



Cent\$ible Nutrition continues impact in Wyoming

Situation

The Cent\$ible Nutrition Program (CNP) is supported by funds from the U.S. Department of Agriculture's Food Stamp and Expanded Food and Nutrition Education programs and provides education to limited-resource families and individuals across Wyoming. CNP classes taught by the University of Wyoming Cooperative Extension Service enable families to develop new skills and gain knowledge to improve their nutritional well-being and increase their ability to manage food resources.

P was drinking six huge mugs of soda per day and eating foods high in fat and sugar. After taking CNP lessons, she began to eat more nutritiously. She lost 50 pounds, reduced her blood pressure, lowered her cholesterol, eliminated her diabetes medication, and improved her mental attitude. She now exercises three times a week and says she feels more in control of her life. She reduced her grocery bill of \$350 per month and stays within her \$142 food-stamp allocation. Her monthly medications no longer cost in excess of \$400 per month. (Reported by a Washakie County graduate)

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Impacts Achieved

For every \$1 spent on nutrition education, Wyoming and the five other states involved in the Expanded Family Nutrition Education Program (EFNEP) can expect to save \$8.82 in future health care costs by preventing or delaying the onset of nutrition-related diseases such as colorectal cancer, heart disease, stroke, hypertension, osteoporosis, diabetes, obesity, foodborne illness, infant disease, and low-birth-weight infants.

In the past year, 1,655 households representing 17,275 individuals enrolled in lessons. Responses from the graduates indicate that 51 percent now plan meals, 47 percent compare food prices, 45 percent now shop with a grocery list, and for 45 percent, their food lasted all month. Households saved an average of \$38.07 per month on groceries. Improvements were also noted in the area of nutrition practices such as planning meals, making healthy food choices, reading labels, providing breakfast for children, and preparing foods without salt. Dietary improvements included nutrient intake of protein, iron, calcium, vitamin A, vitamin C, and vitamin B₆. Participants reported that the intake of fats, oils, and sweets decreased in their diet.

“I’m a father with a 3-year-old who works 60 to 70 hours a week, and I found the information important enough to take all 16 lessons. I dropped my grocery bill from \$200 to \$150 a month. I gained confidence knowing nutritional information for my child and was pleased with the snack ideas.” (Laramie County graduate)

“Before taking CentSible Nutrition classes, my food stamps lasted half the month. After three lessons, they lasted an extra week. Now I have food stamps for the entire month. I use the cookbook, plan menus, and use less convenient and prepared food.” (Goshen County participant)

“I have learned to cook better and to include fruits and vegetables in my family diet. I have been saving a lot of money. I was spending \$350 a month on groceries, and after this class I am spending \$150 on groceries. I am very happy about this because my family and I are eating better nutritionally. I am now planning menus which helps not to waste food and to save money. Thank you for this class.” (Teton County participant)

Youths are reached through a five-lesson series which was presented to 28,312 second, fourth, and sixth grade children.

“One of the things I learned was how much sugar pop has. It has a lot, and I knew that pop had a lot of sugar, but I never knew it had that much! I drink like 10 pops a day, but now I am definitely going to stop.” (Laramie County sixth grader)

After a hand-washing lesson, this student wrote, “I will start washing my hands even when they don’t look dirty!” (Natrona County youth participant)

CentSible Nutrition is now available in all 23 counties and the Wind River Indian Reservation in Wyoming.

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