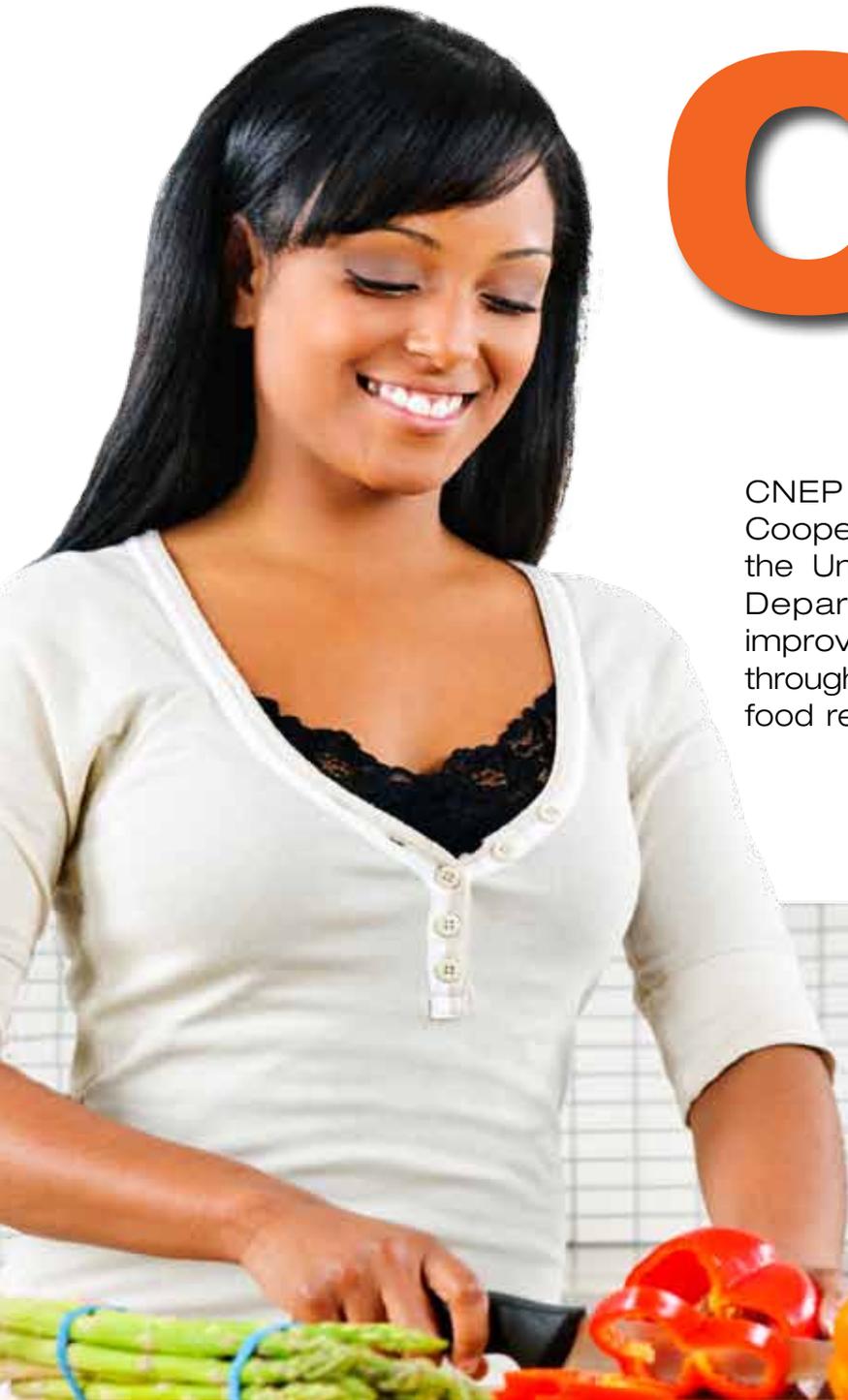


CNEP

2012 Annual Report

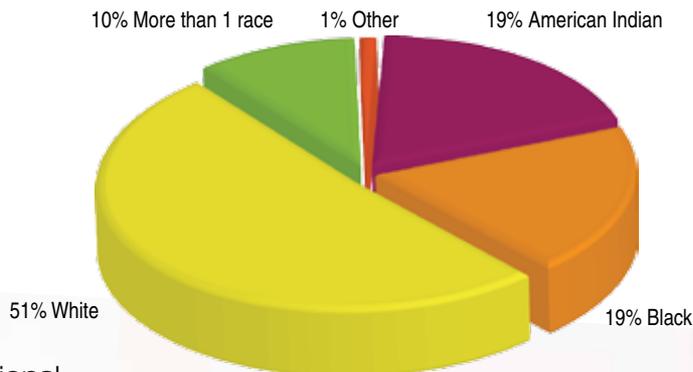
CNEP is a nutrition education program of the Oklahoma Cooperative Extension Service and receives support from the United States Department of Agriculture and Oklahoma Department of Human Services. CNEP's mission is to improve the health of limited resource youth and families through practical lessons on basic nutrition and healthy lifestyles, food resource management, food safety, and physical activity.



CNEP for YOUTH

Youth learn to:

- Develop healthy eating habits
- Choose healthy snacks
- Be more active
- Practice safe food handling



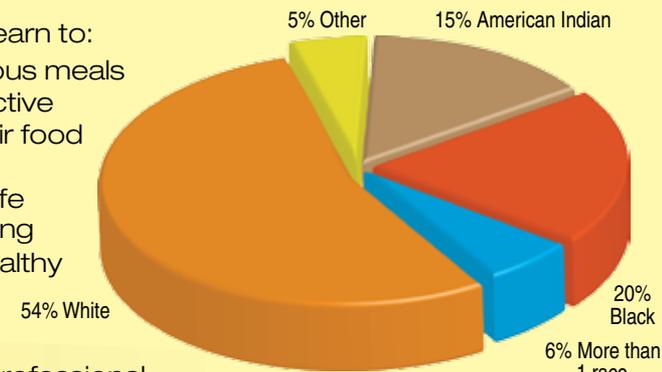
CNEP paraprofessional educators use evidence-based curriculum with third and fourth graders in schools and after-school settings. In federal fiscal year 2012, 18,188 youth attended CNEP classes in Oklahoma.



CNEP for ADULTS

Participants learn to:

- Plan nutritious meals
- Be more active
- Stretch their food dollars
- Practice safe food handling
- Prepare healthy recipes

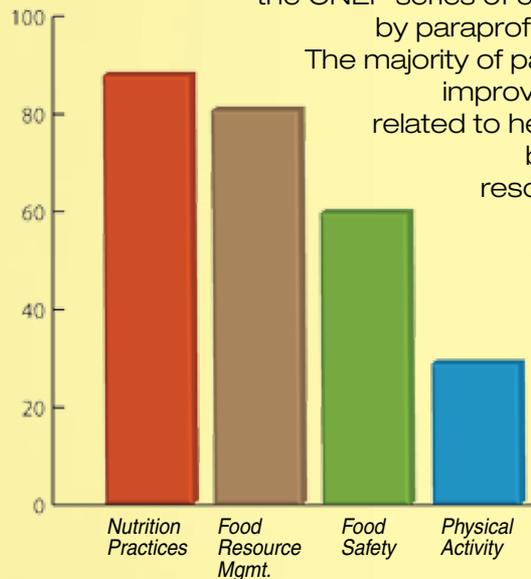


EFNEP paraprofessional educators deliver evidence-based curriculum to parents of young children. In a 9 to 17 lesson series, participants learn about healthy food preparation, nutrition, food safety, food budgeting, and physical activity through hands-on activities.

ADULT IMPACTS and OUTCOMES

In federal year 2012, 3,432 adult participants were taught the CNEP series of classes in Oklahoma by paraprofessional educators.

The majority of participants reported improvement in behaviors related to healthy eating (88%), budgeting and food resource management (81%), food safety (60%), and physical activity (29%). These improved behaviors will help families eat healthier and stretch their food dollars.





TESTIMONIALS from PARTICIPANTS

**Adult CNEP Participant
Northwest Unit**

We no longer make fast food a choice. Overall I have changed mine and my kids' food habits 100%. We exercise and go outdoors more. We have more energy. I cook meals every day. We are happier with ourselves. The nutrition educator helped me accomplish a lot with myself, my kids and my family. We eat healthier and shop differently.

**Grandmother
of Youth Participant
Oklahoma County**

My grandson comes home and tells us what he has learned that day in the nutrition lessons. He won't let me buy soda anymore because they have too much sugar.

**3rd Grade Teacher
Indiahoma Public Schools
Comanche Unit**

My class has learned so much! We were having a problem with drinking our milk at lunch before the program began. Not anymore! After the lesson about our bones and calcium, they are asking for seconds on milk!

**Paraprofessional Educator
Pushmataha County**

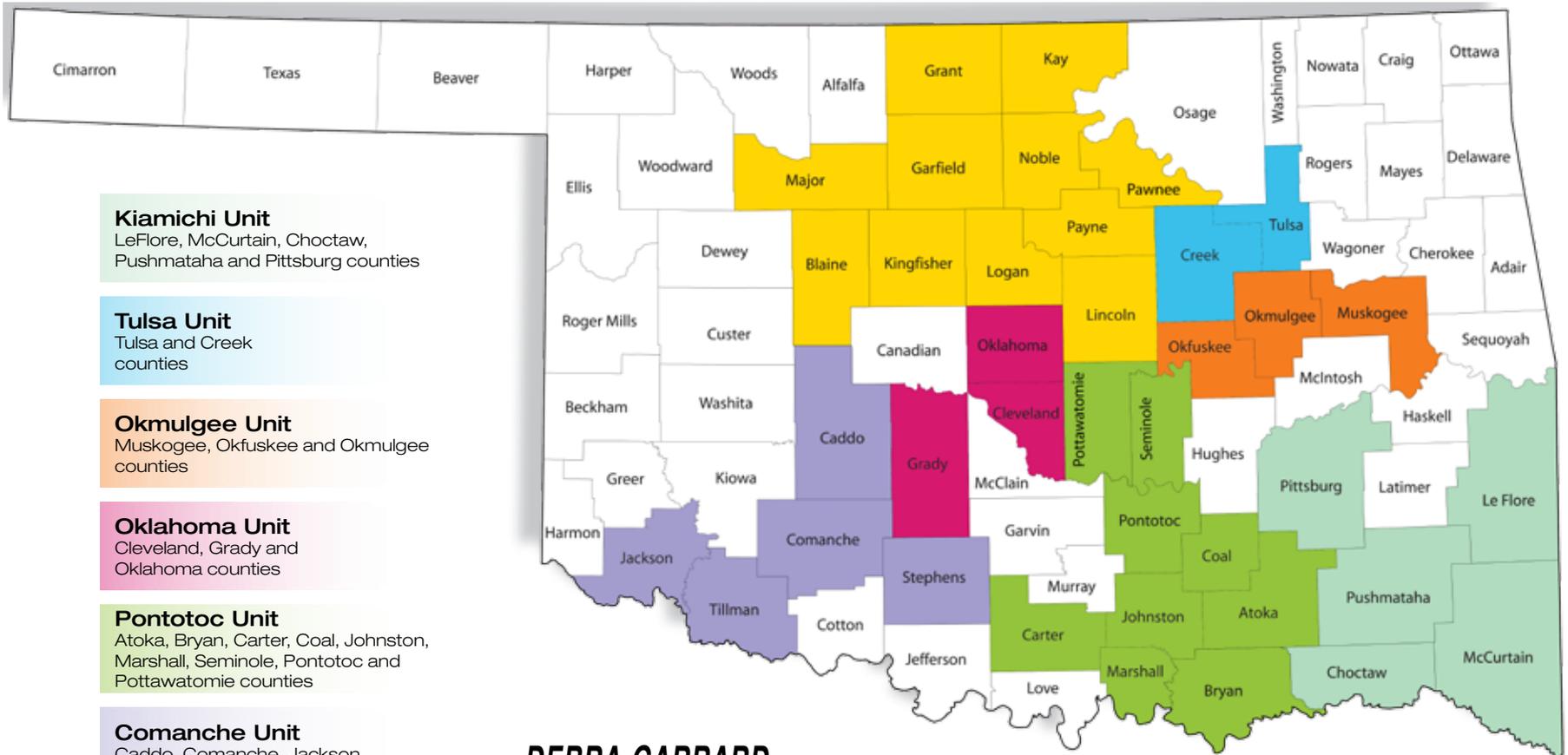
I enrolled a busy family where both parents worked and juggled work, school, sports, daycare and family time. I taught the lessons in their home and at the mother's worksite when needed. The family learned to cut down on food costs while buying healthier foods and eating more meals as a family. Both parents loved the ease of the recipes and the mother is proud that she has dropped two pants sizes since starting the program.

**Parent
of Youth CNEP Participant
Pontotoc Unit**

I just wanted to let you know that I'm so glad that the nutrition educator has been coming to talk to my daughter's class about nutrition. My child loves it, and she is finally paying attention to the things I've been telling her all along about eating more vegetables and drinking water.

Oklahoma CNEP Units

Statewide, CNEP provides **91** job opportunities to local citizens, which contributes more than **\$3.08 million** to the state economy in salaries and benefits.



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Portions of this report were developed by Colorado State University Extension

