



*First Lady Carol Mead visits a Cent\$ible Nutrition Program demonstration.*

# CENT\$IBLE NUTRITION PROGRAM

## HELPS LIMITED-RESOURCE FAMILIES EAT BETTER

### SITUATION

The Cent\$ible Nutrition Program (CNP) provides nutrition education for low-income families. County-based educators teach participants how to feed their families better for less money. Areas of emphasis taught through an established and tested curriculum includes three components:

- 1) food resource management includes practices related to menu planning, thrifty shopping, and awareness of supermarket persuasion techniques.
- 2) Food safety includes safe handling, preparation, and storage of food, and
- 3) Dietary quality includes eating and lifestyle behaviors consistent with the *Dietary Guidelines for Americans* and *MyPlate*.

Adult participants enroll in a series of 17 lessons designed to fit participants' needs. Core elements include food preparation, food safety, food resource management, basic nutrition, and menu planning.

Four youth curricula provide a solid foundation in healthful nutrition choices, food safety practices, food preparation, and lifestyle physical activity. They also provide an avenue for reaching adults through parent letters, recipes, suggested family discussion topics, and coupons for enrolling in the adult lessons. *Grazing with Marty Moose* (five 1-hour lessons) is for second or third grade classes. *Munching through Wyoming History* (five 1-hour lessons) complements Wyoming history for fourth grade. *WIN Kids* includes up to thirteen 30-60 minute lessons for fifth and sixth grade. *Happy, Healthy Me* (five 1-hour lessons) is designed for pre-kindergarten through first grade and is adapted from the University of California.



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### IMPACTS

Adults who enroll in a series of lessons complete pre- and post-surveys that include 18 behavior questions, a 24-hour food recall, and demographic data. Participants are asked to share success stories in the post-survey. Youths complete pre- and post-assessments to capture knowledge and behavior changes.

#### ADULTS

The following outcomes were reported by 1,728 adult participants.

- 84 percent showed improvement in one or more food resource management practice.
- Families reported saving \$49.71 per month or \$596.52 per year. The total reported savings for one month for all participants was \$35,800.
- 51.5 percent reported planning meals ahead of time more often.
- 48 percent reported comparing prices before purchasing food more often.
- 45.5 percent reported shopping with a grocery list more often.
- 38 percent reported running out of food before the end of the month less often.
- 45 percent reported making food from scratch more often.
- 92 percent showed improvement in one or more nutrition practices.
- 52 percent reported thinking about healthy food choices more often when deciding what to feed their families.
- 42 percent reported preparing foods without adding salt more often. Daily sodium intake decreased from 3,767 to 3,343 milligrams (decrease of 425 mg).
- 63 percent reported using the Nutrition Facts labels to make food choices more often.
- 41 percent reported they or their children eat something in the morning within two hours of waking more often.
- 64 percent reported an increased familiarity with MyPlate.
- 41.5 percent reported serving or eating more than one kind of fruit each day more often.

#### Food Safety

- 63 percent showed improvement in one or more food safety practice.
- 27 percent reported letting meat and dairy foods sit out for more than two hours less often.
- 54 percent reported thawing frozen foods at room temperature less often.
- 26 percent reported washing hands with soap and warm running water before preparing food more often.
- 29 percent reported separating raw meat, poultry, and fish from vegetables, fruits, and prepared food products more often.

#### Physical Activity Practices

- 39 percent reported being physically active for at least 30 minutes per day four or more days per week more often.

#### YOUTH

There were 4,170 youths participating in the *Grazing with Marty Moose*, *Munching through Wyoming History*, and *WIN Kids* curricula and reported the following outcomes through pre- and post-assessments. *Happy, Healthy Me* is the curriculum used for pre-kindergarten through first grade: 940 youths completed the series.

- 81 percent improved knowledge or skill(s) necessary to choose foods consistent with federal dietary guidelines.
- 44 percent improved knowledge or skill(s) related to handling food safely.
- 35 percent improved physical activity practices.
- 86 percent improved in one or more core area.

