Cent$ible Nutrition Program

Wyoming SNAP-Ed & EFNEP

Impacts 2019
The Cent$ible Nutrition Program

The Cent$ible Nutrition Program (CNP) helps Wyoming’s families eat better for less. Funded by two USDA grants, SNAP-Ed and EFNEP, CNP provides direct education to adults and youth, and works with local partners to support healthier communities. Administered through the University of Wyoming Extension, CNP serves every county in Wyoming and the Wind River Indian Reservation.

About SNAP-Ed & EFNEP

The Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is funded by the Food and Nutrition Service (FNS). SNAP-Ed:
• Teaches people how to eat healthy and lead an active lifestyle on a limited budget.
• Partners with local organizations to implement Policy, System, and Environmental changes (PSEs).
In Wyoming, SNAP-Ed funding comes through the Wyoming Department of Family Services to the University of Wyoming. Wyoming SNAP-Ed is offered in every county and on the Wind River Indian Reservation.

The Expanded Food and Nutrition Education Program (EFNEP) is funded by the National Institute of Food and Agriculture (NIFA). EFNEP:
• Teaches people how to eat healthy on a limited budget and work towards self-sufficiency.
• Operates through Land-Grant Universities.
In Wyoming, EFNEP is offered in Laramie, Natrona, and Niobrara counties.

2019 Key Goals

- Increase fruit and vegetable consumption for adults and youth
- Increase regular physical activity for adults and youth
- Improve food resource management skills (adults)
- Improve food safety skills (adults)
- Partner with schools, early childhood education centers, local food organizations, and food pantries to develop healthy communities

*Behavior change data for direct education is based on matched pre and post EFNEP assessment tools
Youth Programming

Overall Impacts

1,978 total youth graduates
10,139 total youth teaching contacts

2019 Key Outcomes

Vegetables
Increase vegetable consumption
- 66% 39% 30%

Fruit
Increase fruit consumption
- 57% 36% 25%

Physical Activities
Increase physical activity
- 48% 32% 23%

“Learning with the Cent$sible Nutrition Educator made trying new foods fun and exciting.”
-Laramie County K-2 teacher, 2019
Overall Impacts

1,209 total adult graduates
8,653 total adult teaching contacts

+.5 cups increase in eating fruit daily
+.38 cups increase in eating vegetables daily

10.7 point increase in the Healthy Eating Index (HEI)

$50.67 saved on groceries monthly

34% increase in the having enough to eat

29% increase having enough money for food

Health & Savings

James & Holly lived on a very tight food budget, and were always looking for ways to stretch their SNAP Benefits. After getting the CNP cookbook and learning to cook some of the recipes, they found that making the CNP mixes and dividing them up for different recipes every week saved them $15-$20 a week at the grocery store.

“Not only did it save us some money at the store, but we are eating much more healthier than before,” said James.

“We are very happy now that we have taken the CNP classes,” said Holly. “It really helped us out.”

-Wind River Indian Reservation Graduates, 2019
2019 Key Outcomes

<table>
<thead>
<tr>
<th>Food Resource Management</th>
<th>Nutrition Practices</th>
<th>Food Safety</th>
<th>Physical Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>83% overall improvement</td>
<td>95% overall improvement</td>
<td>84% overall improvement</td>
<td>41% overall improvement</td>
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</table>

<table>
<thead>
<tr>
<th>Plan meals before shopping</th>
<th>Cook dinner at home more often</th>
<th>Make a list before grocery shopping</th>
<th>Eat fruit more often each day</th>
<th>Eat more than one vegetable each day</th>
<th>Drink regular soda less often</th>
<th>Use a food thermometer more often</th>
<th>Thaw food at room temperature less often</th>
<th>Wash hands before preparing food</th>
<th>Exercise at least 30 minutes more days a week</th>
<th>Make small changes to be active more often</th>
<th>Strengthen muscles more days a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>43%</td>
<td>41%</td>
<td>56%</td>
<td>53%</td>
<td>38%</td>
<td>57%</td>
<td>53%</td>
<td>29%</td>
<td>55%</td>
<td>55%</td>
<td>52%</td>
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Stir-Fry for the Win!

“I am going to make this recipe at home because I think my kids would be more willing to eat these colorful vegetables!”

-Lincoln County Graduate, 2019
Key PSEs

In 2019, CNP focused its PSE efforts on four primary areas: Nutrition and Physical Activity Supports in Youth Settings, the Healthy Policies Toolkit at Early Childhood Education (ECE) centers, Local Food, and the Healthy Food Pantry Project. Additional PSEs include a referral system with the Department of Family Services and sidewalk stencils.

Healthy Policies Toolkit
3 pilot sites
7 supports adopted
1 training through a partnership with the Wyoming Department of Health

Grazing with Marty Moose
31 sites
113 supports adopted
6,668 youth reached

Local Food
18 community partnerships
1,413 people reached
2,885 pounds of produce donated

Healthy Food Pantry Project
6 sites
40 supports adopted
5,638 people reached

Local Food Snapshot

CNP’s local food efforts are focused on increasing access to local food and fresh produce for Wyomingites with limited resources. To do this, CNP partners with community gardens, local food producers, farmers markets, UW Extension, UW Agriculture Experiment Stations, food pantries, and numerous local partners.

CNP works with farmers markets to encourage acceptance and use of SNAP Benefits at the market.

Local food grown in community gardens, at UW Extension offices, and at UW Agriculture Experiment Stations is donated to food pantries, soup kitchens, and other organizations. See p. 8 for a spotlight on the garden in Sheridan County.

This summer, in order to further future local food efforts, CNP received 3 geodomes (covered structures that use solar heat to extend the growing season). The new geodomes are located in Afton (Lincoln County), Evanston (Uinta County), and on the Wind River Indian Reservation.

A 4-H member helps harvest in the community garden at the Sheridan Extension office.
Healthy Food Pantry Project Snapshot

The Healthy Food Pantry Project (HFPP) is a toolkit developed by CNP to encourage healthier choices at food pantries. In 2019, CNP partnered with six food pantries to pilot the toolkit. Through signage, healthy donation requests, and policy changes, food pantries are able to support patrons in choosing healthy options. In Albany County, CNP, the local food pantry, and a local grocery store partnered to increase healthy donations to the pantry through signage at the grocery store. This process will be added to the toolkit in 2020.

Locally grown produce is available to patrons at the Thayne Community Food Bank through the HFPP.

PSE Spotlights

Sustainability for a Healthy Food Pantry

In late 2018, CNP partnered with the Afton Food Pantry to offer fresh produce and dairy products to pantry patrons. “I never, ever thought that we’d be having fresh fruits and vegetables,” said Sierra Mitchell, who started the pantry three years ago. “It is not something that ever dawned on me. You think of a food bank and you think dry goods.”

The fresh food and necessary refrigeration were made possible through a community grant obtained by CNP educator Shelley Balls. “The patrons light up when they see a table full of fresh produce and milk and eggs and cheese,” said Mitchell.

With the success of this project, Balls and Mitchell started to look at options for continuing once the community grant funding ended.

When Balls learned about the availability of a geodome through the Wyoming Department of Agriculture Specialty Crop Block Grant, she partnered with her Lincoln County Extension Office to have one built on site. The geodome will be a hub of community partnerships, with several groups involved in growing in and maintaining the garden. “We are to be a beneficiary of some of those plots within that geodome, so that is a way that we will be able to grow more produce to benefit our patrons,” said Mitchell.
Sheridan Garden Focuses on Community

This summer, CNP educator Lori Dickinson started a community garden project at the Sheridan County Extension Office. She knew from experience that involving multiple partners was the key to success, and so she cast a wide net. Among the groups who participated were 4-H, Boy Scouts, Girl Scouts, and two groups through the VA. Dickinson and Sheridan County Extension created two gardens, one for youth groups and one for veterans.

The residential group from the VA came to the garden throughout the summer as part of their recreational therapy through the VA.

“I think that they were surprised at how much they enjoyed it,” said Julie Johnson, a recreation assistant at the VA who brought veterans to the garden. Veterans from the residential group were active in harvesting and saw it as a way to pay it forward to other veterans in the community.

“They were able to take some of the produce themselves, but they wanted to make sure that the other produce that they picked went to other veterans in the area,” said Dickinson.

In total, over 1,200 pounds of produce from this garden was donated to partner agencies and people with limited resources in Sheridan.

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