

# Cent\$ible Nutrition Program

## REACHES ADULTS AND YOUTH

### BACKGROUND: LOW-INCOME IN WYOMING

**26%**  
of residents are at  
185% of poverty level<sup>1</sup>

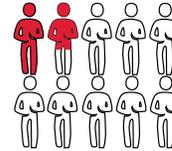


this is the Cent\$ible  
Nutrition Program's  
target audience

**13%**  
of Wyoming households  
are food insecure<sup>2</sup>



**17%**  
of youth in Wyoming  
are food insecure<sup>3</sup>



### APPROACH: HOW THE CENT\$IBLE NUTRITION PROGRAM WORKS

The Cent\$ible Nutrition Program (CNP) provides free nutrition education to Wyoming's low-income families and individuals. CNP also partners with local agencies and organizations to create positive changes to improve the health of communities across Wyoming. CNP is funded by the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Program (EFNEP).



#### Direct Education

CNP teaches adults and youth, covering each county in Wyoming

#### Adults

take a series of 6–8 lessons to graduate from the class

#### Youth

grades 2–4 take a series of 5 lessons



#### Indirect Education

CNP reaches thousands of people every month through marketing efforts

#### Newsletters

6 newsletters published annually

#### Mass media

TV, radio, and newspapers

#### Educational events

health fairs and farmers markets



#### Policy, System & Environmental Changes

called PSEs, these efforts work to make the healthy choice the easy choice for everyone

#### Local food

increasing access to healthy local food through work with farmers markets, community gardens, and local food producers

#### Written agreements

with local partners and agencies

#### Partnerships

with local agencies, schools, farmers markets, food producers, and other organizations

### INPUTS: ROLE OF THE CENT\$IBLE NUTRITION PROGRAM

**26**   
nutrition  
educators

**8**   
core hands-on  
cooking and  
nutrition lessons



**508** one-time nutrition lessons  
**339** adult lesson series  
**67** youth lesson series

**377**   
partnerships  
across the state

## IMPACTS: ADULTS

  
**1,818**  
 graduates  
 averaging  
**8**  
 lessons  
 in **7**  
 sessions  
 totaling  
**12,804**  
 adult teaching  
 contacts

### Graduate Outcomes

  
**42%**  
 increased fruit  
 consumption

  
**36%**  
 increased  
 physical activity

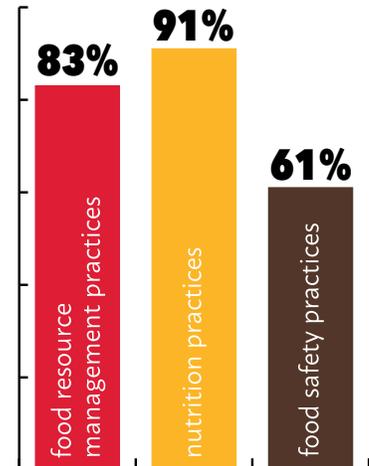
  
**\$40.20**  
 average savings  
 per month

  
**43%**  
 increased  
 vegetable  
 consumption

  
**40%**  
 decreased soda  
 consumption

  
**41%**  
 increased  
 cooking at home

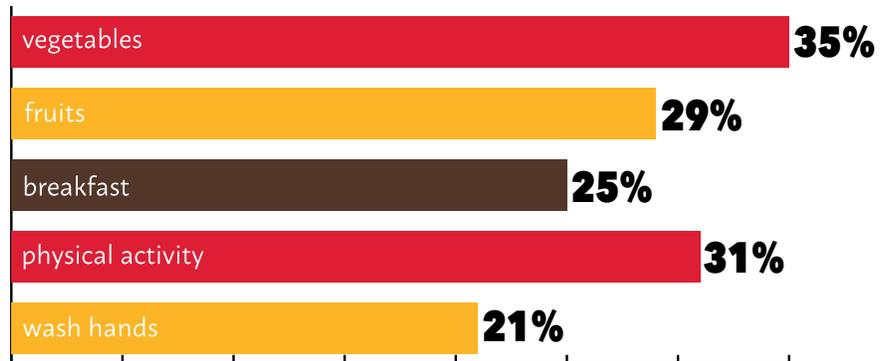
### Increase in Core Areas



## IMPACTS: YOUTH

  
**3,201**  
 graduates  
 completing **5+**  
 lessons  
 in  
  
**69%** of qualifying  
 schools

### Increase in Core Areas for Youth Grades 3-5



Data for the *Grazing with Marty* and *Munching Through Wyoming History* curricula

## IMPACTS: INDIRECT EDUCATION

  
**47,664**  
 contacts



**179,433**  
 English newsletters  
**12,418**  
 Spanish newsletters



**31,975**  
 average newsletters  
 distributed per issue



**5,810** website  
 visits



**104** likes

## IMPACTS: POLICY, SYSTEM & ENVIRONMENTAL CHANGES

  
**15**  
 written  
 agreements

  
**25**  
 farmers markets and  
 local food activities

  
**112**  
 healthy eating and physical activity  
 changes adopted by communities

## REFERENCES

<sup>1</sup> [https://factfinder.census.gov/bkmk/table/1.0/en/ACS/15\\_5YR/S1701/04,00000US56](https://factfinder.census.gov/bkmk/table/1.0/en/ACS/15_5YR/S1701/04,00000US56)

<sup>2</sup> <http://frac.org/wp-content/uploads/2010/07/wy.pdf>

<sup>3</sup> [http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2014/WY\\_AllCounties\\_CDs\\_CFI\\_2014.pdf](http://www.feedingamerica.org/hunger-in-america/our-research/map-the-meal-gap/2014/WY_AllCounties_CDs_CFI_2014.pdf)  
 Statistics rounded for clarity. Images from Vecteezy.com.

CNP Impacts for October 1, 2015 – September 30, 2016

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