



WNEP: WI Nutrition Education Program

MILWAUKEE COUNTY
UW-Extension 9501 W. Watertown Plank Road, Bldg. A
"Supporting healthy families"

Seniors/Older Adults

Program Model:

- Site has an interested and cooperative meal site manager. If planning a series of lessons it is helpful to have the cooperation of the agency staff to recruit learners to attend the series.
- Participants seem interested in nutrition education and likely to attend all lessons in the series
- Facility is in a neutral and comfortable setting for learners; and accessible for participants in wheel chairs or have those who have trouble walking
- Room is physically comfortable, adequate heat, air conditioning, lighting, and cleanliness

Major Educational Topics:

- Eat more fruits, vegetables and whole grains; switch to low-fat milk and dairy products; balance food and physical activity; making the most of food resources

Groups:

- Mini lesson – may be appropriate for center events and is another way to recruit seniors/older adults 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)
- 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
- Lessons feature learner centered approach
- Curricula Includes the following: *Eat Smart, Live Strong* (4 lessons), *Nutrition for the Young at Heart* (4-6 lessons), and *Money for Food lessons on Planning and Shopping* (taught as a short series or the 2 supplemental lessons that can be added to the other series)

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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