



College of Agriculture
and Natural Resources
Extension



Cent\$ible Nutrition Program

Participants with the 477 Garden Project on the Wind River Indian Reservation transplant seedlings into the newly constructed hoop house. See p.3 for more details.

Photo courtesy of Kelly Pingree, Wyoming SNAP-Ed educator

WYOMING

SNAP-Ed

Supplemental Nutrition Assistance Program-Education

IMPACTS 2018

The Challenge

Wyoming SNAP-Ed is implemented through the University of Wyoming *Cent\$ible Nutrition Program*. The mission of the program is to provide opportunities for positive change in nutrition and physical activity for the limited-resource audience through education, multi-level interventions, and community engagement with the goal of decreasing chronic disease and obesity in Wyoming.



64% of Wyoming adults are overweight or obese¹



26% of Wyoming adults do not participate in any physical activity¹



28% of Wyoming youth ages 10-17 are overweight or obese²

¹ <https://health.wyo.gov/public-health/chronic-disease-and-maternal-child-health-epidemiology-unit/wyoming-behavior-risk-factor-surveillance-system-2/brfss-data-2/20012-2017/>

² <http://www.childhealthdata.org/browse/survey/results?q=5281&r=52>
• Statistics rounded for clarity. • Images from Vecteezy

* Behavior change data for adults based on the Food & Physical Activity Questionnaire pre and post survey. Behavior change data for youth based on the Youth Assessment 3-5 grade Pre-Post Survey.

** Data from adult participants' 24-Hour Diet Recall

Direct Education

Adult 8-Lesson Series*

1,391 graduates • 10,336 total lessons • 8,425 total teaching sessions



57% increase in fruits
51% increase in vegetables



82% improvement in one or more food safety practices



48% increase in planning meals
40% increase in cooking at home



52% decrease in sedentary behavior
50% increase in regular physical activity



\$354 annual savings on groceries per participant**

3-5 Grade Youth Lesson Series*

1,119 graduates • 5,595 total lessons



36% increase in vegetables
29% increase in fruits



27% increase in washing hands before touching food



28% increase in being active

PSE Activities

PSEs refer to Policy, Systems, and Environmental changes that help make the healthy choice the easy choice for everyone.

Featured PSEs

Wind River Indian Reservation 477 Gardening Project



A participant transplants seedlings in the hoop house at the 477 garden on the Wind River Indian Reservation. Photo courtesy of Kelly Pingree, Wyoming SNAP-Ed educator

Wyoming SNAP-Ed partners with the Eastern Shoshone 477 Program on the Wind River Indian Reservation (WRIR), providing nutrition education to help clients make choices that lead to healthier lifestyles. In 2017, the partnership expanded to encompass a gardening project, which was fully established in summer 2018. Wyoming SNAP-Ed worked with the University of Wyoming Extension to receive and build a hoop house for the garden. To date, 12 families are involved with the project, which will help increase food security and provide access to local, fresh produce.

Key Highlights

- Partnerships with WRIR 477 Program and UW Extension
- Community garden established
- Hoop house donated and built by UW Extension
- Garden produce reached 28 people

Find out more about Wyoming SNAP-Ed PSE stories by scanning the QR codes or visiting <http://www.uwyo.edu/cnp/community-engagement/>



PSE Stories



WRIR 477



Stencils



Free Pantries

Overview

In 2018, Wyoming SNAP-Ed focused its PSE efforts on four primary areas: Department of Family Services (DFS) Referrals, Nutrition and Physical Activity Supports in Youth Settings, Local Food, and Written Agreements. Additional projects included work with Early Childhood Education centers, community gardens, and little free pantries.

DFS Referrals

1,485 referrals
5.1% of SNAP-Ed graduates were DFS Referrals



Youth Settings

37 sites
116 nutrition and physical activity supports adopted



Local Food

35 partnerships
2,300+ pounds of produce donated



Written Agreements

3 new at the state level
5 new at the county level



Featured PSEs



Playground Stencils

In 2018, Wyoming SNAP-Ed worked with youth partners to implement physical activity interventions in the form of playground stencils. This stencil project, made possible by a partnership with the Wyoming Department of Health- Chronic Disease Prevention Program, aims to encourage more physical activity by providing a variety of activities that kids can do on their own and with friends.

Key Highlights

- Partnerships with local schools and youth agencies, and the Wyoming Department of Health- Chronic Disease Prevention Program
- 5 sites with stencils to encourage more physical activity

A pre-schooler helps paint stencils at his Early Childhood Education center. Photo courtesy of Abby Rux, Wyoming SNAP-Ed educator

Little Free Pantries Project

In Campbell County, Wyoming SNAP-Ed, the Gillette Saturday Farmer's Market, and the Council for Community Services (Gillette) came together start the Little Free Pantries program. Little Free Pantries help make food more accessible and access more discreet. The pantries are stocked by community members, the Council for Community Services' Food Pantry, and through food drives. Wyoming SNAP-Ed helps maintain the pantries.

Key Highlights

- Partnerships with the Gillette Saturday Farmer's Market and the Council for Community Services (Gillette)
- 5 Little Free Food Pantries established
- 130 pounds food donated (July-October, 2018)

One of the Little Free Pantries. Photo courtesy of Beth Chapell, Wyoming SNAP-Ed educator



Donations Through Local Food Efforts

Wyoming SNAP-Ed works with a variety of partners to increase access to local food through farmers' markets, donations from local producers, hoop houses, community gardens, and food pantries. In 2018, Wyoming SNAP-Ed partnered with the University of Wyoming Extension to establish three new hoop houses in the state and to establish a new garden in one previously built. Hoop houses provide an opportunity for hands-on learning, extend Wyoming's short growing season, and increase donations of fresh food to food pantries.

Key Highlights

- 35 local food partners around the state
- Over 2,300 pounds of produce donated
- 1,100 people reached through local food efforts

A volunteer works in the Park County hoop house. Photo courtesy of Debbie Kelly, Wyoming SNAP-Ed educator