



Waukesha County, UW Cooperative Extension
 515 W. Moreland Blvd., Administration Center Rm G22
 Waukesha, WI 53188
 262-548-7770
 262-548-7787 (fax)
 waukesha-office@ces.uwex.edu

UW Cooperative Extension
 Waukesha County

Waukesha County, UW-Extension Nutrition Education Program



What is the Nutrition Education Program?

The goal of the Nutrition Education Program is to help low-income families, elderly and youth learn about nutrition and improve their food security.

How can the Nutrition Education Program help?

By teaching people to:

- Purchase and prepare healthful, affordable meals and snacks based on 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.

How does it work?

Nutrition Education Program educators teach about nutrition in a variety of ways:

- small and large group workshops
 - home visits
 - learn-while-you-wait education
 - participants receive materials that contain money saving ideas, tips and recipes.
- AND...many other ways.

Programs are free to limited income audiences and are available in English and Spanish.

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

For more information, call 262/548-7877

Jan Skell, UW-Extension
 Nutrition Education Coordinator
 515 W. Moreland Blvd., Administration Center Rm G22
 Waukesha, WI 53188

OR – Fill in the following information and mail or drop off at the UW-Extension Office at address above.

I am interested in more information about the Nutrition Education Program.

Please call me – I am easiest to reach in the _____ morning, _____ afternoon, or _____ evening.

Name _____ Phone _____

Address _____ City _____ Zip _____

UW-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.