

How have participants benefited from WNEP?

During 2003-04 the Wisconsin Nutrition Education Program:

- made nearly 319,000 educational contacts to help people choose and fix healthy, safe, affordable food for their family. Twenty-eight percent of the participants were families with young children, 48% were school age children, and 14% were older adults
- twenty percent of the educational contacts focused on managing food dollars and food shopping
- partnered with more than 900 local community agencies -- such as WIC, schools, Human Services, Public health, head Start, Food pantries
- thousands of children, mothers and older adults learned of the importance of eating plenty of fruits and vegetables. Many learners set goals to be more active after learning about balancing food eaten with physical activity

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

For more information on this FREE educational program, contact your local University of Wisconsin-Extension office!

Wisconsin Nutrition Education Programs are available in the following counties:

Adams, Ashland, Barron, Bayfield, Brown, Buffalo, Burnett, Calumet, Columbia, Dane, Dodge, Door, Douglas, Dunn, Eau Claire, Florence, Fond du Lac, Forest, Grant, Green Lake, Iowa, Iron, Jackson, Juneau, Kenosha, Kewaunee, Langlade, La Crosse, Lincoln, Marathon, Marinette, Marquette, Menominee, Milwaukee, Oconto, Oneida, Outagamie, Pepin, Pierce, Polk, Portage, Price, Racine, Richland, Rock, Rusk, Sauk, Sawyer, Shawano, Sheboygan, St. Croix, Taylor, Trempealeau, Vilas, Walworth, Washburn, Washington, Waukesha, Winnebago

UW-Extension, USDA and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.

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, call 1-800-362-3002.

Wisconsin Nutrition Education Program

*“Learning to
eat better
for less”*



Provided by

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

In partnership with

- Wisconsin Department of Health & Family Services, Food Stamp Program
- UW-Extension, Family Living Programs
- USDA Food and Nutrition Service
- USDA, CSREES

What is the Wisconsin Nutrition Education Program (WNEP)?

WNEP is a UW-Extension nutrition education program that helps limited resource families and individuals--

- choose healthful diets
- purchase and prepare healthful food and handle it safely
- become more food secure by planning for spending their food dollars, planning meals, and using thrifty food shopping practices

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 who are eligible to receive food stamps) can learn through WNEP

What does WNEP teach?

WNEP can help participants learn how to:

- purchase and prepare healthful meals and snacks based on the Dietary Guidelines for Americans and MyPyramid
- keep food safe to eat
- develop a spending and savings plan and live within that plan so food dollars will last through the month

How is the education offered?

WNEP nutrition educators live in the 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

Nutrition education occurs at:

- Preschool, elementary, middle or 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
- Extension offices
- Homes
- AND... lots of other places

