

## **WNEP Outcomes and Content Areas for Fiscal Year 2012**

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

- 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.
- 1b. WNEP staff will partners with others to ensure that all people at all times have physical and economic access to sufficient acceptable food to meet their needs for a productive, healthy life.
- 1c. WNEP staff will partner with others in the development and delivery of consistent nutrition education messages for the food stamp-eligible population.

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

- 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
- 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

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

- 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
- 3b. Participants will preserve food properly (especially using lower cost methods like freezing and drying).

### **4. Participants will manage their food resources, use thrifty shopping practices for nutritious foods, and use community programs and resources to improve their food security (Food Resource Management & Food Security)**

- 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
- 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
- 4c. Participants will use community programs and resources, such as FoodShare/Supplemental Nutrition Assistance Program (SNAP), to improve their food security.
- 4d. Participants will use vegetables and/or fruits grown in home or community gardens to enhance family food security.