

# Wisconsin Nutrition Education Program Report for 6/1/16 – 6/30/16 Jackson County Extension Education Committee



## **WNEP Projects, Events and Professional Development: April Duval, Coordinator:**

- \* Jackson and Trempealeau County UW-Extension Staff Meetings
- \* Northwest Regional Conference Call
- \* WNEP Coordinators Conference Call
- \* Jackson in Action Community Group Meeting and 5210 Work Group Meeting
- \* Webinar: How Economic/Social Disadvantages Effect Health and Life Opportunities.
- \* Reviewing the pilot test of the new WNEP Online Training Course for new educators and giving feedback to WNEP state specialist.
- \* Supervision of and meetings with WNEP Nutrition Educator Sandy Witte

## **Educational Programming in Jackson County Community:**

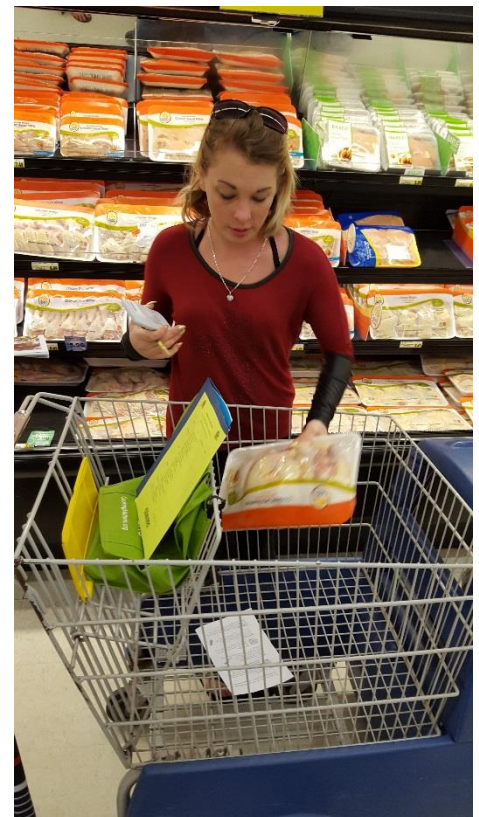
- Jackson County WIC: Fruit & Vegetable display, recipes and educational materials
- Taylor Food Pantry: Lesson Topic: What's the Best Beverage? 10 adults
- Jackson County Early Head Start Grocery Store Tour and \$10 Challenge: 3 adults

### Shopping Matters Grocery Store Tour \$10 Challenge:



Participants found healthy foods from each food group. Regional grant money was used for families to go home with those \$10 worth of healthy groceries from each food group.

Participants noted on their evaluations that they learned how to read labels to look for whole grain foods and foods with added sugars. They learned that 4 grams on the food label = 1 tsp. of sugar. We compared cereals to see how much sugar was in each one and they were surprised at how much some have!



**In Jackson County there was a total of 2 Direct Nutrition Education events with a total of 13 educational contacts from 6/1/16 – 6/30/16.**