, and main-street businesses, has been essential in the fight against meth in Montana and across the country. To help reduce meth use and manufacturing throughout the U.S., Montana State University Extension, collaborated and created a multidisciplinary and multicultural meth outreach awareness and prevention program. The focus of the outreach approach was the development of two multi-media self-guided and self-contained community action toolkits. The toolkits (one specifically designed for Tribal Communities and one for other communities) contain all the necessary materials for planning and implementing a wide variety of meth awareness and prevention education programs.

### Successes

To contribute to the reduction of meth use in Montana and help other states and tribes across the country respond to meth, to date the MSU Extension Meth in Montana Extension program:

- Educated more than 1,720 individuals (consumers, youth, teachers of every school age and discipline, housing authorities, health departments, medical staff, realtors, home inspectors, motel owners, storage building owners, parks and recreation staff, contractors, law enforcement, highway workers, civil organizations, and farmers and ranchers) and reached more than 6400 families via community meetings.
- Presented 203 educational sessions.
- Nationally distributed over 800 Tribal community toolkits.
- Distributed more than 675 non-Tribal community toolkits just in Montana.

- In collaboration with Montana 4-H and the Montana Office of Public Instruction, the Tools for Schools Meth Prevention education component reached all Montana middle/high schools and trained 700 educators.

Of 54 middle school students who participated in the Meth and Weight interactive lesson:

- 94 percent named two reasons why youth start using meth, such as peer pressure and weight loss.
- 96 percent named one healthy method for weight loss.
- 96 percent indicated that it is NEVER safe to use meth.
- 81 percent said they were “very unlikely” to try meth in the future.

As a result of these Extension efforts contribute to state’s documented success:

- Attitudes about meth are changing. Teens, young adults and parents are now more aware of the specific, negative consequences associated with meth use.
- Meth use is declining. As reported by teens, their meth use dropped from 13.5 percent in 1999 to 8.3 percent in 2005. As of September 2007, teen Meth use has declined 45 percent and adult Meth use has declined 70 percent.
- Meth-related crime is decreasing.

### Team members:

- Dr. Michael P. Vogel, Montana State University Extension Housing and Environmental Health Specialist
- Dr. Lynn Paul, Montana State University Extension Food and Nutrition Education Specialist
- Dr. Sandy Bailey, Montana State University Extension Human Development Specialist

### In partnership with:

- Montana Department of Justice, Attorney General’s Office
- Montana Office of Public Instruction
- National Congress of American Indians, Washington D.C.
- National Conference of State Legislatures, Denver

For additional information visit [www.stoptribalmeth.org](http://www.stoptribalmeth.org) and [www.msuextensionhousing.org](http://www.msuextensionhousing.org) or contact:

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## Getting the Word Out About Home Energy

When it comes to paying for home energy, the past few years have been tough on Montana families – they have experienced the highest energy costs in decades. For elderly and fixed-income households, rising energy costs have sufficient impact. For these households energy costs can consume more than half of their disposal income; often sacrificing proper health care, prescription drugs, childcare, and nutrition to pay for energy. Montana has the highest percentage of low-income families in the region, and to help consumers learn to cope with energy costs, the MSU Extension Housing and Environmental Health program has developed a comprehensive public education and technical assistance program.

Teaming up with the Montana Department of Public Health and Human Services since 1991, the MSU Extension Housing program provides training and certification to energy auditors, crews and contractors of the Montana's low-income weatherization assistance program. With Montana having the highest number per capita of mobile homes in the nation, providing specialized training to improve the energy-efficiency and extend the life of this housing stock is a unique focus of the weatherization training program.

### Results of the program:

- Annually about 1800 Montana homes are weatherized, reducing home energy costs by 21 percent.
- Annually contractors are trained and certified to assess homes for energy efficiency and to install cost effective weatherization measures to low-income homes. They are trained to identify and correct energy-related environmental health issues such as molds, excessive moisture, carbon monoxide, asbestos, and lead-based paint.

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## Powerful Tools for Caregivers

The baby boom generation is aging. The fastest growing age group is individuals over 85 years old. Along with extended life expectancy comes a variety of chronic illnesses. Most older individuals live on their own or with a spouse, yet they often require a certain level of caregiving. *Powerful Tools for Caregivers* is a course designed to help the caregiver learn self-care strategies so they can provide care – either direct care or managed care – to a loved one. Informal (unpaid) caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

MSU Extension has partnered with the Montana Department of Health and Human Services Aging Services Bureau and the Alzheimer's Association – Montana Chapter to train class leaders as well as offer the program across the state.

Montana has 60 certified class leaders, who have offered the program in Billings, Kalispell, Missoula, Butte, Glasgow, Great Falls, Plains, Eureka, St. Ignatius, Havre, Harlem, Hardin, Lewistown, Polson, Superior, and Hamilton. To date, nearly 200 individuals have taken the class.

### Program Outcomes:

Results from the evaluation of participants show that the average age of caregivers is 60 years with a range of 38-86 years of age.

- 29% of the caregivers were caring for someone with Alzheimers Disease; however, 54% were caring for someone with memory loss.
- 70% used relaxation tools taught in the class.
- 70% have used positive self-talk taught in the class.
- 85% are using "I" messages when communicating with others.
- 48% are very confident that they can get help with daily tasks.
- 56% are very confident that they can do something to feel better when feeling discouraged.
- 63% are very confident that they can cope with the stress of caregiving.
- 44% are confident that they can discuss with family members the needs and concerns related to caregiving.

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## Dying Without a Will... Who Gets Your Property?

[www.montana.edu/dyingwithoutawill](http://www.montana.edu/dyingwithoutawill)

Simply by clicking “yes” or “no” to a variety of questions at an MSU Extension Web site (or a CD for those who don’t have Internet access), Montanans can learn how their property would be distributed if they pass away without writing a will.

Marsha Goetting, Montana State University Extension Family Economics Specialist and Keri Hayes, Publication Assistant, created the site. The 39 illustrations listed describe “typical” family situations. If users discover that their family situation is not illustrated, they may send an email to [goetting@montana.edu](mailto:goetting@montana.edu) asking for more information.

An evaluation revealed that more than 90 percent of the respondents indicated that they were able to find their family situation. As a result, participants indicated they took the following actions: 37 percent drafted a will for the first time; 31 percent revised a current will; 17 percent drafted or revised a holographic will (handwritten); 17 percent utilized a software, book, or mail-order form to draft or revise a will; and 26 percent contacted an attorney for assistance in drafting or revising a will.

Comments from participants regarding the most important thing gained from the Web site included, “I’ve known we needed to do something and this is helping to get it started,” and “I’ve gained knowledge of Montana laws,” and “I realized the need to update and formalize my will.”

The MSU Extension Web site was reviewed for legal accuracy by members of the School of Law, University of Montana, and the State Bar of Montana.

Funding for these educational programs was provided by the Washington State University Western Center for Risk Management Education, the USDA Cooperative State Research Education and Extension Service (CSREES), and Montana State University Extension.

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## Estate Planning Provisions– AIPRA Update

[www.montana.edu/indianland](http://www.montana.edu/indianland)

Montana and Idaho Indian landowners and heirs have learned about the major probate provisions of the American Indian Probate Reform Act (AIPRA) through news articles and an informational packet containing 14 fact sheets. The Fort Hall (Idaho) Reservation Extension Agent and undergraduate intern made 14 presentations reaching more than 135 Fort Hall tribal members (126 requested AIPRA packets). As a result of articles in the Fort Hall *Sho-Ban News*, 170 packets were mailed to interested tribal members.

The Montana Extension Reservation Agents and undergraduate interns also had successful efforts: 15 presentations reached close to 250 tribal members on the Blackfeet, Fort Belknap, and Fort Peck reservations. Packets of the fact sheets were distributed to more than 400 individuals as a result of presentations and articles in the *Fort Peck Journal*, *Wotanin-Wowapi* (Fort Peck) and *Fort Belknap News*.

Other national organizations have linked the 14 fact sheets on their Web sites: Institute for Indian Estate Planning and Probate, Seattle University School of Law; and Indian Land Tenure Foundation; Wyoming Bar Association; Indian Country Extension. WebTrends, Inc. reveals that in a typical month, there are more than 1,300 hits on the Web site.

Requests for the packet have been received from more than 90 different Indian and non-Indian groups across the United States. The packets were also included as part of a course on probate offered by ICC Indian Enterprises, a national training school, in February 2008.

Participants have written the following statements on the evaluation forms: “We have no access to a computer so we appreciate the packets,” and “I intend to share with other members of the Turtle Mountain Allottee Association.”

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## Healthy Homes Make Healthy Families



When it comes to creating and maintaining a healthy home – Montana consumers consider the water they drink, molds, carbon monoxide and other combustion gases, lead-based paint, pesticides, radon, asbestos, and use of household chemicals. To help Montanans make quality decisions related to healthy homes, the Montana Extension Housing

program, with funding support from the USDA and HUD, offers public workshops throughout the state. For

professionals in real estate, home inspection and home management, a practitioner's level course is offered by the MSU Extension Housing program.

Are Montanans interested in having a healthy home? According to results of the Montana Healthy Homes program, in 2008 ...

- 1150 households tested their home for molds and excessive moisture
- 876 homes were corrected for molds and excessive moisture
- 3250 individuals conducted an assessment of their home for triggers related to asthma
- 6701 computer searches were conducted using the Montana Extension Materials Exchange for wanted and available materials
- 1235 households inquired about septic systems for corrective action
- 633 households tested their homes for indoor air quality

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## Montana Supplemental Nutrition Assistance Program

<http://montana.edu/nep>

Montana SNAP-Ed (formerly Food Stamp Nutrition Education) provides educational programs for families and individuals who are eligible for food stamps. In FY2008 in 16 counties and six reservations, paraprofessionals (nutrition assistants) and SNAP-Ed Agents provided adults and children a series of lessons or demonstrations with practical information and skill-building tips for choosing healthier foods, food preparation, and food safety practices. SNAP-Ed partners with numerous community agencies and organizations to optimize effective programming.

### Impacts:

Close to 4000 Montana adults (including senior citizens) were taught by SNAP-Ed in FY08. Some participants completed a series of lessons, while some participated in one or more lessons focused on improving food skills. An additional 2,819 indirect contacts were made by the program, offering Montanans information through newsletters and displays.

Adults who completed the lesson series reported that they improved one or more food resource management practices, improved nutrition practices (for example, 61 percent reported an increase in vegetable and/or fruit consumption), as well as food safety practices. One participant stated, "I've learned that there is a healthier way to eat. I've started making salads and healthier treats."

SNAP-Ed staff taught a series of six classes in Title I schools to first, third and fifth grade children. 3,418 Montana children learned how to make better food choices. Children, parents and teachers are enthusiastic about the hands-on lessons – and the skills and motivation gained in each child's life.

Children reported eating more fruits and vegetables, washing their hands more often, choosing healthy snacks, and being more physically active.

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## Alzheimer's Caregiving Series

[www.alzheimerstoolkit.info](http://www.alzheimerstoolkit.info)

In Montana more than 16,843 individuals have been diagnosed with Alzheimer's disease. Montana has 50 counties that are designated as frontier counties. This means that residents in the 50 counties have greater obstacles in accessing care for families affected by Alzheimer's. The obstacles include: distance, terrain, climate, lack of providers, and fewer available specialty services.

Since 2002, MSU Extension has been providing assistance to the Alzheimer's Association Montana Chapter to increase the awareness and support for caregivers of Alzheimer's patients in the form of in-kind assistance and monetary contributions for their conferences and participation on their board of directors. Throughout Montana, County Extension Offices have participated in the PBS broadcast and discussion of *The Forgetting: A Portrait of Alzheimer's*. From the interest generated through this broadcast, MSU Extension became aware of the need for more education in the state on Alzheimer's. As a result the *Alzheimer's Caregiving at Home* program and toolkit was developed.

The purpose of the MSU Extension *Alzheimer's Caregiving at Home* program is to assist informal (unpaid) caregivers of Alzheimer's patients in learning more about the disease, planning for the future as the disease progresses, and learning how to take care of themselves as they care for their loved one.

Two hundred and seventy-one Montanans have participated in the Alzheimer's Caregiving series. The series has been held in four different areas of the state.

This series has received one regional and three national awards. The program is packaged for dissemination and continued use by County Extension agents, health care providers and educators in other states.

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## Homes Across America

[www.homes-across-america.org](http://www.homes-across-america.org)

What is happening throughout the U.S. when it comes to high-performance homes? Since 2001, the MSU Extension housing program, with funding from the U.S. EPA, has maintained a housing website for profiling homes that have applied "resource efficient" technology that includes energy efficiency; water protection and conservation; waste management; indoor air quality; use of green products and innovative building systems; and universal design. Check out the program at [www.homes-across-america.org](http://www.homes-across-america.org).

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# Montana Expanded Food and Nutrition Education Program (EFNEP): Investing in Healthier Lives

<http://montana.edu/nep>

Montana's limited income families struggle to purchase and prepare food for their families in a nutritious manner with the money, food stamps, or other food resources they have available. Almost 20 percent of Montana children live in poverty, and food security is a problem for many of these children and their families. Missing meals and running out of food is not uncommon. Even for those who are working, low-income families often lack the time, motivation and skill to prepare family meals that are tasty, low-cost and healthful.

## Extension's EFNEP has been available to Montanans for 39 years

In FY2008, Montana EFNEP staff in Missoula County and Yellowstone County taught a series of lessons to more than 400 adult family members to help them stretch their food dollars to feed their families healthfully. EFNEP agents have also reached more than 900 low-income youth in schools and out-of-school programs with lessons about healthier, low-cost food choices, addressing child obesity in an effective, collaborative way.

## EFNEP is a proven solution

Both the adult participants of EFNEP and the youth participants show consistent positive behavior changes in choosing more nutritionally sound diets and managing food budgets. Also, EFNEP combats obesity by attacking nutritional illiteracy among low-income populations. The program encourages individuals and families to improve their diets and increase physical activity.

## A solid return on investment

An EFNEP cost/benefit study in 6 states, including Montana, found that for every dollar invested in EFNEP programming, \$8.82 in future health care savings resulted.

Follow-up with EFNEP graduates reveals that long-term impacts also are a result of the program, such as increased confidence in the ability to manage resources, sustained weight loss, and even increased job opportunities.

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# "Power Bill" Home Energy Fact sheets

[www.weatherization.org](http://www.weatherization.org)

Where do Montanans get credible, Montana-specific information about home energy conservation? When it comes to saving energy – it's back to the basics. Turn down the thermostat, change the furnace filter, insulate the house, tune up the heating system. To help Montana consumers cope with rising home energy costs, MSU Extension in partnership with the Montana Weatherization Assistance Program, provides 16 illustrated and easy-to-read fact sheets dealing with these energy topics:

- Top Ten Home Energy Savings Tips
- Mobile Home Energy Savings Tips
- Home Insulation Choices
- Air Sealing - Keep Heat Where it Belongs
- Put a Lid on Heating Costs by Installing Attic Insulation
- Controlling Condensation in the Home
- Energy Efficient Lighting - A Bright Idea
- Gas Appliances & Your Health
- Insulating Side Walls of Existing Homes
- How you can Prevent Carbon Monoxide Poisoning
- Cooling Your Home Naturally
- Floor and Foundation Insulation
- How to Save Energy Heating Your Home
- Indoor Air Quality
- Storm Windows
- Water Heater Maintenance

All fact sheets are available at Extension offices across the state as well online at [www.weatherization.org](http://www.weatherization.org).

For kids to learn about home energy saving tips you can also get a Power Bill Coloring and Activity book at your local county Extension office.

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# Montana Grandparents Raising Grandchildren Project

[www.montana.edu/wwwhd/grg/](http://www.montana.edu/wwwhd/grg/)

Today, Montana ranks ninth in the nation for the increase in Grandparents Raising Grandchildren between the years of 1990-2000 (AARP). In Montana alone during that decade there has been a 53 percent increase in the number of grandparents who are responsible for caring for their grandchildren. The U.S. Census (2000) reported 6,053 grandparents in Montana hold the primary responsibility for meeting the basic needs of their grandchildren, while 11,098 grandparents live in households with one or more grandchild who is under the age of 18.

Grandparents are faced with this responsibility for a variety of reasons which may include: death of the parent, involvement of social services due to child abuse or neglect, abandonment, teen pregnancy, issues arising from divorce of parents, parental issues with alcohol or drugs, financial difficulties of the parent, illness which hinders the parent's ability to provide for their child, and military deployment. The common factor is that in nearly all cases, grandparents are called upon to parent their grandchildren due to a crisis or failure in the nuclear family.

MSU Extension has taken the lead in the state to form a partnership of agencies and individuals who are interested in providing services and support to grandparents raising grandchildren in Montana. Current organizations and individuals include AARP of Montana, Montana Child Care Resource and Referral Network, Montana Office on Aging, Montana Public Broadcasting Outreach Director, Office of Public Instruction, Department of Public Health and Human Services, Tribal members, the Head Start Collaboration Office, and grandparents.

## Impacts:

- More than 260 grandparents and service providers have attended the Montana Grandparents Raising Grandchildren state conferences.
- Thirteen support groups are available across Montana, including one therapeutic support group.
- Grandparents raising grandchildren save the State of Montana an estimated \$116,000/day in foster care payments.
- More than 300 grandparents and service providers receive the grandparent newsletter.

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## Steps to A New You

According to state statistics, most Montanans aren't eating well, aren't active enough, don't enjoy physical activity, and have a poor body image.

In response, educators in Wyoming, Idaho, and Montana collaborated to offer *Steps to A New You* to over 915 participants as part of an applied research project from 2004-2007. The seven session *Steps to A New You* program uses hands-on experiences, pedometers and record-keeping tools to help participants develop new attitudes and behaviors related to food, physical activity, and body image. Participants of the program showed progress in each of these areas:

### Food and eating

- Eating more fruits, vegetables, and whole grains
- Drinking less soda pop
- Ordering fewer super-sized portions
- Eating less often while doing another activity

### Physical activity

- Increasing their average daily steps over 24 percent
- Adding physical activity to their daily routine
- Participating in more physical activities, including strength-training
- Increasing their enjoyment of physical activity

### Body image

- Caring less about what others think in terms of their body size and shape
- Feeling they have abilities, skills, and strengths more important than their body size and shape
- Less often letting self-consciousness about body size or shape keep participants from participating in physical activity

Participants noted important changes from the class, such as "I'm trying to listen to my body, eat when I'm hungry and stop when I'm full," and "During the class . . . I started to lift weights, run, and bike. I hadn't been doing that before. I continued these three exercises after the program finished," and "I don't have to be perfect. That was a big eye-opener for me."

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## Beneficiary Deeds in Montana

[www.montana.edu/estateplanning](http://www.montana.edu/estateplanning)

More than 4,000 requests have been received for an MSU Extension MontGuide that explains how to use a beneficiary deed to arrange for transfer of real property after a death to a beneficiary without the cost of probate.

“A beneficiary deed functions like a ‘pay on death’ designation for a checking or savings account,” said Marsha Goetting, Montana State University Extension family economics specialist. Owners of real property in Montana can sign and record a beneficiary deed with the clerk and recorder in the county where the real property is located.

Goetting and Kristen Juras, professor of law at the University of Montana, are co-authors of the MontGuide that answers questions about beneficiary deeds—from what additional forms must be filed, to explanations of the legal language for both creating and revoking the deeds.

Residents from a variety of groups in Yellowstone County asked Bernie Mason, County Family and Sciences agent, to conduct a beneficiary deeds program for the following: spouses attending the Montana Association of Counties conference, retired federal employees, AARP, Women’s Church Circle, Golden Kiwanis, Widowed Persons Support Group, the Blue Blazers, Realtors, and five family community education clubs. One participant included information about beneficiary deeds in a church newsletter and is distributing the MontGuide through the church office.

The Beneficiary Deeds MontGuide is available free from your local Montana State University Extension office, or may be downloaded from the Web at [www.montana.edu/estateplanning](http://www.montana.edu/estateplanning). Printed copies are also free by emailing [goetting@montana.edu](mailto:goetting@montana.edu).

Funding for the MontGuide was provided by the Washington State University Western Center for Risk Management Education Program of the USDA Cooperative State Research, Education and Extension Service.

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## Home Energy Information Kiosk

How healthy is your home? Using the Extension Healthy Home Assessment touch-screen kiosk, you can assess seven factors that influence the health of your home. Each factor previews the issue with a video clip. After entering all the factors that characterize your home; push a button and get a printout of the results, as well a fact sheet on each factor. Need home energy information? The kiosk is loaded with 20 different Montana specific factsheets dealing with home energy, tax credits and assistance programs.

The kiosk travels around the state to provide information to Montana consumers at many public venues – county and health fairs, home and garden shows and public libraries.

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## ServSafe Food Protection Manager Certification Training

In the past two years, more than 300 Montanans participated in a nationally recognized course, ServSafe Food Protection Manager Certification Training. This eight hour class provided in-depth information in controlling time and temperature when handling food, ensuring proper personal hygiene, preventing cross-contamination, and proper cleaning and sanitizing with 100 percent of participants gaining knowledge in these areas. Of 191 participants evaluated, 93 percent passed the test and received the national ServSafe Food Protection Manager Certification. In a follow-up survey 3-6 months after class, 95 percent strongly agreed that they have “more knowledge to pass our food safety inspection.” Also, 96 percent strongly agreed that they have “more confidence that food safety will increase profits.”

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## Small Steps to Health and Wealth

*Small Steps to Health and Wealth*<sup>™</sup> (SSHW) is an exciting new MSU Extension program designed to motivate participants to improve both their health and their finances. The program features discussions of similarities between health and personal finance issues, suggested behavior change strategies that can be applied to either area of life, and the impact of health on finances and finances on health. Since January 2008, Teton, Deer Lodge, Cascade, Blaine, Fergus and Richland county have offered the class in their counties to over 100 people. The program was also offered as a part of the Montana University System Wellness program with 60 participants.

Montana's SSHW program has received national publicity. The following is an excerpt from Family Economics News, distributed to more than 800 individuals. Several states have inquired about developing state-specific SSHW Web sites that link to the main SSHW Web site on the Rutgers University server. This is absolutely encouraged and a good template to follow is the Montana SSHW Web site at [www.montana.edu/sshw](http://www.montana.edu/sshw).

People are asking for more SSHW programs. Anaconda's Barb Andreozzi asked her SSHW class about prior experience with Extension programs and found that people had taken Marsha Goetting's estate planning class and nearly half were graduates of the *Steps to a New You* course.

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## Serving Up Safe Food: Food Safety Training

In the past two years, more than 1,700 Montanans participated in a basic food safety class that covers key knowledge and food handling skills needed to prevent people from getting sick from food.

Food service workers gained knowledge in safe food handling, and changed short-term and long-term safe food handling behaviors.

### Program outcomes:

#### Increased knowledge

- 99 percent of participants increased their knowledge about safe food handling and 85 percent of participants improved safe food handling behaviors:
  - Controlling time and temperature when handling food
  - Ensuring proper personal hygiene
  - Preventing cross-contamination
  - Proper cleaning and sanitizing

In addition to increased knowledge and improved safe food handling behavior, 64 percent thought they were "better trained others about the importance and methods of serving food safely."

A participant from a school food service commented, "I learned a lot of new things about temperatures that I did not realize. Nothing leaves the kitchen unless the temperature is right."

A county agent noted, "I was asked to do this class so that the food bank could participate in the Grocery Rescue Project by Albertsons. The day I completed the class they went over to get food from Albertsons. The manager told me that they anticipate receiving 3000 pounds of food per month through this program."

Also, in Missoula County, students report increased wage and promotion due to training.

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## MSU Extension Offices

### County Offices

Beaverhead .....	Dillon.....	406-683-3785	Mineral .....	Superior.....	406-822-3545
Big Horn .....	Hardin .....	406-665-9770	Missoula .....	Missoula.....	406-258-4200
Blaine .....	Chinook .....	406-357-3200	Musselshell/ Golden Valley.....	Roundup.....	406-323-2704
Broadwater .....	Townsend .....	406-266-9242	Park .....	Livingston.....	406-222-4156
Carbon .....	Joliet .....	406-962-3522	Phillips .....	Malta .....	406-654-2543
Cascade .....	Great Falls.....	406-454-6980	Pondera .....	Conrad .....	406-271-4054
Chouteau .....	Fort Benton.....	406-622-3751	Powder River .....	Broadus.....	406-436-2424
Custer .....	Miles City .....	406-874-3370	Powell .....	Deer Lodge.....	406-846-3680
Daniels .....	Scobey.....	406-487-2861	Prairie .....	Terry .....	406-635-2121
Dawson .....	Glendive.....	406-377-4277	Ravalli .....	Hamilton.....	406-375-6245
Deer Lodge .....	Anaconda .....	406-563-4035	Richland .....	Sidney.....	406-433-1206
Fallon/Carter .....	Baker .....	406-778-7110	Roosevelt .....	Culbertson .....	406-787-5312
Fergus .....	Lewistown.....	406-538-3919	Rosebud/ Treasure .....	Forsyth.....	406-346-7320
Flathead .....	Kalispell.....	406-758-5553	Sanders .....	Thompson Falls.....	406-827-6934
Gallatin .....	Bozeman .....	406-582-3280	Sheridan .....	Plentywood .....	406-765-3406
Garfield .....	Jordan .....	406-557-2770	Silverbow .....	Butte .....	406-723-0217
Glacier .....	Cut Bank .....	406-873-2239	Stillwater .....	Columbus .....	406-322-8035
Granite .....	Philipsburg.....	406-859-3304	Sweet Grass .....	Big Timber.....	406-932-5146
Hill .....	Havre.....	406-265-5481	Teton .....	Choteau.....	406-466-2491
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Liberty .....	Chester.....	406-759-5625	Wheatland .....	Harlowton.....	406-632-4728
Lincoln .....	Libby.....	406-296-9019	Yellowstone .....	Billings.....	406-256-2828
Madison/Jefferson .....	Whitehall.....	406-287-3282			
McCone .....	Circle.....	406-485-2605			

### Reservation Offices

Blackfeet .....	Browning.....	406-338-2650	Fort Peck .....	Poplar .....	406-768-3581
Flathead .....	Pablo.....	406-675-2700	Northern Cheyenne.....	Lame Deer.....	406-477-6498
Fort Belknap .....	Harlem.....	406-353-2205			

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