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## Wisconsin

## Nutrition Education

## Network





### **Our Mission**

The Wisconsin Nutrition Education Network facilitates collaborative planning of nutrition education programs at the state and local levels. We promote healthful and enjoyable eating so that Wisconsin's low-income individuals and families receive consistent, positive, relevant, accurate, and effective nutrition messages.

In 2007-2010 the Network will focus on incorporating Learner Centered Approaches (LCA) to nutrition education. Materials that make use of LCA will be identified and made available. Training will be provided for educators on general LCA techniques as well as specific curricula. Local partnerships may remain the same or adapt as needed.

### **Partnering**

In 2006, the Wisconsin Nutrition Education Network worked in partnership with over 200 community agencies that share a common mission of reaching out to limited-income members of their communities. Collaboration helps partners to provide consistent and unified nutrition education messages and learning materials to their target audiences.

### **Stepping Up to a Healthy Lifestyle**

Our 2005-2006 Campaign promoted physical activity and healthy eating and expanded our efforts to a larger audience of Wisconsin FoodShare recipients and applicants. Materials included short lesson plans which could be used individually or as part of a series. Nutrition lessons promoted the key concepts of the 2005 Dietary Guidelines for Americans and made use of MyPyramid. Physical activity lessons could be used with or without pedometers. Campaign materials are available at our website.

### **Walk, Dance, Play... Be Active Every Day!**

Our 2003-2004 campaign promoted physical activity and good nutrition among Food Stamp eligible caregivers of children. It encouraged parents, guardians, and grandparents to be more physically active to be good role models for the children in their care. Campaign materials are available at our website.



### **Jump 'N Jive... Come Alive With Fruit!**

Our 1999-2001 campaign encouraged Food Stamp eligible individuals and families to eat more fruit, especially at breakfast. The campaign provided learning materials for parents and caregivers on how to include more fruit in their diets. Campaign materials are available at our website.

### **Funding**

A Cooperative Agreement with the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) funded the development of the Wisconsin Nutrition Education Network in October 1996. Currently, the program is funded primarily by Food Stamp Nutrition Education Match funds and private contributions.

### **Website**

For more information on the Wisconsin Nutrition Education Network or any of our programs, please see our website: [www.nutrisci.wisc.edu/nutrinet](http://www.nutrisci.wisc.edu/nutrinet)

