

WNEP Goals, Objectives and Content Areas for Fiscal Year 2008-2009

- **Goal 1 WNEP will work to build and enhance local systems or environments that enable and facilitate the availability of nutritious diets to food stamp households, and build the support for community-based nutrition education programs for the food stamp-eligible population.**

Objective 1a. WNEP staff will partner with others to raise public awareness of food insecurity and the need for nutrition education for the food stamp eligible population.

Objective 1b. WNEP staff will partner with others in the development and delivery of consistent nutrition education messages for the food stamp-eligible population.

- **Goal 2 (Dietary Quality) Participants will choose and prepare nutritious meals and snacks.**

Objective 2a. Participants will make food choices that are consistent with the Dietary Guidelines

- choosing foods & beverages to meet nutrient needs without eating too many calories
- eating sufficient grain foods, especially those made from whole grains
- eating a variety of fruits and vegetables
- making healthy choices from the milk group
- making healthy choices from the meat & beans group
- choosing & preparing foods with less fat, especially solid fats
- choosing & preparing foods & beverages with less added sugar
- choosing & preparing foods with little salt
- choosing healthy food & beverages when eating away from home
- balancing calories from foods & beverages with calories used through physical activity

Objective 2b. Participants will choose and prepare age-appropriate meals and snacks that are consistent with preferences and needs of family or household members.

- food for pregnant or breastfeeding women
- feeding infants
- feeding toddlers or preschoolers
- feeding school age children

- **Goal 3 (Food Safety) Participants will use safe food handling, preparation and storage practices.**

Objective 3a. Participants will handle food safely when buying, preparing, serving and storing food.

- keeping hands and surfaces clean
- avoiding cross contamination
- cooking to proper temperatures
- refrigerating promptly
- storing food safely

Objective 3b. Participants will preserve food properly.

- **Goal 4 (Food Resource Management/Shopping Behavior) Participants will manage their food resources and use thrifty shopping practices for nutritious foods.**

Objective 4a. Participants will develop spending and savings plans to ensure that adequate money is available for food, thus improving their food security.

- determining resources for food
- tracking money & making a spending plan
- living within a spending plan

Objective 4b. Participants will plan, buy and prepare affordable nutritious meals and snacks.

- planning meals & snacks
- shopping for food
- preparing food low in fat and added sugars
- eating away from home using a budget

- **Goal 5 (Food Security) Participants will be able to acquire sufficient food to feed themselves and their families.**

Objective 5a. Participants will use community programs and resources, such as the Food Stamp Program, to improve their food security.

Objective 5b. Participants will use vegetables and/or fruits grown in home or community gardens to enhance family food security.

Objective 5c. Communities will work toward ensuring that all people at all times have physical and economic access to sufficient acceptable food to meet their dietary needs for a productive and healthy life.