

Quarter 3 Success Stories from Wyoming SNAP-Ed

Adult Series | Uinta County



A participant was able to attend classes and bring her daughter with her because there was an adjoining room where she could play during the class.

After the class, the participant said, “Thank you for the awesome class. I learned so much. My favorite part was learning about unit pricing. I have been saving \$50 a month on groceries by checking unit pricing and checking for sales. The cookbook makes it easy to follow recipes and meal plan.”

Adult Series | WRIR

A group of recovering residents on the Wind River Indian Reservation (WRIR) took Wyoming SNAP-Ed (Cent\$ible Nutrition Program) classes and were really impressed to learn what fruits and vegetables do for our bodies. One of the clients said she didn't know that it was that important for her and her children to eat a variety of food each day..

Learning about the benefits of eating fruits and vegetables was a real eye opener for this group. They were glad to learn that our classes taught them why and how to become healthier. They didn't just learn about the food they eat but why they need to make choices that help them stay healthier. The whole group was proud that they can cook healthy food.

477 Client Long Term Success

Wyoming SNAP-Ed (the Cent\$ible Nutrition Program) has been working with the 477 Program on the Wind River Indian Reservation for the past 2 years. The 477 Program engages and provides programming for families with limited resources and includes Wyoming SNAP-Ed classes in its offerings. Wyoming SNAP-Ed teaches adult nutrition classes for all 477 clients.

Recently, a WRIR Wyoming SNAP-Ed educator was shopping when she ran into one of her previous 477 participants from 2 years ago. The two talked some about the impact

the COVID-19 pandemic has had on their lives, including the lock-down on the WRIR. The participant told the educator that since she has been home she has been cooking a lot of the recipes in the CNP cookbook. She shared that as money has been really tight, she has been using more and more of the recipes because they are cost effective. The lessons she learned during CNP classes have really come in handy for menu planning and making shopping lists, she said, saving her family \$50-\$75 on food. She also shared that she is showing some of her family members how to make recipes out of the CNP cookbook. She said they all love the Sweet and Sour Meatball recipe.

Online Classes during the COVID-19 Pandemic

In April 2020, Wyoming SNAP-Ed (the Cent\$ible Nutrition Program) turned its in-person adult direct education series into a series of 8 online, live classes in order to continue programming and support Wyomingites with limited resources. Online classes are taught by educators across the state. Local county educators recruit participants and enroll them in whichever class series fits their schedule. While the classes are offered in a different format and span the state, their core content remains the same as the in-person classes and has continued to result in essential skill and knowledge gain for participants. The following are successes from participants around the state who graduated from online classes.

Big Horn County (Laramie County Instruction)

A participant in the lessons series taught by a Wyoming SNAP-Ed (Cent\$ible Nutrition Program) educator in Laramie County shared that as a result of the lessons she is more aware of reading nutrition labels and food portions which is helping her to make better choices of what she eats. She is also planning meals based on sale flyers and making meal plans so she is not buying more than she needs and letting food go to waste.

Uinta County (Natrona County Instruction)

A participant in the lessons series taught by a Wyoming SNAP-Ed (Cent\$ible Nutrition Program) educator in Natrona County, made dietary changes to align with MyPlate as a result of the eight-week series.

This participant started measuring portion sizes to align with MyPlate serving guidelines. For a SMART goal, set in lesson 3, she decided to add ½ a cup of vegetables to her dinner each day. She also began drinking more water.

She wrote that she is eating healthier by "Replacing bad food with a healthier choice, cutting down on saturated fats, 1 small step at a time."

Additionally, she is saving money on food by meal planning, which "Can help me to buy what we need, not always what we want. It will save us money each month to put towards other things that are important and part of living."

She is practicing better food safety by following a Wyoming SNAP-Ed-provided recipe for a sanitation solution, "Which is great, because it's a small amount of bleach-to-water ratio. It only costs cents, instead of dollars. Keeps counters clean and sanitized, less bacteria to make you sick."

She is encouraging others outside the home to make healthier choices by explaining to them "The higher risks from eating unhealthy. To make small changes to your eating habits, then it will become part of a new healthier lifestyle."

She began following the Wyoming SNAP-Ed Facebook page and signed up for the e-newsletter.

Laramie County (Natrona County Instruction)

A participant enrolled in a lesson series taught by a Wyoming SNAP-Ed (Cent\$ible Nutrition Program) educator in Natrona County and shared that eating healthy food throughout the day has always been a challenge.

"When joining the CNP program, I was looking for different, easy recipes to make up in the house so that when I was hungry for a snack I was not turning just to easy junk food, she said. "I have really enjoyed the recipes. Learning how to cook with the food thermometer has totally taken the guess work out of cooking and my boyfriend and I love it! The CNP program has given us so many yummy recipe ideas that we have been trying on the rest of our family."

Uinta County (Platte County Instruction)

Participants attended a lesson series taught by a Wyoming SNAP-Ed (Cent\$ible Nutrition Program) educator in Platte County by calling into the classes, which they ended up liking. Accessing the class by phone helped them learn a lot and make healthy changes, even from a distance.

"We loved the class 100%," the participant shared. "It has helped us more than we can say. We are eating more healthy, better quality foods and less garbage. We have saved 10% on our food bill, and we are still working on that. We have been grinding wheat in our blender and using whole wheat flour now. I have dropped 3 pounds by eating more whole wheat, and because we have been making smoothies with fruits and vegetables. My partner's energy level is higher and she is feeling much better."

