



Nutrition Programming

Two Extension programs are offered to adults and youth in Wyoming to address health and nutrition issues. Each of these programs (CNP and NFS) stands alone, although each enhances the other resulting in stronger impacts. Neither program can replace the services provided by the other due to educational qualifications of staff, grant restrictions for participant eligibility, and specified curriculum content. If funding ceased for one of the two programs, the other program could not provide those services and, in effect, those services would be lost.



Family and Consumer Sciences
Cent\$ible Nutrition Program
Helping Families Eat Better for Less

Participants are residents of Wyoming who meet income qualifications (185% of federal poverty level or less)

Nutrition topics include: Basic nutrition, cooking, menu planning, food safety, food resource management, and healthy lifestyles for healthy weight.

Program Format: Adults are enrolled in a series of classes, usually one per week for 8 to 10 weeks. Classes are interactive, learner-centered and include cooking. Participants receive reinforcement items including a cookbook.

Impacts: Knowledge gained, improved behaviors related to food and nutrition practices, money saved on food, increased self-confidence, improved dietary intakes, improved health.

Funding: Federal capacity funds (EFNEP) and grants (SNAP-Ed), State and County.



Participants are residents of Wyoming

Nutrition topics can include:

Obesity, diabetes and other chronic diseases, local foods, exercise and culinary nutrition.

Program Examples: Dining with Diabetes in Wyoming, A New You: Health For Every Body, Eat Wyoming, Strong People Strong Bones, WIN Steps, Edible Education and BodyWorks.

Food Safety topics can include: Food preservation, food service / foodhandler training, food allergies or intolerances.

Program examples: Food Safety Fundamentals, Food Safety Works, ServSafe, Retail and Foodservice HACCP, and Food Preservation.

Impacts: Knowledge gained, increased self-confidence or intention to make lifestyle changes, nutrition and food safety behavior changes resulting in improved health and decreased foodborne illness.

Funding: Federal, State, County.