

Wisconsin Nutrition Education Program Report for 4/1/16 – 4/29/16 Jackson County Extension Education Committee

UW-Extension's Wisconsin Nutrition Education Program (WNEP) helps limited resource families and individuals:

- ✓ Choose healthful diets and be physically active.
- ✓ Handle food safety to avoid food-borne illness.
- ✓ Become more food secure by making food spending plans, planning meals, and using thrifty food shopping practices.



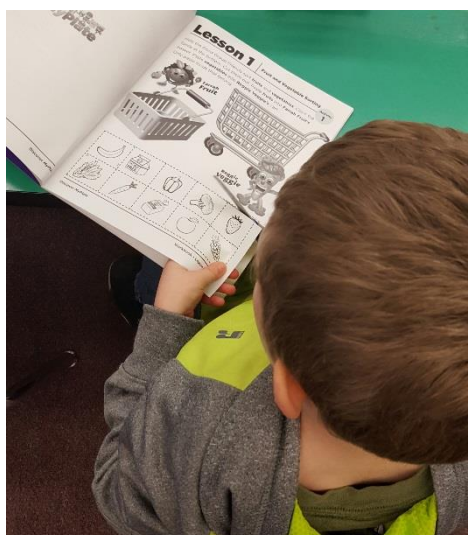
WNEP is federally funded through SNAP-Ed (Supplemental Nutrition Assistance Program) dollars found within the Farm Bill. Families or individuals who are eligible for FoodShare (food stamps) are eligible for Nutrition Education with WNEP. Schools with a free and reduced lunch rate of 50% or more are eligible for Nutrition Education in the classroom (4K, Kindergarten, 2nd grade and 5th grade).

WNEP Projects & Events: April Duval, Coordinator:

- * Emails and meetings with community partners to discuss FY17 WNEP Programming. Added Lincoln Middle School and Blair Taylor Elementary.
- * Jackson County UW-Extension Staff Professional Development Training
- * Submitted finalized FY17 WNEP plans, documents, narrative plans, and budget to the state WNEP office by April 15, 2016 for review and approval.
- * Supervision of and meetings with WNEP Nutrition Educator Sandy Witte

Educational Programming in Jackson County Schools:

School	Grade	Lesson Topic	Number of Students
Black River Falls After School Program	3 rd – 5 th Grade 1 lesson 1 class	Sugars in Beverages	27 students
Black River Falls: Forrest Street Elementary	Kindergarten 2 lessons 7 classes	MyPlate: Fruits, Vegetables	236 students
Lincoln Elementary 5 th Grade	4 lessons 2 classes	MyPlate, Food Safety, Protein, Dairy/Sugars in Beverages	170 students

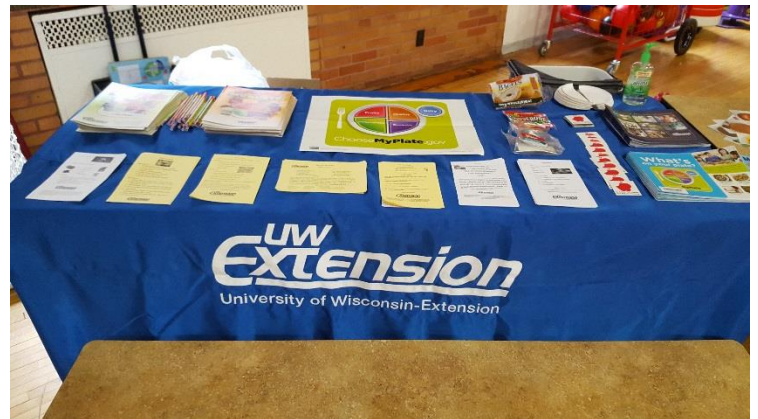


Photos above from Kindergarten Nutrition Education Lesson:
Beginning letters of fruits, shopping for fruits and vegetables activity, trying mango!

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Educational Programming in Jackson County Community:

- Jackson County WIC: Whole Grains Lesson: 1 adult
- Jackson County Lutheran Social Services Housing:
 - Eating Better on a Budget lesson - 8 adults
 - Smart Shopping: Tips and Strategies for the Grocery Store – 8 adults
- Lincoln Elementary Parents Night: MyPlate lesson: 11 adults 19 youth
- Taylor Food Pantry: Eat Well, Spend Well Lesson - 2 events: 9 adults
- Black River Falls Parents Night: MyPlate lesson: 60 adults and youth



Nutrition Education at Black River Falls Family Night:
A MyPlate game, food sample, recipes and information



**In Jackson County there was a total of 30 Nutrition Education events
with a total of 549 educational contacts from 4/1/16 – 4/29/16.**