



WNEP: WI Nutrition Education Program

MILWAUKEE COUNTY

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

"Supporting healthy families"



Parents

Or other caregivers

Program Models:

- Participants 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 Topics:

- Eat more fruits, vegetables and whole grains; switch to low-fat milk and dairy products; balance food and physical activity; feeding children; saving money on food

Groups:

- Mini lesson – may be appropriate for family events and is another way to recruit parents in preparation for an upcoming series
 - 10-15 minutes with 1-3 learners
- Single lesson
- Short Series (2-4 sessions)
- Long Series (5-7 sessions)
- EFNEP* (8-10 sessions)
 - *EFNEP program requires additional guidelines; ask for additional information*
- All lessons, except mini lessons, require minimum of 30 minutes; 45-60 minutes is ideal
- 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
- Education utilizes learner centered approach

Evaluations:

- Statewide evaluation tools are utilized to exhibit the impact of our education
- 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

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