

How have participants benefited from WNEP?

During 2000 the Wisconsin Nutrition Education Program:

- made over 3,350 educational contacts to help people choose and fix healthy, safe, affordable food for their family. Fifty percent of the participants were families with young children. twenty-five percent were people using Human Services, Food Stamp Program or food pantries, and 23% were older adults.
- taught about handling food safely to over 475 individuals.
- helped thousands of people to learn to spend their food dollars wisely.
- partnered with 16 community agencies throughout Dunn County to provide nutrition education to low-income residents.



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

For more information on this **FREE** educational program, contact:

Dunn County Extension
390 Red Cedar Street Suite D
Menomonie WI 54751-2265

Phone: (715) 232-1636

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Wisconsin Nutrition Education Program

Dunn County

**"What can
WNEP do for
me?"**

**UW
Extension**

Provided by

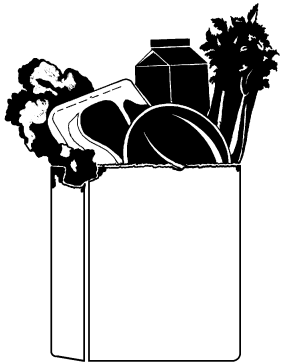
- University of Wisconsin-Extension
- Cooperative Extension
- Family Living Programs

In partnership with

- Wisconsin Department of Workforce Development
- USDA Food and Nutrition Service

What is the Wisconsin Nutrition Education Program (WNEP)?

- WNEP educators teach low-income families, youth, senior adults and others about food and nutrition.
- WNEP collaborates with local, state and national organizations in the planning of nutrition education programs.
- WNEP trains local leaders, volunteers, and agency staff to provide interesting nutrition education programs for the economically poor.

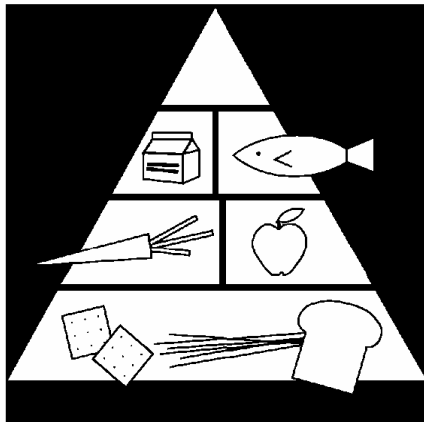


The goal of WNEP is to help low-income families improve their food security through education.

This University of Wisconsin-Extension program is made possible through a partnership between Federal, State and County governments and other partners.

Who can participate?

Families or individuals who receive food stamps (or are food stamp eligible) can learn through WNEP.



How can WNEP help me?

WNEP can help you learn how to:

- purchase and prepare healthful meals and snacks based on the Dietary Guidelines for Americans and the Food Guide Pyramid.
- keep food safe to eat.
- develop a spending and savings plan and live within that plan to become more food secure.

Who will help me learn?

WNEP nutrition educators live in your community and understand the needs of families. 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.

What if I'm working, busy or not able to travel, can I still learn about healthful eating?

YES!

Nutrition education occurs at:

- Head Start
- Senior meal sites
- Health Departments
- WIC clinics
- Department of Human Services
- Job Centers
- Food Pantries
- Extension offices
- Homes
- *AND*...lots of other places.