Cent$ible Nutrition Program

Highlights

2015

SNAP-Ed | Supplemental Nutrition Assistance Program Education

EFNEP | Expanded Food and Nutrition Education Program

UNIVERSITY OF WYOMING | EXTENSION
Adult Impacts

In the 2015 grant year*, 1,661 adults graduated from the Cent$ible Nutrition Program (CNP). CNP lessons emphasize a variety of areas including nutrition practices consistent with the Dietary Guidelines for Americans and MyPlate, food resource management, food safety, and physical activity. The data below represents percent improvement in these areas for CNP graduates.

Food Resource Management

83% of graduates improved in one or more food resource management practices. Families saved an average of $44.50 per month or $534 per year on groceries in 2015.

- Plan meals: 48%
- Compare prices: 42%
- Use grocery list: 39%
- Run out of food less often: 39%
- Make food from scratch: 44%

Food Safety

63% of graduates improved in one or more food safety practices.

- Thaw foods safely: 55%
- Wash hands correctly: 25%
- Prevent cross-contamination: 35%

Healthy Lifestyle Practices

91% of graduates showed improvement in one or more nutrition practices.

- Read labels: 62%
- Fruit intake: 48%
- Vegetable intake: 45%
- Whole-grain intake: 41%
- Decrease soda intake: 43%
- Physical activity: 38%

"I loved the program and am more aware of eating healthier now and feeding my family healthier. I am now paying more attention to what I purchase and saved $125 last month."

- Laramie County graduate

*2015 grant year was October 1, 2014 - September 30, 2015
Youth Impacts

The Cent$ible Nutrition Program (CNP) teaches 4 youth curricula, covering grades K-7. In the 2015 grant year*, 3,256 youth participated in these lesson series.

Happy, Healthy Me

*My kids loved the Marty Moose program. They learned so much about healthy choices and have already been talking about changes that have happened at home with the information they have learned. I saw kids trying new snacks and loving them!*

- 3rd Grade Teacher, Washakie County

Happy Healthy Me is the curriculum for kindergarten and first grade students. 513 youth completed the lesson series.

Grazing with Marty Moose and Munching Through Wyoming History

Grazing with Marty Moose is the curriculum for second and third grade students. 1,503 youth completed the Marty Moose series. Munching Through Wyoming History is the curriculum for fourth grade students. It follows along with Wyoming's fourth grade history standard. 795 youth completed this lesson series.

WIN Kids

WIN Kids is the curriculum for fifth through seventh grade students. 165 youth completed the series.

Department 3354, 1000 E. University Avenue, Laramie, WY 82071

cnp-info@uwyo.edu

www.uwyo.edu/cnp

www.facebook.com/UWCNP

Toll free: 877-219-4646
In Laramie: 307-766-5375
En español: 877-356-6675
For over 18 years, the Cent$ible Nutrition Program (CNP) has helped Wyoming’s low-income families eat better for less money. CNP classes are offered at no cost to those who are 185% of the federal poverty level. Skilled educators reach out to families and individuals to help them improve nutrition and food safety practices, gain valuable budgeting and cooking skills, and increase well-being through physical activity. Educators work in every county throughout Wyoming, including the Wind River Indian Reservation, to promote healthier lifestyles.

Making Changes for a Healthier Life

“Your eight week class brought joy and wholesome habits to last a lifetime! The lessons improved my health and my life. I have saved $30 a month on food by using the Master Mix and the Magic Mix. Thank you for your kindness and easy to learn instruction. That’s a real plus for me.”

- Uinta County graduate

Wyoming families participating in CNP in 2015 saved an average of $44.50 per month or $534 per year on groceries.

In the 2015 grant year*, 1,661 adults graduated from CNP’s interactive lesson series. CNP lessons incorporate a dialogue approach to education relying on the expertise and knowledge of participants to enhance the learning environment. The goal is to create a positive, respectful place for low-income adults to find success in learning.

One of the unique features of CNP is the Cent$ible Nutrition Program Cookbook, which participants receive during the program. The cookbook features time-saving mixes, like Master Mix and Magic Mix, which are healthier and more cost effective than store-bought versions. The cookbook was updated this year to increase the use of CNP mixes. As of October 2015, the updated cookbook is available in both English and Spanish.

CNP is a collaborative effort across the state of Wyoming and partners with the Wyoming Department of Family Services and other county and local service providers. CNP is part of the University of Wyoming Extension and the Department of Family and Consumer Sciences. CNP is funded by the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). For more information, please visit our new website at www.uwyo.edu/cnp.

*2015 grant year was October 1, 2014 - September 30, 2015

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.