



UNIVERSITY
OF WYOMING
Cooperative Extension Service
Family & Consumer Sciences

Just a Taste!

Food & Nutrition Programs . . . Resources

State-wide program support for UW Extension Nutrition & Food Safety Initiative Team Educators

- **Karla Case:** Natrona County
- **Sarah Francis:** Albany and Carbon Counties
- **Patti Griffith:** Fremont County and Wind River Reservation
- **Vicki Hayman:** Campbell, Crook, and Weston Counties
- **Phyllis Lewis:** Big Horn, Hot Springs, Park, and Washakie Counties
- **Chris Pasley:** Goshen, Laramie, and Platte Counties
- **Denise Smith:** Converse, Natrona, and Niobrara Counties
- **Vacant:** Johnson and Sheridan Counties
- **Vacant:** Lincoln, Sublette, and Teton Counties

Programs offered by UW Extension Nutrition and Food Safety educators include the following:

- Healthy lifestyles programs, including
 - *A New You: Health for Every Body*
 - *Steps to A New You*
 - *WIN Steps*
 - *Leaving My Footprints on the World* (with 4-H/Youth Development team members)
 - *Strong People, Strong Bones* osteoporosis prevention with Senior Center, wellness program partners.
- Diabetes education with health-care partners: *Dining with Diabetes in Wyoming*
- Food safety programs with Wyoming Food Safety Coalition partners:
 - *Going for the Gold* (Basic, Intermediate, Advanced)
 - *ServSafe*®

For more information about these and other programs, please go to <http://ces.uwyo.edu/Food.asp>.

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

Cent\$ible Nutrition: "Helping people eat better for less", <http://www.uwyo.edu/centsible/>

Other Collaborations, Projects, Activities, and Resources

- **WIN Wyoming:** Network of ~130 educators and health professionals who embrace a health-focused rather than a weight-focused approach to well being.
 - Resources, including 97 months' worth of Thought Bullets by Betty Holmes, available at www.uwyo.edu/winwyoming.
- **WIN the Rockies:** USDA-funded project (2000-04) that promoted a health-focused approach to well being in 6 communities in Wyoming, Idaho, and Montana, and beyond.
 - Resources available at www.uwyo.edu/wintherockies.
- **Shaping a Healthy Future IV:** April 23-25, 2008, in Jackson, <http://outreach.uwyo.edu/conferences/HealthyFutures/>.

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