



## Milwaukee Nutrition Program –

We service all Milwaukee Communities



- Brown Deer
- Cudahy
- Fox Point
- Franklin
- Glendale
- Greendale
- Greenfield
- Hales Corners
- Milwaukee
- Oak Creek
- River Hills
- Shorewood
- South Milwaukee
- St. Francis
- Wauwatosa
- West Allis
- West Milwaukee
- Whitefish Bay

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## **WNEP: WISCONSIN Nutrition Education Program**

Milwaukee County  
UW-Extension 9501 W. Watertown Plank Road, Bldg. A  
*"Supporting healthy families"*

**The Wisconsin Nutrition Education Program is offered through the Milwaukee County UW-Extension. We provide nutrition education and promote healthy lifestyles for low income and marginalized populations – more specifically individuals and families who qualify for income eligible state benefits (like food share & WIC)**

- Populations we serve: youth, adults, parents & caregivers with children, seniors, expecting mothers, and homeless populations
- Language: We value diversity and offer education in English and Spanish.
- Educators: Our educators are sensitive to cultural factors that impact the populations we serve. They use evidence based curriculum to support participants, young and old, to support nutritious eating and healthy living.
- Data: To report our impact in Milwaukee County, we track and report participant data related to what they've learned and how they use the nutrition education provided to them.

The University of Wisconsin Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, or parental, arrest or conviction record or veteran status.

## SNAP-Ed

Our SNAP-Ed or Supplemental Nutrition Assistance Program-Education aims to support the same population who qualify for SNAP benefits (food share & WIC) in the state of WI.

**Target Populations:** Youth (preschool to K12), homeless, low income adults without children, parents/caregivers, seniors, and expecting mothers.

### Direct Teaching:

| TYPE                 | No. Lessons | Time          |
|----------------------|-------------|---------------|
| Mini lessons         | 4           | 10-15 minutes |
| Group – Single       | 1           | 30+ minutes   |
| Group – Short Series | 2-4         | 30+ minutes   |
| Group – Long Series  | 5-8         | 30+ minutes   |

\*30 minutes minimum but 45-60 minutes is ideal

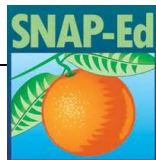
**Common Partners:** schools, shelters, food pantries, resource/advocacy centers, senior living homes, WIC offices, job centers, clinics, etc.

### Approved and Evidence Based Curriculum Used:

|                              |  |
|------------------------------|--|
| My Plate for My Family       | Pyramids Between the Pages (Y)                         |
| Money for Food               | Health Reading Lessons (Y)                             |
| Feeding for Healthy Eating   | Power of Choice (Y)                                    |
| Eating Smart, Being Active   | Serving Up My Plate (Y)                                |
| Cooking Matters at the Store | WIC only: Assist with BePC WIC Group Education Toolkit |
| Show Me Nutrition (Y)        |  |
| Discover My Plate (Y)        |  |

(Y) Youth only

*Other program highlights: educate on food safety, food demos, fruit/vegetable sampling*



## EFNEP

Our EFNEP or Expanded Food and Nutrition Education Program is a federally funded program targeting parents and caregivers of young children. This multi-session evidence based program can have a long term impact on the health of families.

**Population:** Expecting parents and parents, or caregivers of young children

**Direct Teaching:** MUST commit to a minimum of 8 group based 45 minute lessons related to both nutrition and physical activity and/or being active.

| LESSON   | GOAL   |
|--|--|
| 1. Get moving!   | Enjoy being active together                      |
| 2. Plan, Shop, Save  | Plan and shop for meals on a budget              |
| 3. Vary Your Veggies...Focus on Fruit                      | Increase daily intake of veggies and fruits      |
| 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 & food safety               |
| 7. Make a Change   | Limit high in fat, sugar, salt foods             |
| 8. Celebrate! Eat Smart and Be Active                      | Tackle the challenge of feeding children         |
| <b>BONUS:</b> Eating Smart & Being Active during pregnancy | <b>BONUS:</b> Feeding Your New Baby              |

**Common Partners:** daycares, preschool/Head Start, schools, churches, WIC offices, clinics, resource/advocacy centers, parent groups, etc.

### Approved and Evidence Based Curriculum Used:

- Eating Smart, Being Active

*Other program highlights: educate on food safety, food demos, fruit/vegetable sampling*



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