

WYOMING CENT\$IBLE NUTRITION PROGRAM



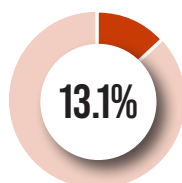
2024 IMPACTS | SNAP-Ed | EFNEP

OVERVIEW

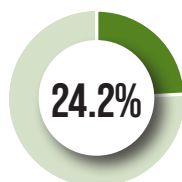
The Cent\$ible Nutrition Program (CNP) is funded by two USDA grants, the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). SNAP-Ed and EFNEP help Americans with limited resources gain skills necessary for improved nutrition and 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

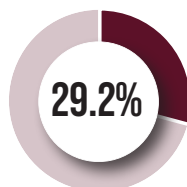


of Wyoming households report being **food insecure**¹

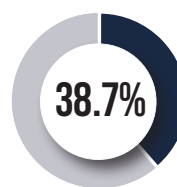


of people in Wyoming have **limited resources** (up to 185% of federal poverty level)²

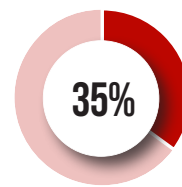
Of Wyomingites with **limited resources**:



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 2023](#).

² U.S. Census Bureau. [2023 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. 2023.

⁴ [Data Resource Center for Child and Adolescent Health](#). The National Survey of Children's Health, 2022-2023.

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

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



Extension

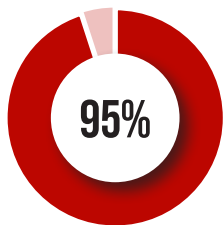
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP. This institution is an equal opportunity provider.



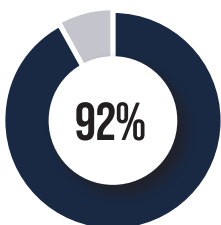
SOLUTION: NUTRITION EDUCATION

ADULTS

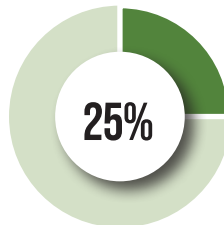
CNP teaches a series of 8 lessons to adults, covering topics including MyPlate, food safety, cooking, menu planning, budgeting, and physical activity. In 2024, CNP taught classes in-person and online to 887 adult participants, with 614 graduating from the program. Graduates with matched pre and post assessments showed the following outcomes:



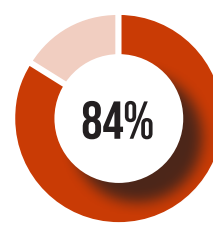
improved in 1+
nutrition
practices



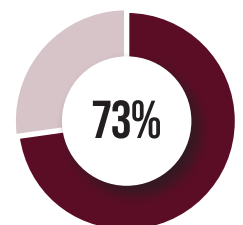
improved in 1+
food resource
management
practices



improved in 1+
food security
indicators



improved in 1+
food safety
practices



increased
physical activity

YOUTH

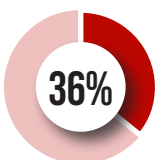
CNP teaches K-12th grade youth using age-appropriate curricula. In 2024, CNP taught a total of 2,112 youth, with 1,979 completing the program. Graduates in 3rd-12th grades with matched pre and post assessments showed the following outcomes:

3rd-5th Grade

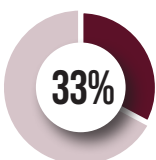
696 participants



increased how often they
consume **vegetables**



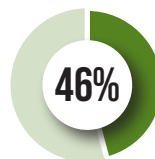
increased how often they
consume **fruits**



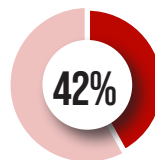
increased how often they
participate in **physical activity**

6th-12th Grade

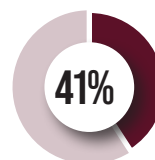
473 participants



increased how often they
consume **vegetables**



increased how often they
consume **fruits**



increased the number of days
they participate in moderate to
vigorous **physical activity**

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 reaching SNAP recipients. 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.

"Before working with Cent\$ible Nutrition, I had a really hard time being able to stretch my meals and I was eating minimal food by the end of the month. It was really hard to have food stretch till my next paycheck. Since working with the Cent\$ible Nutrition Program, I have learned how to meal prep so that I can have healthy meals throughout the whole month by stretching my food budget. I am so very grateful."

-Laramie County Graduate 2024

Food Pantries

22 food pantry partners
162 nutrition supports adopted or maintained
14,032 people reached



Local Food

59 partnerships
37,178 pounds of local food donated to hunger relief organizations along with educational materials



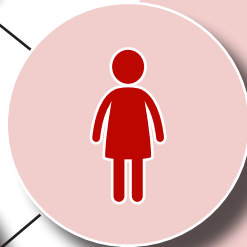
K-12th Grade Youth

10 K-12th grade youth sites
95 nutrition & physical activity supports adopted or maintained
1,303 youth reached



Early Childhood Education Sites

38 partners
345 nutrition & physical activity supports adopted or maintained
1,868 youth reached



SNAP Connection

1203 referrals from SNAP
34% of CNP adult participants were receiving SNAP benefits in 2024



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



NURTURING COMMUNITY THROUGH NUTRITION INCENTIVES AT THE FARMERS MARKET

A new program at the Evanston Farmers Market increased access to fresh produce for people with limited resources. The program, called Market Bucks, was a collaboration between the farmers market, a local food pantry, the Cent\$ible Nutrition Program (CNP), and local businesses.

In spring 2024, CNP educator Stephanie Anderson reached out to the farmers market to see if the market accepted SNAP. Accepting SNAP at the farmers market is one way to increase access to local produce.

"The Evanston Farmers Market had looked into accepting SNAP before, but the process is extensive," said Anderson.



Anderson and a farmers market manager, Leanne Hutchinson, started the process to get SNAP accepted at the market, but with the market season quickly

approaching, they were running out of time. They decided to think outside the box to try to bring people with limited resources to the market.

Instead of relying on SNAP, Market Bucks was funded by local businesses. The \$5 Market Bucks coupons were given out through the local food pantry, the Lord's Storehouse. Through this system, patrons of the Lord's Storehouse could buy fresh produce at the market. Farmers market vendors were then reimbursed by the market through the local business donations.

"The feedback from the program was great," said Barb Martinez, a farmers market manager and co-owner of Food to Grow Farms with Hutchinson. "The vendors were awesome to work with."

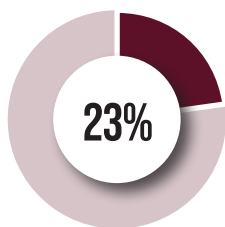
Market Bucks was piloted for 8 weeks running from August through September 2024, and grew with success each week. With this success, CNP and the farmers market are already considering ways to improve and expand the program.

Full story at: <https://bit.ly/evanston-market-24>

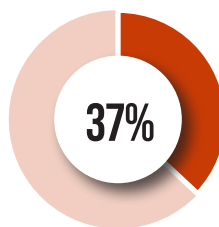
PROJECT UPDATE: UNDER PRESSURE FOOD SECURITY

In 2022, food pantry partners in Wyoming reached out to CNP for assistance in encouraging patrons to choose dried beans. Dry beans are a staple at most food pantries, and they are an inexpensive, nutritious source of protein and fiber. Partners identified gaps in cooking knowledge, limited time, lack of cooking equipment, and perceptions of palatability as barriers to patrons choosing dried beans. After talking with partners, electric pressure cookers (Instant Pots) emerged as a key strategy to increase usage of this nutritious food.

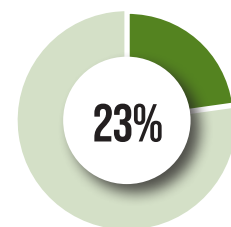
CNP developed the Under Pressure project to teach people how to use electric pressure cookers, and secured external funding to be able to give participants a free Instant Pot upon completion of the CNP curriculum and Under Pressure lesson. Since fall of 2022, CNP has taught 272 people how to use the electric pressure cooker. Under Pressure participants showed the following outcomes from 2022-2024:



increased in **buying or choosing dry beans**, lentils, and peas at the food pantry



increased in **eating dry beans**, lentils, and peas 4+ times a week



increased in **cooking the main meal at home** 4+ days a week