

**We work with individuals and groups
wherever they work, live and play to
improve their lives and provide education.**

*"I'm a single parent and you made me
feel confident in myself about bringing up
my children."*
Breastfeeding Mom

*"I have been in poverty for 20 years. I
have had a lot of assistance, but I never
felt empowered to get out of poverty until
now because of the help you have given
me with money management."*
IDA participant

*"I have shared what I learned about meal
planning with my friends. I've learned how
to make baby food and I've learned about
keeping a spending plan."*
Mom from Healthy Families Program

*"Now I watch my eating habits because
my children are watching me. I serve a
variety of foods but I don't force my kids
to eat. I keep meals and snacks at regular
times and in the kitchen!"*
Headstart Parent

*"There are a lot of people out there that
don't have enough money or food, or
don't know how to handle it, but I'm the
lucky one because I have you!"*
Single parent of two children

*"Everyone who works with low-income
people should go through a simulation to
understand the difficulties families we
work with go through on a daily basis.
Wonderful experience and a creative, fun
way to learn."*
Poverty Simulation Participant

Brown County Nutrition Education Program Staff

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Program Support



Provided by:

- University of WI—Extension Cooperative Extension
- Family Living Programs
- In partnership with:
 - Wisconsin Dept. of Workforce Development
 - USDA Food and Nutrition Service

Wisconsin Nutrition Education Program

Addressing Food Security in Brown County



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Brown County Nutrition Education Program

Educate:

Families and Individuals on limited incomes learn about -

- healthy eating
- balancing food and activity
- how to keep food safe
- shopping and menu planning
- feeding young children
- balancing income and expenses
- breastfeeding

Agency staff and community leaders learn about -

- understanding poverty
- facets of poverty through simulations
- nutrition

Coach:

- Individuals and families how to develop and use a spending plan to ensure food security
- New moms with support and education on the benefits of breastfeeding
- Participants in preparing simple, healthy meals for themselves and their families.



Our mission is to work with partners to develop and implement community-based nutrition education programs, within a university research-based context for Individuals and families on a limited income.

Our purpose is to:

Educate

Facilitate

Coach

Research

Disseminate Information

*Brown County WNEP is part of the
UW-EX Family Living Program.*



WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin and local partners.

University of Wisconsin—Extension provides equal opportunities in employment and programming including Title IX requirements.

Facilitate:

- Development of The Brown County Area Community Resource Handbook
- Farmers Market Assistance Grant
- Development of Community Gardens
- Senior Farmers Market Voucher Program
- USDA Food Systems Grant



Research:

- The degree and extent of hunger in Brown County households
- How acculturation is affecting food choices in diverse populations
- Patterns of emergency food usage

Disseminate Information:

- UW-EX research-based publications
- 1:1 education
- Group classes
- Website
- By phone and mail