



Cent\$ible Nutrition Program

EFNEP | Expanded Food and Nutrition Education Program

SNAP-Ed | Supplemental Nutrition Assistance Program Education

Program Highlights 2013

“I learned from Marty Moose
that you have to eat the five
food groups every day.”

- 3rd-grader student, Uinta County



Helping Wyoming Families Eat Better for Less



UNIVERSITY OF WYOMING
EXTENSION

Cent\$ible Nutrition Program

With consistent and measurable success, the Cent\$ible Nutrition Program educates low-income families to help them eat nutritious, good-tasting food on a limited budget. The lesson series focuses on basic food and nutrition principles, using a proven curriculum developed with the latest research and best practices, and hands-on learning impacting the quality of many Wyoming lives. Graduates make improvements in the nutritional quality of their meals and safety of their food through skills, established routines, and

knowledge gained. By using store circulars, menu planning, and grocery lists, participants purchase more nutritious food with their resources. Participants enjoy more home-made food

"I am so glad I took the CNP classes!"
- Adult graduate,
Sweetwater County

because of the cooking skills practiced in each class.

The Cent\$ible Nutrition

Program is a collaborative effort across the state. CNP is a part of the University of Wyoming Extension and partners with the Wyoming Department of Family Services and other county and local service providers. CNP is funded by the Supplemental Nutrition Assistant Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). In addition to classes, CNP provides education through presentations, monthly newsletters, youth curriculum in qualifying schools, and the Program website.

99.75%
adults made a
nutrition improvement

4,170
youth in schools

1,728
adult graduates

Reaching Wyoming's Youth

Establishing healthy lifestyle habits and strong nutrition knowledge in youth helps support healthy adults and families for Wyoming's future. The Cent\$ible Nutrition Program educators taught a lesson series to 4,170 youth using the *Grazing with Marty Moose*, *WIN Kids*, *Munching Through Wyoming History* and *Happy Healthy Me* curricula.

Below are some of the measured impacts.

- **81%** improved knowledge or skill(s) necessary to choose foods consistent with MyPlate
- **44%** improved knowledge or skill(s) related to handling food safely
- **35%** improved physical activity practices
- **86%** improved in one or more core areas

Specific questions for each curriculum showed the following outcomes:

- **37%** eat vegetables more often
- **36%** choose healthy snacks more often



2013 in Review

The Cent\$ible Nutrition Program continues to make a difference throughout Wyoming. In the 2013 grant year,* 1,728 adults completed an average of 7.9 lessons and graduated from CNP. One-time educational lessons (396 total) reached 3,621 adults and 2,416 youth. Each



month, nearly 36,700 *Cent\$ible Nutrition News* newsletters were distributed with 2,160 of these in Spanish.

Wyoming families who participated in CNP in 2013 saved an average of **\$49.71** per month on food, or **\$596.52 a year.**

One of the many strengths of the Cent\$ible Nutrition Program is commitment to evidence-based

evaluation. In that vein, CNP reexamined critical program materials. Statewide focus groups provided input on the content, design, and delivery of the newsletter. The positive response provided insights and recommendations from program stakeholders that will be incorporated into the 2014 issues. In addition, revisions to the program's anchoring text, the *Cent\$ible Nutrition Program Cookbook*, have begun. Recipes are being analyzed, tested, and updated by University dietetic students. The recipes focus on nutrition, ease of preparation, taste, and cost. Improvements will help encourage long-term use of the cookbook. The information section of the cookbook will feature nutrition, cooking, and money-saving tactics as well as feeding families in today's hectic society.

A University of Wyoming Family and Consumer Sciences graduate student developed and piloted a Reunion Lesson for the Cent\$ible Nutrition Program. The lesson's action plan process reinforces useful and relevant information. It is structured

to gather success stories and reunite past graduates with the program and their prior learning. Attendees leave the lesson with a plan for continued success. The reunion lesson extends learning beyond the current series. Cent\$ible Nutrition Educators are conducting these reunion classes across the state with graduates 3 to 12 months after their participation.



"I used the Master Meat Sauce for sloppy joes. We loved them. I had never made them at home because I didn't know how. I love how easy the recipes in the Cookbook are. My 3rd-grade daughter and her brother can make the recipes on their own."
- Adult and daughter graduates, Sheridan County

*2013 Grant Year is October 1, 2012 - September 30, 2013.

Contact Us



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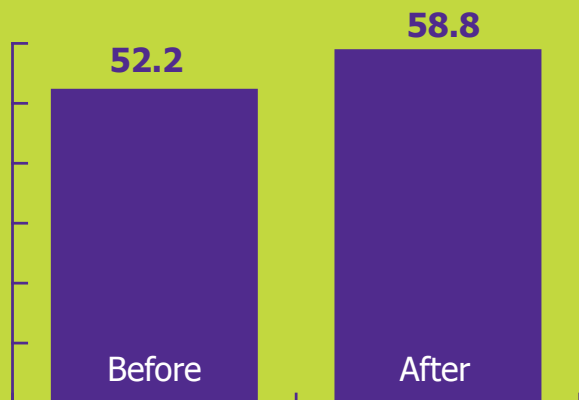


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Participants' Practices

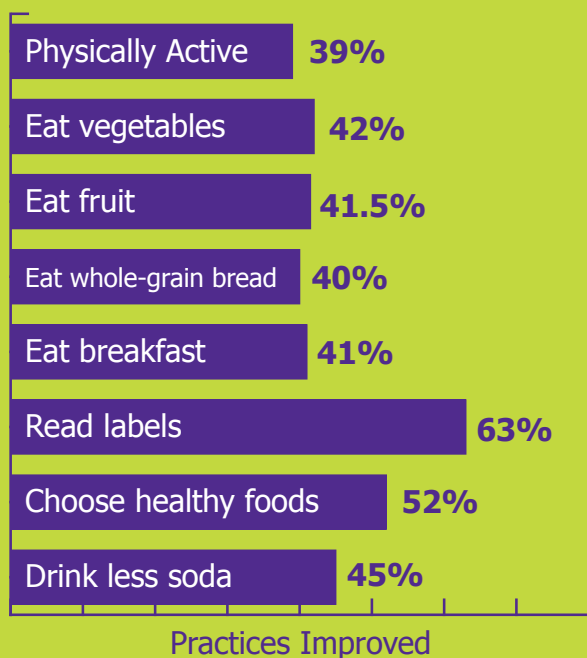
Healthy Eating Index

The Healthy Eating Index (HEI) is a measure of diet quality that takes into account food groups as well as fat, sodium, and added sugars. Cent\$ible Nutrition graduates increased their overall score indicating an improvement in diet quality.



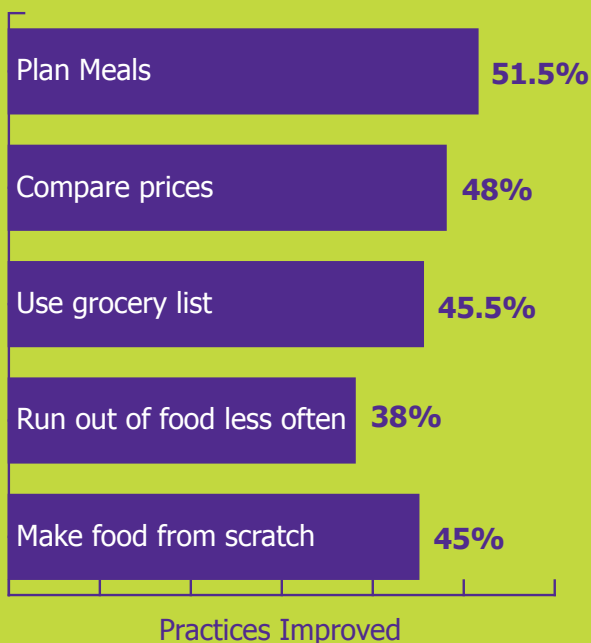
Nutritional Practices and Physical Activity

The Cent\$ible Nutrition Program emphasizes overall health and well-being through sound nutrition practices and regular physical activity. Of the adult graduates, 92% improved one or more nutrition practices. 64% reported an increased familiarity with MyPlate.



Food Resource Management

By learning to manage available food resources, Wyoming families extend their limited funds and can fight hunger. 84% of adult graduates improved one or more practices to save money on food.



Food Safety

Safe food handling saves money by decreasing food spoilage and keeps people healthy by reducing food-borne illnesses. 63% of adult graduates improved one or more food safety practices.

