

Nutrition & Food Safety (N&FS) Initiative Team* – Area Educators

Northwest Area: Big Horn, Fremont, Hot Springs, Park & Washakie Counties and Wind River Indian Reservation

- *Patti Griffith* – 307-332-1030 (Lander)
- *Phyllis Lewis* – 307-347-3431 (Worland)

Big Horn Mountain Area: Johnson & Sheridan Counties

- *Kentz Willis* – 307-674-2980 (Sheridan)

Northeast Area: Campbell, Crook & Weston Counties

- *Vicki Hayman* – 307-346-3531 (Newcastle)

Converse, Natrona & Niobrara Counties

- *Karla Case* – Natrona – 307-235-9400 (Casper)
- *Denise Smith* – Converse, Natrona, Niobrara – 307-334-3534 (Lusk)

Southeast Area: Goshen, Laramie & Platte Counties

- *Chris Pasley* – 307-322-3667 (Wheatland)

Albany & Carbon Counties

- *[Position vacant]* (Rawlins)

West Area: Lincoln, Sublette, Sweetwater, Teton & Uinta Counties

- *Jennifer Jacobsen* – 307-733-3087 (Jackson)
- *Josephina Ibarra* (Rock Springs)

Programs offered by UW Extension N&FS educators include the following:

- **Healthy lifestyles** (often taught with other local educators/health professionals)
 - *A New You: Health for Every Body* – classes to foster enjoyable and healthy lifestyles related to food, physical activity & body image
 - *WIN Steps* – pedometer-based physical activity program
 - *Steps to A New You* – program that combines *A New You* and *WIN Steps*
 - *Strong People, Strong Bones* – strength-building, osteoporosis prevention program
 - *Leaving My Footprints on the World* – pedometer-based 4-H/Youth Development program
- **Diabetes education** (taught with local diabetes educators/health professionals)
 - *Dining with Diabetes in Wyoming*
- **Food safety**
 - *ServSafe®* and *Going for the Gold* (Basic, Intermediate, Advanced) – usually taught with Wyoming Food Safety Coalition partners
 - *Food preservation classes*

For more information about these and other programs, please go to <http://ces.uwyo.edu/Food.asp> or call the UW Extension office in your county or the appropriate educator serving your area listed above.

Food & Nutrition Extension website: www.uwyo.edu/cesnutrition

Cent\$ible Nutrition Program – “Helping families eat better for less”: www.uwyo.edu/centsible

* **Initiative team members at the state level:** *Ruth Wilson* (CES Administration); *Doug Hixon & Warrie Means* (Animal Science); and *Suzy Pelican, Mary Kay Wardlaw & Karen Williams* (Family & Consumer Sciences)

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