

Cent\$ible Nutrition Program

Helping Families Eat Better For Less



Meet Phyllis.

Before CNP she was:

- Drinking 6 huge mugs of soda/day
- Eating high fat and sugar foods
- Spending \$350/mo on groceries
- Spending over \$400/mo on medication for diabetes



After *CMP*, she:



- Eats more nutritiously and exercises 3Xs/week
- Lost 50 pounds
- ↓ blood pressure
- ↓ cholesterol
- Stays within \$142/mo food stamp allocation
- Eliminated diabetes medication

Success Story

- Fremont Counseling referred a client who ran out of food every month. Our Nutrition Educator found a cupboard full of beans and rice. After learning how to cook these foods, the client said,
- *“This is the first time in eight years, my family has not been hungry at the end of the month.”*

The *Cent\$ible Nutrition Program*



Administered from the University of Wyoming
Cooperative Extension Service

- In all 23 Wyoming Counties
- On the Wind River Indian Reservation
- Professional and Para-professional educators

CNP Goal

Eligible food stamp recipients will gain knowledge and develop new skills to:

- improve nutritional well-being
- increase ability to manage food resources

What We Teach

- Basic Nutrition
- Meal Planning
- Food Resource Management
- Food Preparation
- Food Safety and Storage

Adult Curriculum

- **CNP Curriculum**
 - Series of lessons, groups or one-on-one
 - Home Study lessons
- One-time lessons and demonstrations
- Educational displays
- Monthly Newsletters
- Video Series

Enrolled Participants receive:

- Cookbook with information and easy to fix, inexpensive recipes
- Lessons tailored to meet needs
- Computer diet analysis at entry and exit
- Non-threatening, fun, hands-on lessons



FY 2004 Results

- 1,993 Participants
average 8.5 lessons
- 18,712 one-time
contacts
- 2831 youth in school
enrichment, after
school or day camps
- 90+ agencies
collaborated
- 20,000 monthly
newsletters in English
and Spanish
- Cookbook translated
into Spanish and Braille

Program Impacts

- 94% showed positive change in any food group
- Average food \$ saved per month = \$40.00
- Mean Nutrient Adequacy Ratio at entry = .75 at exit = .84

Impacts on Nutrition Practices

89% showed improvement in one or more nutrition practices including

- planning meals
- making healthy food choices
- preparing food without adding salt
- reading nutrition labels
- feeding children breakfast

Impacts on Food Resource Management Practices

83% showed improvement in one or more FRM practices including

- planning meals
- comparing prices
- not running out of food
- using grocery lists



Success Story

- A single father started planning and preparing meals for his family. He has lowered his food bill by half and they are eating healthier.
- He said, *“CNP classes have been the best thing for my family.”*

Success Story

- One customer saved food receipts and showed a savings of \$37 for one month. She has four weeks of menus with shopping lists. **In three months, she has not run out of food and hasn't had to skip meals to make sure her kids had food.**

Impacts of Food Safety Practices

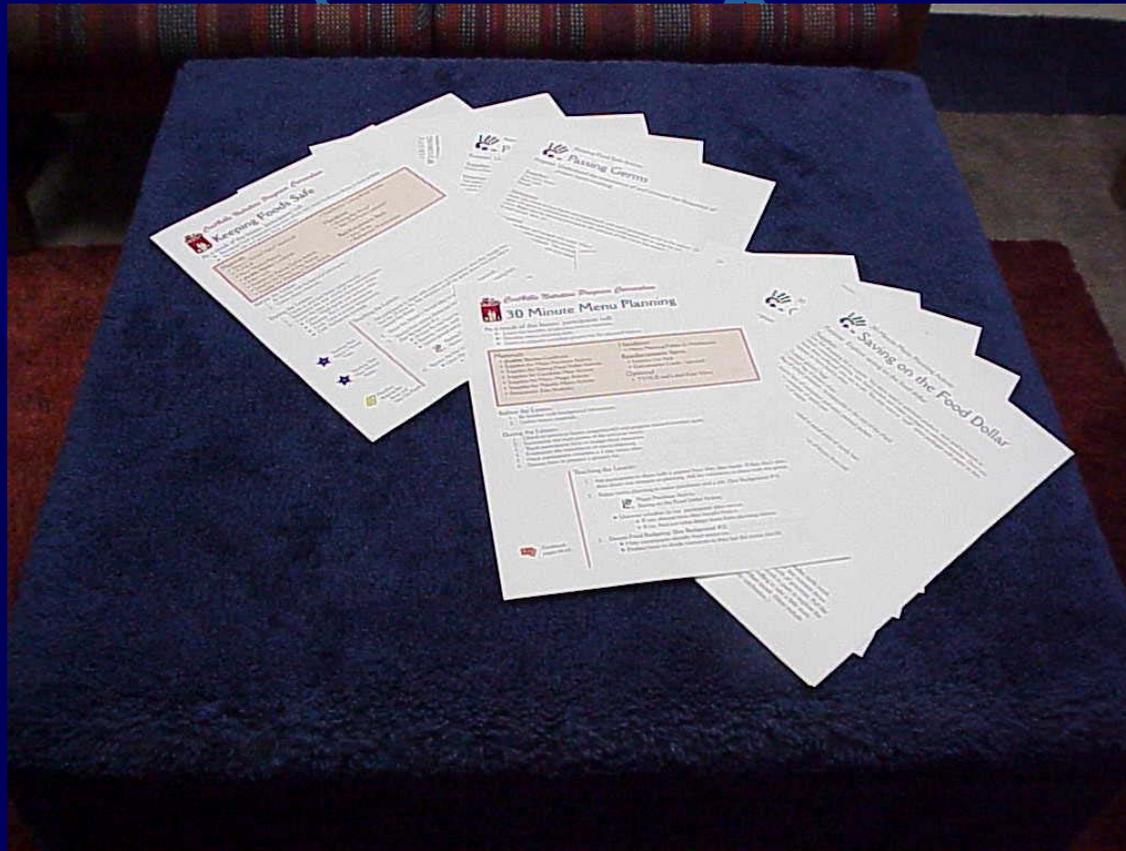
61% showed improvement in one or more food safety practices including

- not allowing meat and dairy products to sit out for more than two hours
- not thawing foods at room temperature

Success Story

- One young mother now sees the need to wash her hands after changing her baby's diapers! She can easily afford to buy bleach and sanitize surfaces. She did not realize so little bleach was so effective.

Revised Curriculum



Standard Lessons

- A New Beginning
- Supermarket Persuasion
- Cent\$ible Choices: Needs versus Wants
- 30 Minute Menu Planning
- Being a Super Shopper
- Keeping Food Safe
- Grains: the Energy Connection
- Fruits and Vegetables: the Vitamin Connection
- Dairy: the Calcium Connection
- Meats: the Protein Connection
- Mix and Match: Legumes and Grains

Special Lessons

- Healthy Alternatives
- Building a Better Baby
- Feeding Your Infant: A Solid Start
- Feeding Young Children
- Healthy Lifestyles

Cent\$ible Nutrition Television Series



- Created 48 programs shown on Wyoming Public Television
- Created digitized clips for use with lessons

Youth Curriculum

- **Grazin' with Marty Moose** - second and third grade
- **Eating Your Way Through Wyoming History** –fourth grade
- **WIN Kids** – fifth through seventh grade

Youth Impacts

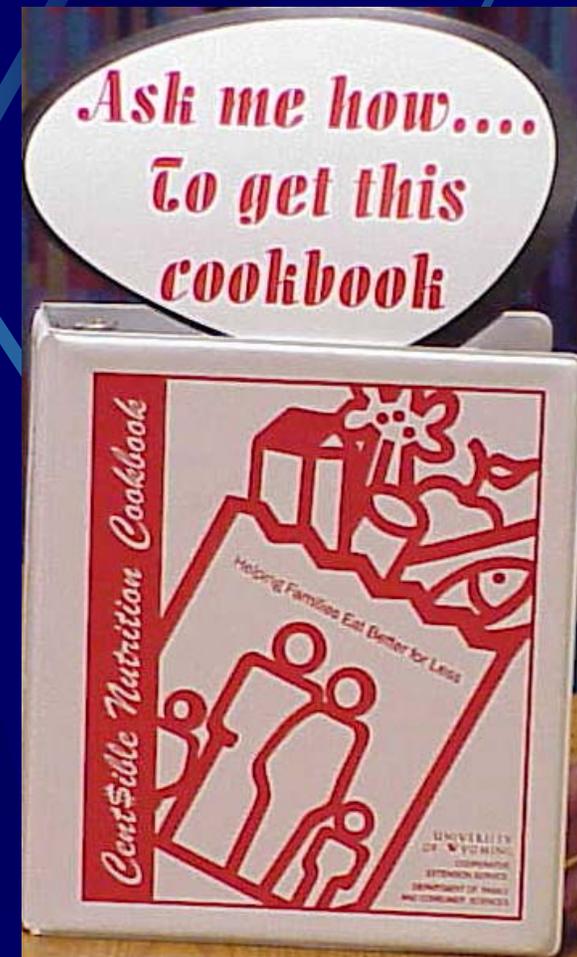


- 73% increased knowledge of nutrition
- 1/3 reported being more physically active
- “I’m washing my hooves lots!”

Collaborations

- Lessons and displays in DFS and WIC offices
- Provide training and cookbooks to DFS Benefit Specialists
- Wyoming Game and Fish provide poached game to our participants
- CNP is required by Family Court (drug court) in some counties
- Helped Food Bank of the Rockies (TEFAP) establish new distribution sites, provide recipes and demonstrations
- CNP Brochures distributed with free/reduced meal applications
- Bi-lingual Kiosks

Food Stamp Benefit
Specialists
use the cookbook
as a marketing tool
for referrals to the
program



Cent\$ible Nutrition Program



Thank you!