



WISCONSIN Nutrition Education Program

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



LW
Extension
University of Wisconsin-Extension

Youth

IN SCHOOL PROGRAMMING

In School Models:

- Multiple classrooms/grades can be scheduled at reasonable intervals on the same day to facilitate travel; ideally several classrooms of same/similar grade level
- School Staff are encouraged to support positive school-wide nutrition and health messages
- Teachers are to remain present in the classroom to assist with behavior management

Major Educational Topics:

- Pre-schoolers/4 year olds = increase physical activity, eat more fruits, vegetables, and whole grains
- Grades K5-12 = increase physical activity; eat more fruits, vegetables, and whole grains; balanced meals
- Older teens – meal planning and shopping may be included in lessons
- Pregnant or parenting teens = dietary guides 2010 and MyPlate in addition to lessons on food, safety, saving money, eating while pregnant, and feeding infant, toddler

Groups:

- Preschoolers (Head Start or 3 & 4 year olds, are limited to 1-2 (30-60 minute) sessions
 - Topics include: identifying food groups, hand washing, and tasting different foods
- Grades K-12 must receive a minimum of 5 lessons; but can receive up to 8
 - Focus grades: 1st, 3rd, 5th, and High School students only
- All lessons require a minimum of 30 minutes; but ideally educators plan for 60 minutes
- Ideally lessons will be scheduled weekly (not no more than 3 weeks apart)
- *Pregnant Teens or Teen Parents will benefit from our EFNEP programming:
 - 8-10 lessons; 60minutes to 2 hour lessons
 - Lessons include eating when pregnant, and feeding your new baby, and feeding your baby solids
- All lessons feature hands-on, active learning that coordinates with WI Model Academic Standards for Nutrition Education and all of our curriculum is evidence based. Also offer home connection newsletters



Evaluations:

- Statewide evaluation tools are utilized for school youth to exhibit the impact of our education
- Data will be shared with schools 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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