



## WNEP: WI Nutrition Education Program

MILWAUKEE COUNTY

UW-Extension 9501 W. Watertown Plank Road, Bldg. A

"Supporting healthy families"

**UW**  
**Extension**  
University of Wisconsin-Extension



**EFNEP PROGRAMMING**

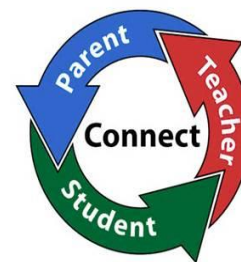
### Program Expectations:

- Daycare providers who seem to be interested or in need of nutrition information
- The facility has a space appropriate for education that is comfortable and accessible for participants
- Partner cannot discriminate individuals from attending; we welcome any adult interested in joining the session



### Major Educational Outcomes:

- Series of lessons aimed to reach the outcomes listed below:
  - Improve diets – learning MyPlate recommendations and increasing fruit and vegetable intake
  - Improve nutrition practices – making healthier choices and reading food labels
  - Stretching Food Dollars Farther – mindful meal planning and grocery shopping
  - Handle Food more safely – properly handling, storing, and thawing of food properly
  - Increase in physical activity – encourage 30 minutes of moderate physical activity each day
- Target Population: Child Care Providers
  - Programming will support the health and diets of child care providers and their families
  - Programming will support healthy nutrition practices in the classroom
  - Programming supports discussions with children (ask about programming for children)
  - Programming supports discussions with parents about nutrition (ask about programming for parents)



### Lessons Include:

1. Get Moving – Enjoying being active together
2. Plan, Shop, Save – Plan and shop for meals and snacks
3. Vary Your veggies ... Focus On Fruit – Increase vegetable and fruit every day
4. Make half Your grains Whole – include whole grains in family meals
5. Build Strong Bones – Get enough calcium from low-fat or non-fat foods
6. Go Lean with Protein – Choose lean proteins and keep food safe
7. Make a Change – Limit foods high in fat, sugar, and salt

**Contact: Jill VanAirsdale, WNEP Teaching Coordinator**

**PH: 414-256-4686 or E-mail: [jill.vanairsdale@ces.uwex.edu](mailto:jill.vanairsdale@ces.uwex.edu)**

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8. Celebrate! Eat Smart & Be Active - Tackle the challenges of feeding children
9. **BONUS:** Eating Smart & Being Active during Pregnancy! – Promote wellness during pregnancy
10. **BONUS:** Feeding Your New Baby – Feel confident while feeding your new baby
11. **BONUS:** Feeding Your Baby Solids- feel confident introducing solids to your baby

#### Groups:

- Long Series (8-10 sessions)
- All lessons require 60 minutes; but an educator can plan up to 2 hours for each lesson
- Small to medium groups (3-15) are ideal; groups larger than 20 may require a second educator
- Multiple lessons must be scheduled 1-3 weeks apart; ideally they will be scheduled weekly to maintain retention of parents
- Education utilizes learner centered approach

#### Evaluations:

- Pre and Post evaluations are completed with the series
- Data will be shared with partners upon request

#### Multilevel Work:

- WNEP supports the community through multilevel work. We aim to be involved and invited to a variety of councils, committees, advisory boards, projects, or awareness movements related to health & nutrition

#### Additional Programming:

- Programming is also available for parents – same lessons and outcomes
- Youth education can be paired up with the education that the child care providers & parents receive
- EFNEP Youth Program Guidelines:
  - Partner will identify 5<sup>th</sup> grade classrooms (10-25 students per group)
  - 6 lessons; 45-60 minutes
  - Food demos will be limited to 1oz samples; unless food is supplied by partner
  - Lessons include:
    1. Let's Go Exploring – MyPlate introduction and food groups
    2. Be Food Safe – handling food safely
    3. Be a Cool Consumer – Learning to Use Food Labels
    4. Vary Your Veggies & Focus on Fruits
    5. Get Your Calcium Rich Foods & Make Half Your Grains Whole
    6. Food Group Power: Healthy Choices for Winners
- Other youth options: (curriculum & lessons vary)
  - Programming for Head Start children, ages 3-4 years old: 2 lessons
  - Programming for 1<sup>st</sup> graders: 5-8 lessons
  - Programming for after school students – 6 lessons
  - Programming for high school students – 5-8 lessons; focus on life skills

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