

WYOMING CENT\$IBLE NUTRITION PROGRAM



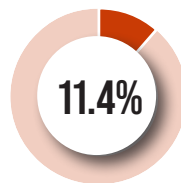
2023 IMPACTS | SNAP-Ed | EFNEP

OVERVIEW

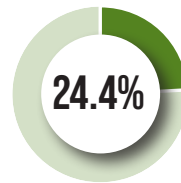
The Cent\$ible Nutrition Program (CNP) is funded by two USDA grants, the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). SNAP-Ed and EFNEP help Americans with limited resources gain skills necessary for improved nutrition and physical activity. CNP provides nutrition and physical activity education to adults and youth, and works with local partners to support healthier communities. Through these efforts, CNP aims to help Wyoming's families with limited resources eat healthier for less while decreasing chronic disease and obesity.

CNP is part of the University of Wyoming Extension and covers every county and the Wind River Reservation in Wyoming.

CHALLENGE

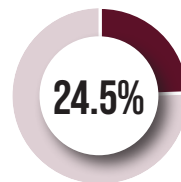


of Wyoming households report being **food insecure**¹.

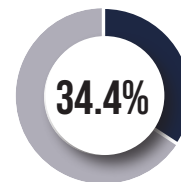


of people in Wyoming have **limited resources** (up to 185% of federal poverty level)²

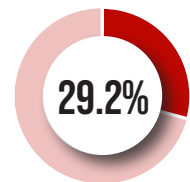
Of Wyomingites with **limited resources**:



of adults are **overweight**³



of adults are **obese**³



of youth are **obese or overweight**^{**4}

¹ U.S. Department of Agriculture. [Household Food Security in the United States in 2022](#).

² U.S. Census Bureau. [2022 American Community Survey 1-Year Estimates](#), Poverty Status in the Past 12 Months.

³ [Centers for Disease Control and Prevention](#). BRFSS Prevalence and Trends Data. 2022.

⁴ [Data Resource Center for Child and Adolescent Health](#). The National Survey of Children's Health, 2022.

* as defined by households making less than \$15,000/year

** based on household income of 100-199% of federal poverty level



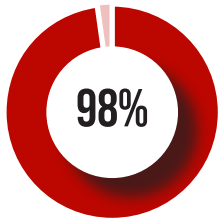
Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP. This institution is an equal opportunity provider.

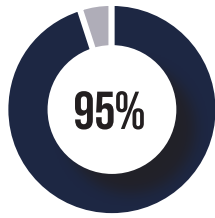
SOLUTION: NUTRITION EDUCATION

ADULTS

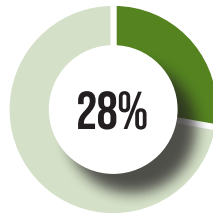
CNP teaches a series of 8 lessons to adults, covering topics including MyPlate, food safety, cooking, menu planning, budgeting, and physical activity. In 2023, CNP taught classes in-person and online to 774 adult participants, with 672 graduating from the program. Graduates with matched pre and post assessments showed the following outcomes:



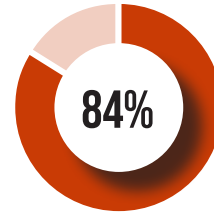
improved in 1+ **nutrition practices**



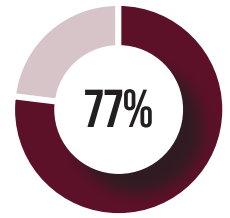
improved in 1+ **food resource management practices**



improved in 1+ **food security indicators**



improved in 1+ **food safety practices**



increased **physical activity**

YOUTH

CNP teaches K-12th grade youth using age-appropriate curricula. In 2023, CNP taught a total of 1,920 youth with 1,462 completing the program. Graduates in 3rd-12th grades with matched pre and post assessments showed the following outcomes:

3rd-5th Grade

528 participants



increased in eating **vegetables**



increased in eating **fruit**



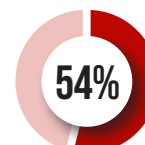
increased in how often they participate in **physical activity**

6th-12th Grade

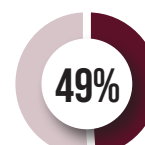
288 participants



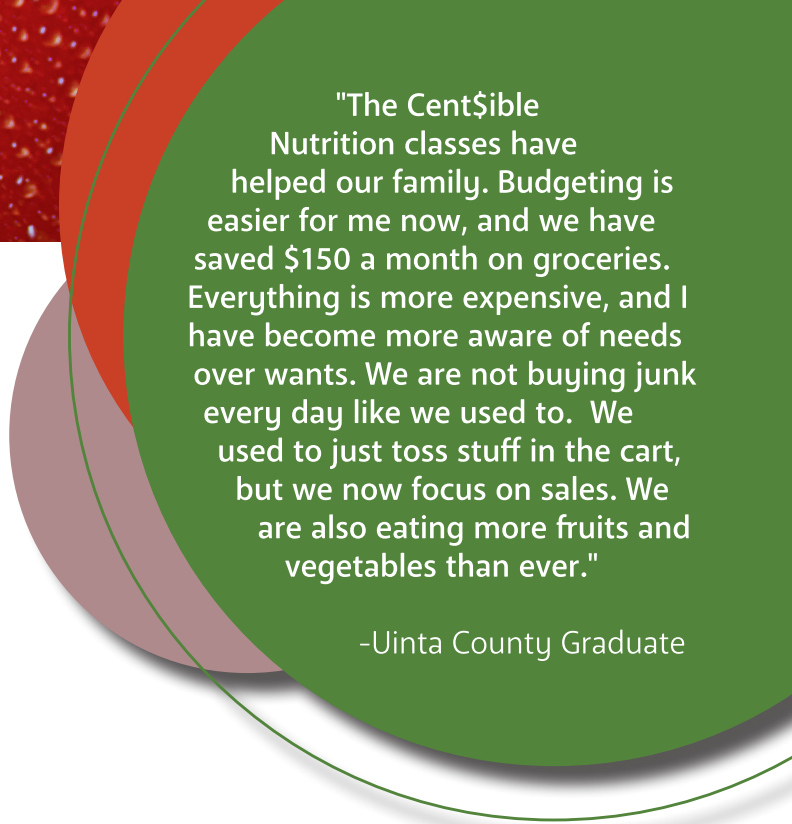
increased the number of **vegetables** consumed



increased the number of **fruits** consumed



increased the number of days they are **physical active** for at least an hour



SOLUTION: COMMUNITY INTERVENTIONS

CNP focuses community intervention efforts in five areas: food pantries, local food, K-12th grade youth settings, early childhood education (ECE) sites, and Department of Family Services (DFS) referrals. Together, these interventions help make the healthy choice the easy choice in locations where Wyomingites with limited resources live, play, work, eat, learn, and shop.

"The Cent\$ible Nutrition classes have helped our family. Budgeting is easier for me now, and we have saved \$150 a month on groceries. Everything is more expensive, and I have become more aware of needs over wants. We are not buying junk every day like we used to. We used to just toss stuff in the cart, but we now focus on sales. We are also eating more fruits and vegetables than ever."

-Uinta County Graduate

Food Pantries

16 food pantry partners
293 nutrition supports adopted or maintained
12,699 people reached



K-12th Grade Youth

18 K-12th grade youth sites
415 nutrition & physical activity supports adopted or maintained
1,518 youth reached



DFS Referrals

1,482 referrals
77 referrals enrolled in CNP
5.2% of CNP adult participants were DFS referrals in 2023



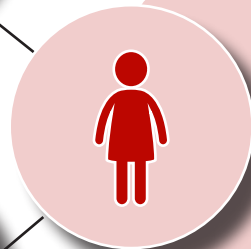
Local Food

41 partnerships
27,321 pounds of local food donated to anti-hunger organizations along with educational materials



ECE

34 ECE partners
486 nutrition & physical activity supports adopted or maintained
1,430 youth reached



Visit uwyocnp.org for more about our work or find us on Facebook: www.facebook.com/UWCNP

INSTANT MEALS: PRESSURE COOKERS, FOOD ACCESS, & IMPROVED FOOD SECURITY

Food pantry partners reached out to the Cent\$ible Nutrition Program (CNP) in summer 2022 for assistance in encouraging patrons to choose dried beans, which are a staple at most pantries. Partners identified gaps in cooking knowledge, limited time, lack of cooking equipment, and perceptions of palatability as barriers to patrons choosing dried beans.

In response, CNP developed the *Under Pressure* project. *Under Pressure* was piloted in fall 2022–2023 with funding from the Wyoming Hunger Initiative and Farm Credit Services of America to purchase electric pressure cookers for participants. CNP adapted its recipes to this cooking method and created a one-time lesson to be taught in addition to its 8-lesson series. A total of 172 participants took the *Under Pressure* lesson and received a free electric pressure cooker and recipe booklet.

In Platte County, a couple who participated in *Under Pressure* shared that the electric pressure cooker has been a lifesaver and they use it regularly. On the Wind River Reservation, a father who received an electric pressure cooker said that he can now cook for his children and is using it to teach them how to cook.

Pilot data from pre-post surveys indicates that this project was successful in overcoming the barriers to using dried beans, with 53% of participants eating these foods 4+ times per week 3+ months after the program compared to 9% before. With the success of this pilot, *Under Pressure* will be continued and expanded in 2024.



NEW COLLABORATION BRINGS WHOLE GRAINS TO THE WYOMING FOOD SECURITY SYSTEM

It takes a whole community to help make healthy food available to neighbors facing food insecurity. A new partnership between Wyoming Heritage Grains, Food Bank of Wyoming, the University of Wyoming Extension, and the Cent\$ible Nutrition Program (CNP) is doing just this through a donation of Wyoming-grown grains.

“This partnership brings together food producers and processors, agricultural research, food security agencies, and nutrition education to address food insecurity through a collaborative approach,” said Mindy Meuli, director of CNP.



Through this collaboration, 2,000 pounds of milled spelt flour and 700 pounds of wheat berries entered the Wyoming food security system in summer 2023.

“The donation of whole grains has a double benefit,” said Meuli. “Not only does it increase food access, it addresses nutrition security, which provides nutritious and healthy food options to people who are food insecure.”

CNP connected Heritage Grains with Food Bank of Wyoming to help with transportation and distribution of the grains. Once grains were distributed, local CNP educators provided educational materials, recipes, and cooking demonstrations at food pantries to introduce patrons to these foods.

“This is part of our program’s mission to help improve food access in Wyoming,” said Meuli.