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Cent\$ible Nutrition Program

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3,019 ADULTS AND 2,386
 YOUTHS PARTICIPATED IN
 303 ONE-TIME EDUCATIONAL
 LESSONS WITH 81 PERCENT
 OF ADULTS AND 90 PERCENT
 OF YOUTHS REPORTING
 INTENT TO CHANGE BEHAVIOR.



Cent\$ible Nutrition Program EMPOWERS FAMILIES TO EAT

Situation

The Cent\$ible Nutrition Program (CNP) in Wyoming provides nutrition education for low-income families and is funded through two USDA programs: Expanded Family Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program-Education (SNAP-Ed). County-based educators teach participants how to feed their families better for less money. Areas of emphasis taught through an established and tested curriculum are:

1. Dietary quality includes eating and lifestyle behaviors consistent with the *Dietary Guidelines for Americans* and *MyPlate*.
2. Food resource management includes practices related to menu planning, thrifty shopping, and awareness of supermarket persuasion techniques.

3. Food safety includes safe handling, preparation, and food storage.

In the past year across Wyoming:

- 1,458 adults graduated from the program taking an average of 7.2 lessons. Total adult teaching contacts were 13,878.
- 3,019 adults and 2,386 youths participated in 303 one-time educational lessons with 81 percent of adults and 90 percent of youths reporting intent to change behavior.
- 2,962 youths participated in a series of five lessons in school classrooms, afterschool programs, and camps.

Adults enroll in a series of lessons. The *Cent\$ible Nutrition Curriculum* includes 17 lessons designed to fit participant needs. Core elements include food preparation, food safety, food resource management, basic nutrition, and menu planning.



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BETTER FOR LESS

Four youth curricula provide a solid foundation in healthful nutrition choices, food safety practices, food preparation, and lifestyle physical activity. *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-K through first grade and is adapted from the University of California.

Impacts

Adults enrolled in a series of lessons complete a pre- and post-survey, which includes 18 behavior questions, a 24-hour food-recall, and demographic data. In the post-survey, participants are asked to share success stories. Youths complete

a pre- and post-assessment to capture knowledge and behavior changes.

1,374 adult participants reported the following outcomes.

- 85 percent showed improvement in one or more food resource management practices.
- Families reported saving \$61.61 per month or \$739.32 per year. The total reported savings for one month for all participants was \$35,674.
- 91 percent showed improvement in one or more nutrition practices.
- 63.4 percent reported using the “Nutrition Facts” labels to make food choices more often.
- 62.8 percent showed improvement in one or more food safety practices.
- 54.8 percent reported thawing frozen foods at room temperature less often.

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

2,936 youths in *Grazing with Marty Moose*, *Munching through Wyoming History*, and *WIN Kids* curricula reported outcomes through the pre- and post-assessment. *Happy, Healthy Me* is the curriculum used for kindergarten and first grade. Four hundred thirty-five youths completed the series. Assessments were completed for all youths participating in educational programs.

- 86.3 percent of all youths improved knowledge or skill(s) necessary to choose foods consistent with federal dietary guidelines.
- 45.6 percent of all youths improved knowledge or skill(s) related to handling food safely.
- 39.2 percent of all youths improved physical activity practices.