



Cent\$ible Nutrition Program

Highlights

2015

SNAP-Ed | Supplemental Nutrition Assistance Program Education

EFNEP | Expanded Food and Nutrition Education Program



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.



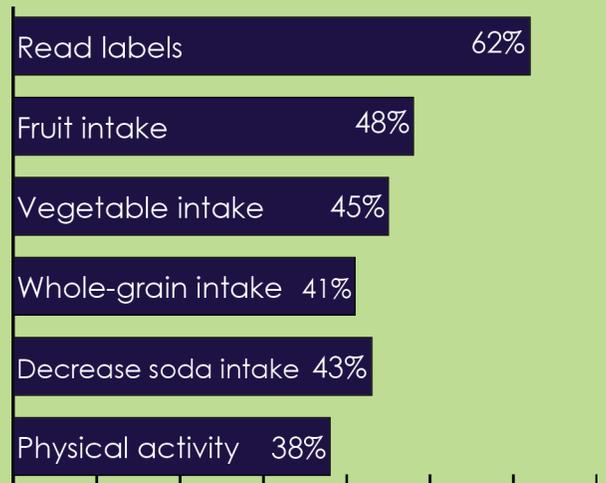
Food Safety

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



Healthy Lifestyle Practices

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

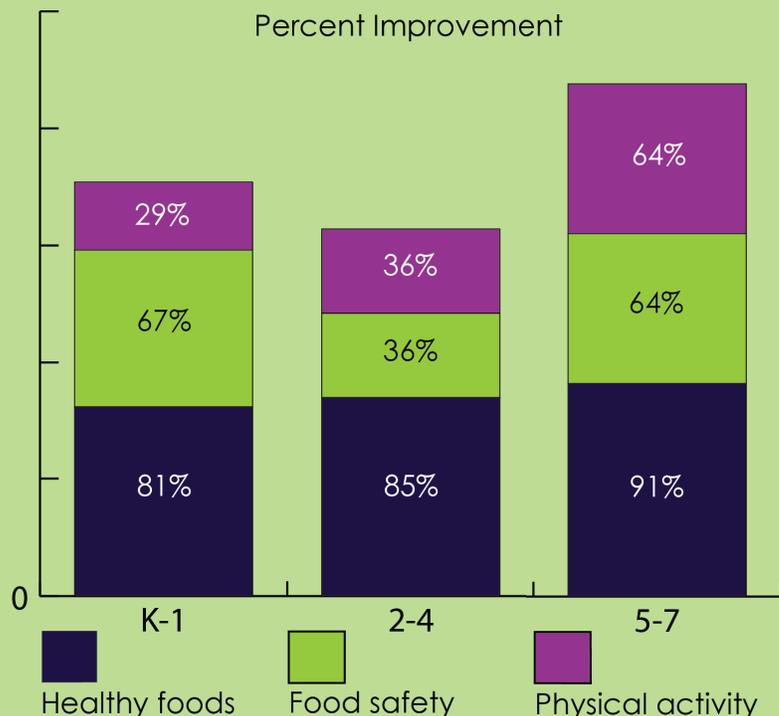


"I loved the program and am more aware of eating healthier now and feeding my family healthier. I am now paying more attention to what I purchase and saved \$125 last month."

- Laramie County graduate

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.



"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

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.



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Cent\$ible Nutrition Program

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