“What I liked best about this program is the confidence I gained with food choices. The cookbook, Cooking for You or Two, is making my meal planning easier.”

- 70-year old Graduate, Natrona County
Cent$ible Nutrition Program

The Cent$ible Nutrition Program (CNP) provides nutrition education for low-income families to help them eat healthy, nutritious and delicious food on a limited budget. County-based educators work with adult and youth participants to learn how to feed their families better for less money. The established and tested CNP curriculum emphasizes dietary quality and lifestyle behaviors consistent with the Dietary Guidelines for Americans and MyPlate, food resource management, and food safety.

The CNP lessons incorporate a dialogue approach to education relying on the expertise and knowledge of learners to enhance the learning environment. The goal is to create a positive, respectful atmosphere to empower adults and youth.

Adult participants enroll in a series of lessons designed to meet their needs. The CNP Curriculum for adults includes 17 lessons. Each class series consists of an average of eight lessons. Graduates finish the program with the ability to purchase more nutritious food through the use of store circulars, menu planning and grocery lists. Additionally, graduates enjoy more meals cooked at home due to the cooking skills they gain in each class.

CNP’s four youth curricula provide a solid foundation in healthy nutrition choices, food safety practices, food preparation, and lifestyle physical activity. They also provide an avenue for reaching adults through parent letters, recipes, suggested family discussion topics, and coupons for enrolling in the adult lessons.

CNP is a collaborative effort across Wyoming. It is part of the University of Wyoming Extension and the Family and Consumer Sciences Department, contracts through the Wyoming Department of Family Services and collaborates with other county and local service providers. CNP is funded through two USDA programs, the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). In addition to classes, CNP also provides education through presentations, monthly newsletter distribution and the Cent$ible Nutrition Program website.

“I learned if you stay healthy you lead a better life.”
-3rd Grader, Natrona County
Helping Wyoming Families Eat Better for Less

Success Stories

The Cent$ible Nutrition Program measures success in a variety of ways. One of the most valuable measures is the feedback from participants. Stories let CNP know how the program is impacting lives and improving health throughout Wyoming.

“Eating healthier with breakfast everyday has made me so ambitious I can barely stand it. My energy and brain functions are up and my weight is down 8 pounds. I saved $100 dollars on my groceries the second month of classes. I told my local convenience store that I needed healthier choices in the mornings and 2 days later there was a fruit basket near the register. I gave up energy drinks, sodas and chips for an entire month, dropped weight and saved big bucks. Who knew it was so easy? Learning a few new healthier recipes and alternatives to frying everything really helped.”

-Fremont County Graduate

“I have saved $100-200 a month by being more conscious about reading labels and unit pricing. I joined a food co-op that helps me save money on fresh produce and when we receive things like kale I am the only one that knows how to use it because I learned different ways in our Fruit and Vegetables lesson. Everyone now comes to me to find out ways to use the produce. I love being able to add veggies, like kale and sweet potatoes, to things to give them extra nutrients now! Even my picky sons love the Spicy Yam soup I leaned to make in class.”

-Laramie County Graduate

“I used to love eating out. Anything from burgers to fries to malts to pizza was all I used to eat. I’ve just learned to be more aware of what I’m eating and care about my health. I won’t be eating out so much now, and when I do I will look for healthier options.”

-Sheridan County Graduate

2014 in Review

- 1,458 adults graduated from the eight-lesson CNP series
- 94.3% of CNP adult graduates had a positive change in food choices
- 2,962 youth participated in a series of five lessons
- 303 one time lessons reached 5,000 adults and youth
- 81% of adults participating in one-time lessons reported an intent to change behavior
- 90% of youth participating in one-time lessons reported an intent to change behavior
- 6 issues of the CNP newsletter were distributed with 36,000 in English and 2,500 in Spanish each distribution

The 2014 Grant Year was October 1, 2013-September 30, 2014
The Cent$ible Nutrition Curriculum for adults includes 17 lessons focusing on five core elements: food resource management, basic nutrition, menu planning, food safety and food preparation.

96% of enrolled adults graduated from the program in 2014, averaging 7.9 lessons out of 8 total.

85% of adults in the Cent$ible Nutrition Program showed improvement in one or more food resource management practices.

91% of adults in the Cent$ible Nutrition Program showed improvement in one or more nutrition practices.

During the program, one graduate said, “I learned not to leave meat out more than 2 hours and the time begins when you are at the store.”

Cent$ible Nutrition Program is making a difference.

Youth Series

Program Participants by Grade

86% of all youth showed improvement in knowledge to choose foods consistent with the Dietary Guidelines for Americans.

45.6% of all youth showed improvement in knowledge of handling food safely.

39.2% of all youth showed improvement in physical activity.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.