



Wyoming Cooperative Extension Service

Partners in learning for life

Cent\$ible Nutrition Program enjoys continued success throughout Wyoming

Situation

Cent\$ible Nutrition has just completed its third year. The program includes both the Extension Family Nutrition Education Program (EFNEP) and the Food Stamp Nutrition Education Program (FSNEP). The main purpose of both facets of the CNP is to help families and individuals eat better for less.

"I started Cent\$ible Nutrition classes five weeks ago. Before the class, I spent an average of \$120 per week on groceries. Since learning some nutrition and pricing basics, my grocery spending has really started to decrease. Three weeks ago, I bought 7 days worth of groceries for \$80, and this last week I bought 14 days worth of groceries for \$56. So far, I have trimmed approximately \$110 from my monthly grocery budget."

—Big Horn County Cent\$ible Nutrition Program (CNP) participant

Impacts Achieved

The following results have been documented in 18 Wyoming counties. The total number of CNP participants in 2000 equaled 1,287. Ninety-one percent (1,167) were new to the program, representing a 41 percent increase over last year. There were 3,781 additional people in these participants' families. Eighty-three percent of the children in these families were under 12 years old. Seven hundred forty-six, or 58 percent, of the families were enrolled in one or more food assistance programs. Eighty-five percent of participants were female, and 91 percent were minority. Seventy-six percent participated in CNP group instruction. Sixty-three percent completed the entire program, with an additional 19 percent continuing to work toward completion.

In addition to positive program participation numbers, significant impacts on clients' dietary health and food spending also were documented.

Average change in food group consumption

	Entry	Exit	Target
	(Number of servings per day)		
Bread and cereal	5.2	5.5	6-11
Fruits	1.1	1.6	2-3
Vegetables	2.3	2.6	3-5
Dairy	1.5	1.7	2-4
Meat group	1.6	1.7	2-3
Other	19.0	15.6	10

93.4 percent of program participants had a positive change in at least one food group at exit.

Nutrient Adequacy Ratios

	Entry	Exit	Target
Protein	.91	.95	1
Iron	.75	.78	1
Calcium	.66	.73	1
Vitamin A	.66	.74	1
Vitamin C	.73	.81	1
Vitamin B6	.71	.78	1
Mean for all	.74	.80	1
Mean spent on food per capita per month	93.2	80.9	
Mean family size	3.1	3.1	
Average monthly savings per family		\$38.13	

Eighty-four percent of CNP participants showed improvement in one or more food resource management practices (26 percent demonstrated acceptable practices at entry, as compared with 53 percent at exit).

- 51 percent more often planned meals in advance
- 40 percent more often compared prices when shopping
- 46 percent less often ran out of food before the end of the month
- 46 percent more often used a grocery list when shopping

Ninety-one percent showed improvement in one or more nutrition practices (12 percent demonstrated acceptable practices at entry, compared with 40 percent at exit).

- 53 percent more often planned meals in advance
- 50 percent more often thought about healthy food choices when deciding what to eat
- 37 percent more often prepared foods without adding salt
- 64 percent more often used the Nutrition Facts on food labels

- 32 percent reported that their children ate breakfast more often

Sixty-four percent of clients showed improvement with food safety practices (63 percent of participants demonstrated acceptable practices at entry, compared with 87 percent at exit).

- 29 percent followed the recommended food safety and storage practices
- 55 percent followed the recommendation to thaw foods in the refrigerator, as opposed to thawing at room temperature

All in all, Cent\$ible Nutrition enjoyed continued success throughout Wyoming counties, helping program participants learn the basics of eating better for less.

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