

## How Does WNEP Work in My Community?

During 2011-2012 the WNEP program served the Calumet, Outagamie and Winnebago Communities by:

- Making over 11,000 educational contacts to help people choose and prepare healthy, safe, affordable food for their families. 73% of the educational contacts were made with families who have young children, 16% were adults without children, 6% were senior adults, 6% were youth ages 6-11.
- Teaching on topics including (but not limited to) ways to cut sugar and salt in the diet, and why it's important; how to choose healthful foods on a limited budget; how to budget; what foods make up a healthful diet, and what a "portion" looks like.
- Collaborating with community agencies such as Head Start, Calumet Action Coalition (U-CAN), Healthy Lifestyles Coalition, Casa Hispana, Hispanic Interagency Group, Hmong American Partnership, Hunger Task Force, Outagamie County Community Health Improvement Plan (CHIP) and Community Action for Healthy Living Coalition in order to optimize outreach activities.

For more information, contact your local UW-Extension office

### Calumet County UW-Extension

[www.uwex.edu/ces/cty/calumet](http://www.uwex.edu/ces/cty/calumet)

206 Court St. Chilton, WI  
53014-1198

Phone: 920-849-1450

Fax: 920-849-1614

### Outagamie County UW-Extension

[www.uwex.edu/ces/cty/outagamie](http://www.uwex.edu/ces/cty/outagamie)

3365 W. Brewster St. Appleton,  
WI 54914-1602

Phone: 920-832-5121

Fax: 920-832-4783

### Winnebago County UW-Extension

[www.uwex.edu/ces/cty/winnebago](http://www.uwex.edu/ces/cty/winnebago)

625 E. County Road Y, Suite 600

Oshkosh, WI 54901-8131

Phone: 920-232-1973

Fax: 920-232-1967

## Nutrition Education Program

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WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), Extension, FoodShare Wisconsin, and local partners.

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with disabilities (ADA) requirements.

# Wisconsin Nutrition Education Program

*“Learning to Eat  
Better for Less”*



Provided by  
University of Wisconsin Extension  
Family Living Programs

**In partnership with:**

- Wisconsin Department of Health Services
- Wisconsin FoodShare Programs
- USDA Food and Nutrition Service, SNAP

**UW  
Extension**  
University of Wisconsin-Extension

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

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

The Wisconsin Nutrition Education Program (WNEP) is an educational outreach program within UW-Extension's Family Living programs. The mission of the Family Living Programs are to respond to community needs with research-based education and partnerships that support Wisconsin families and communities. Since 1992 this tri-county program, has been federally funded by a grant from the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program-Nutrition Education (SNAP-Ed). In partnership with local, county and state partners, WNEP has provided education in the areas of: food resource management, food safety, food security and nutrition to low income individuals and families.

The goal of SNAP-ED is to improve the likelihood that persons eligible for FoodShare (previously Food Stamps) benefits will make healthy food choices within a limited budget and choose a physically active lifestyle consistent with the current Dietary Guideline for Americans.

## Who Does WNEP serve?

WNEP serves limited income families or individual with young children and those individuals who receive –or are eligible to receive– FoodShare benefits.

## The Nutrition Education Program Provides Education on how to:

- Purchase and prepare healthful meals and snacks based on the Dietary Guidelines for Americans and the "MyPlate" food guide".
- Use their food dollars efficiently through meal planning and thrifty food shopping practices.
- Keep food safe to eat.
- Increase their physical activity as recommended in the Dietary Guidelines for Americans.

WNEP Educators live in the community and understand the needs of families. Educators teach about nutrition in small and large group workshops and learn-while-you-wait exhibits.



## Where Does Nutrition Education Occur?

Nutrition Education occurs in:

- Preschool, elementary, middle and 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
- UW Extension offices
- AND... many other accessible places

