

Cent\$ible Nutrition Program helps families improve nutrition, save money on monthly food bills

Situation:

Approximately 10 percent of Wyoming's population lives below the federal poverty level, and 15 percent of Wyoming's children under 5 years of age live in poverty. The Cent\$ible Nutrition Program (CNP) helps low-income families improve nutrition and food safety practices. CNP is funded by the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). CNP is available through county-based educators trained to teach participants how to feed their families better for less money.

Adults enroll in a series of 17 lessons. *Cent\$ible Nutrition Curriculum* lessons include core elements of food preparation, food safety, food resource management, basic nutrition, and menu planning.

Four youth curricula provide a foundation in healthful nutrition choices, food safety practices, food preparation, and lifestyle physical activity. The curricula also provide avenues for reaching adults through parent letters, recipes, suggested family discussion topics, and coupons for adults enrolling in the adult lessons.

Impacts:

Adults who enroll in a series of lessons complete a pre- and post-survey, which includes 18 behavior questions and a 24-hour food recall. 1,206 adults completing at least eight lessons reported the following.

Food Resource Management

- 84 percent improved in one or more food resource management practices.
- 53 percent plan meals ahead of time more often.
- More than 40 percent compare prices before purchasing food, shop with a grocery list, and make food from scratch more often.
- Families save an average of \$43.75 per month, with 41 percent running out of food before the end of the month less often.

Nutrition Practices and Food Intake

- 90 percent improved in one or more nutrition practices.
- 97.5 percent had a positive change in any food group.
- 61 percent use the Nutrition Facts labels to make food choices more often.
- 50 percent serve more than one kind of fruit, and 48 percent serve more than one kind of vegetable to their families each day more often.



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Food Safety

- 62 percent improved in one or more food safety practices, such as not thawing at room temperature or not leaving food out of the refrigerator for more than two hours.

Physical Activity Practices

- 36 percent are physically active for at least 30 minutes per day during four or more days per week

2,088 youth participating in *Grazing with Marty Moose*, *Munching Through Wyoming History*, *Passports to Food Adventures*, and *WIN Kids* curricula reported the following through pre- and post-assessments to capture behavior changes.

- 53 percent improved their knowledge of MyPyramid food groups.
- 31.5 percent more correctly identify the number of food groups in a meal and 30 percent more

correctly identified missing food groups in a meal.

- 30 percent tried new fruits and 30 percent tried new vegetables more often.
- 48 percent could correctly identify the physical activity recommendation for children.
- 55.5 percent increased their knowledge about carbohydrates as a source of energy.



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