



Telehealth: Part of Building Cent\$ible Communities

Wyoming TeleHealth Network

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Extension





Presenters



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Overview

About the Cent\$ible Nutrition Program

Building Skills: Nutrition Education

Building Opportunities: Community Partnerships

A dark grey bowl filled with a healthy meal. The bowl contains a portion of baked white fish, a serving of chickpeas, several cherry tomatoes, and a mix of leafy greens including arugula and purple basil. The bowl is set on a light-colored wooden surface.

About the Cent\$ible Nutrition Program



Who We Are

Wyoming SNAP-Ed & EFNEP

- USDA Grant funded
- SNAP-Ed & EFNEP helps Americans eligible for these programs gain skills necessary for improved nutrition and physical activity

Free for anyone who qualifies

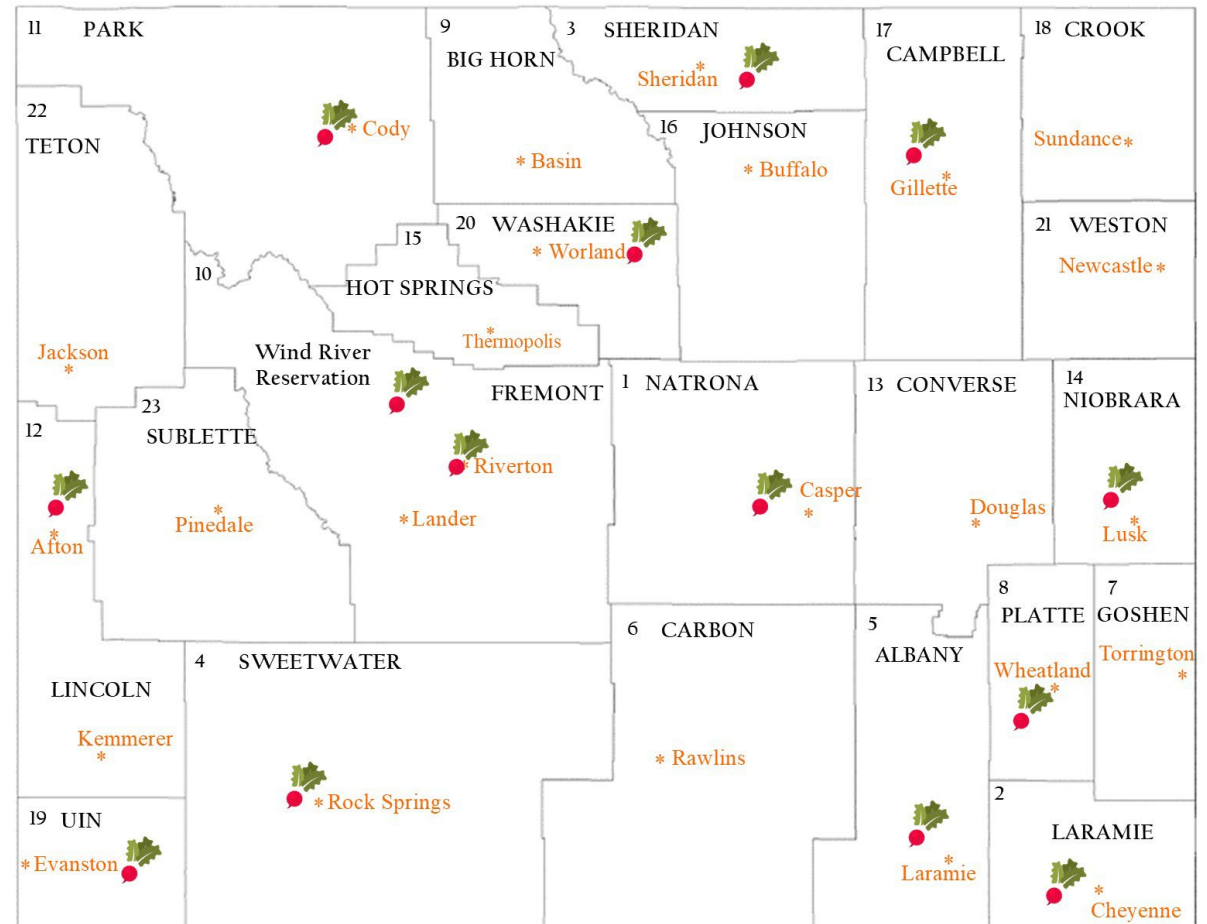
- 185% of the federal poverty level
- Individuals eligible for SNAP, WIC, Medicaid

Part of the University of Wyoming Extension



Where We Are

- 18 nutrition educators covering every county and the Wind River Reservation
- 5 state office administrative staff at the University of Wyoming campus
- 1 state agency staff at the Department of Family Services





Mission & Vision

Mission

Provide opportunities for positive change in nutrition and physical activity for the audiences with limited resources through education, multi-level interventions, and community engagement.

Vision

Empower Wyoming's adults and youth with limited resources to be leaders in healthy nutrition and physical activity changes for themselves, their families, and their communities resulting in decreased chronic disease and obesity in Wyoming.



Our Approach

Multi-level approach including:

- Education for individuals
- Education for partners
- Community interventions that make healthier choices more accessible
- Marketing

Building Skills: Nutrition Education





Nutrition Education Programs

Adults

- *Simply Cent\$ible Nutrition*

Youth

- K-2nd grade with *Exploring MyPlate with Bo the Bison*
- 3rd – 4th grade *Grazing with Marty Moose*
- 5th – 8th grade *Real Kids, Real Skills, Real Meals*
- 9th – 12th grade *Simply Cent\$ible Nutrition*



Adult Nutrition Education: Lessons

- 8 lesson series covering:
 - 5 food groups of MyPlate
 - Shopping
 - Creating a food budget
 - Food safety
 - Cooking
 - Physical activity



Adult Nutrition Education: Online Programming

- Pivoted to online only during COVID
 - Provide both online and in-person programming for adults now
- Benefits of online classes:
 - Remove barriers of transportation, childcare, weather, remote locations
 - Small classes
 - One-on-one touch-points with CNP educator
- Barriers
 - Internet and broadband access
 - Access to stable WIFI signal
 - Necessity of an internet-capable device*



“Because of the Cent\$ible Nutrition Program, my son and I have made many changes including more fruit, vegetables and exercise. I have major inspiration to cook rather than buying fast food or processed/frozen. I put emphasis on eating slower and substituting healthier options like whole wheat instead of white, etc. I also have majorly reduced sugar and increased activity. The food thermometer is something I've never had. It helps me cook my food properly.”

Update 1 month after graduation from CNP –

"I do save money on food because I'm cooking using more rice, beans, and canned food. I've learned a lot about cooking, whereas before I would buy frozen prepared food which is not only unhealthy but gets pricey. The cookbook is fabulous! Thank you again for the classes!"

Statewide Online Participant, 2020



“I'm also glad this class was online. With my young children I wouldn't have been able to attend if it had been an in-person class.”

Statewide Online Participant, 2022

“I ate the same foods for years. Since taking the CNP classes I have changed my eating habits. I am spending more but I am eating better, including eating more fruits and vegetables. These classes have saved my life.”

Uinta County Online Participant, 2023



Youth Nutrition Education: Lessons

- 5 lesson series for K-8th grades covering:
 - 5 food groups of MyPlate
 - Exposure to new foods
 - Physical activity
 - Cooking*



Youth Nutrition Education: Online Programming

- Adapted the curricula for 3rd-8th grades for online during COVID
- After COVID, the need for online youth programming decreased
 - Provided on an as-needed basis



Youth Nutrition Education: Goals

- 30% of K-2nd grade youth will be able to identify fruits
- 30% of K-2nd grade youth will be able to identify vegetables
- 30% of K-2nd grade youth will be able to identify physical activities
- 30% of 3rd-12th grade youth will increase daily consumption of vegetables
- 30% of 3rd-12th grade youth will increase daily consumption of fruit
- 30% of 3rd-12th grade youth will increase physical activity



Adult Nutrition Education: Goals

- 50% of program graduates will increase daily fruit consumption
- 50% of program graduates will increase daily vegetable consumption
- 60% of program graduates will increase physical activity
- 50% of program graduates will improve food resource management practices

Nutrition Education

Empowering individuals to make informed choices about their nutrition and health



Building Opportunities: Community Partnerships



Partnership Focuses


- Referral programs
 - DFS
 - Medicaid
 - WIC
- Partner Projects
 - K-12 schools
 - Early Childhood Education sites (ECEs)
 - Food Pantries
 - USDA Food Programs



Referral Systems

DFS Referrals

- SNAP & SNAP-Ed Go Hand-in-Hand
- Referral form on the SNAP application
- County and statewide connection between CNP and DFS



Join the Cent\$ible Nutrition Program (Wyoming SNAP-Ed) and
Save Money on Groceries!

1 Complete the form on this page.
Completing this form is voluntary and not required for SNAP and/or POWER Benefit eligibility.

2 Get connected to the Cent\$ible Nutrition Program (CNP).
A CNP educator will contact you to share local CNP information using the information from this form.

3 Join free CNP Classes!
Cent\$ible Nutrition Program (CNP) classes are offered for free* throughout the year to fit your schedule. Class benefits include:

- **Saving money** on groceries. From 2020-2023, class participants **saved an average of \$41.70/month** on groceries.
- **Get free kitchen tools** with every class.
- **Free cookbook** with 200+ recipes.
- **Cook and sample food in every class.**
- **Exclusive access** to the monthly CNP e-newsletter.

*CNP is free to those who income-qualify. If you are eligible for SNAP, Medicaid, or WIC, you qualify for CNP.
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. 4/2024


Completing this form is optional. If you complete this form, a Cent\$ible Nutrition Program educator will contact you about a free 8-lesson class series.

Name: _____
Address: _____
City: _____ Zip code: _____
Phone: _____ Email: _____

Best way to contact you:
 Call Text Email Mail

I authorize the release of my name and contact information to the Cent\$ible Nutrition Program.
Signature: _____
Date: _____

Cent\$ible Nutrition Program (SNAP-Ed)
Helping Families Eat Healthier for Less
1-877-219-4646 | <https://uwyo.cnpp.org>



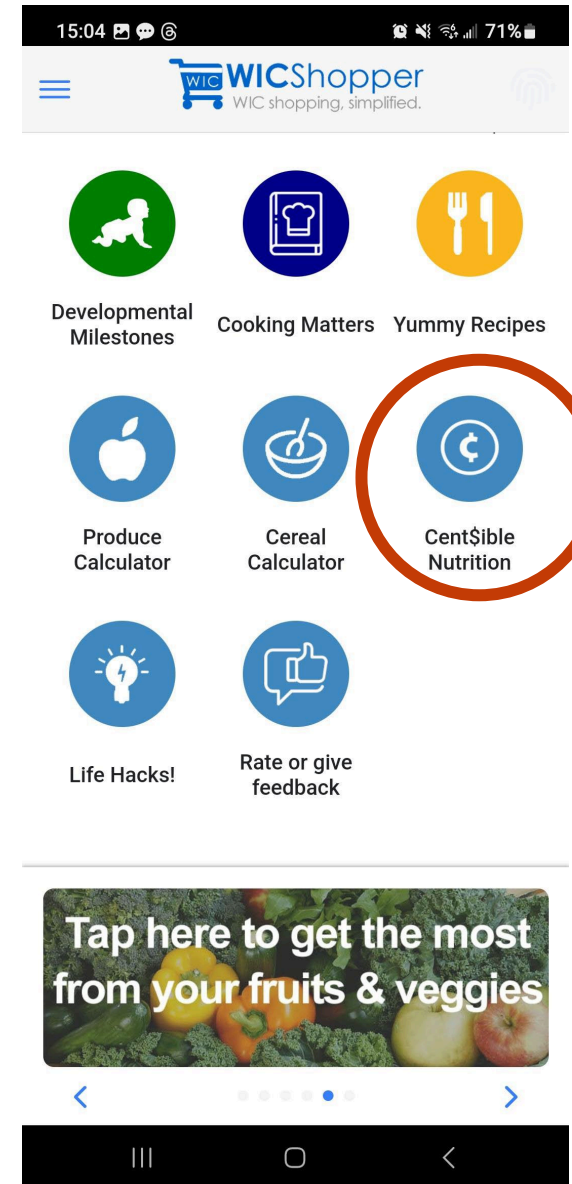


Medicaid Referrals

- Medical care providers screen patients
- System automatically sends CNP referrals
- County CNP educators contact referrals for classes

WIC

- MOU to provide nutrition education to WIC participants
- WIC app





Partner Projects



Mini-Grants





Gardens



Stencil Games





Grow a Little Extra



Great Potato Harvest



Instant Pots



USDA Food Programs

A close-up photograph of two bright yellow, pear-shaped tomatoes resting on a weathered wooden plank. The plank is set against a background of dark soil and green foliage. The lighting is natural, highlighting the smooth texture of the tomatoes. The text 'Building Cent\$ible Communities' is overlaid at the bottom in a white, bold, sans-serif font.

Building Cent\$ible Communities

Let's Stay in Touch

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