

## How have participants benefited from WNEP?

- “I learned how to properly thaw meats. I learned how to calibrate a thermometer.”
- “I learned what to watch for on the container. I wasn't aware of exactly how good whole grains are for your health. Now I am more aware. We already eat whole grains....did learn a lot more about them and what is not a whole grain.”
- “Thank you for teaching me what is good for breakfast”
- “I learned lots of things to do at home more often (about storing food, thawing, how long to save).”
- I really enjoyed this evening. Thanks for the info. I learned quite a bit. I learned to schedule times for snacks. I did not think that was so important. I hope to change my candy habits for healthy habits for myself to lose weight and for my family's health.”

UW-Extension, USDA and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-800-362-3002 or go to the website at <http://access.wisconsin.gov>

## How can I find out more about the Wisconsin Nutrition Education Program?

Wisconsin Nutrition Education Programs are available in 68 Wisconsin counties. For more information on this FREE educational program, contact your local UWEX, Cooperative Extension office.

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For more information about the UWEX Cooperative Extension, visit the website at [www.uwex.edu/ces](http://www.uwex.edu/ces)

# Wisconsin Nutrition Education Program



*“Learning how to  
eat better  
for less”*

Provided by

University of Wisconsin Extension  
Cooperative Extension  
Family Living Programs

In partnership with

- Wisconsin Department of Health Services
- Wisconsin FoodShare Program
- UW-Extension Family Living Programs
- USDA Food and Nutrition Service, SNAP

**UW**  
**Extension**  
Cooperative Extension

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## What is the Wisconsin Nutrition Education Program (WNEP)?

WNEP is a major educational program within the UW-Extension Family Living Programs. The mission of the Family Living Programs is to respond to community needs with research-based education and partnerships that support Wisconsin families and communities.



## Who can participate in WNEP?

Families with young children and limited incomes or those who receive or are eligible for food stamps (FoodShare) can learn through WNEP

## What does WNEP teach?

The nutrition education program helps parents, senior adults and children:

- purchase and prepare inexpensive healthful meals and snacks based on the Dietary Guidelines for Americans and the MyPyramid food guide
- use food dollars wisely through meal planning and thrifty food shopping practices
- keep food safe to eat
- increase physical activity as recommended in the Dietary Guidelines for Americans

## How is the education offered?

WNEP nutrition educators live in the community and understand your needs.. They teach about nutrition in a variety of ways:

- small and large group workshops
- home visits
- learn-while-you-wait exhibits
- AND... many other ways

## Where does nutrition education occur?

- Preschool, elementary, middle or high schools
- Senior meal sites
- Health Departments
- WIC clinics
- Department of Human Services
- Job Centers
- Gymnasiums, parks
- After school program sites
- Garden sites, farmers' markets
- Extension offices
- Homes
- AND... lots of other places

