

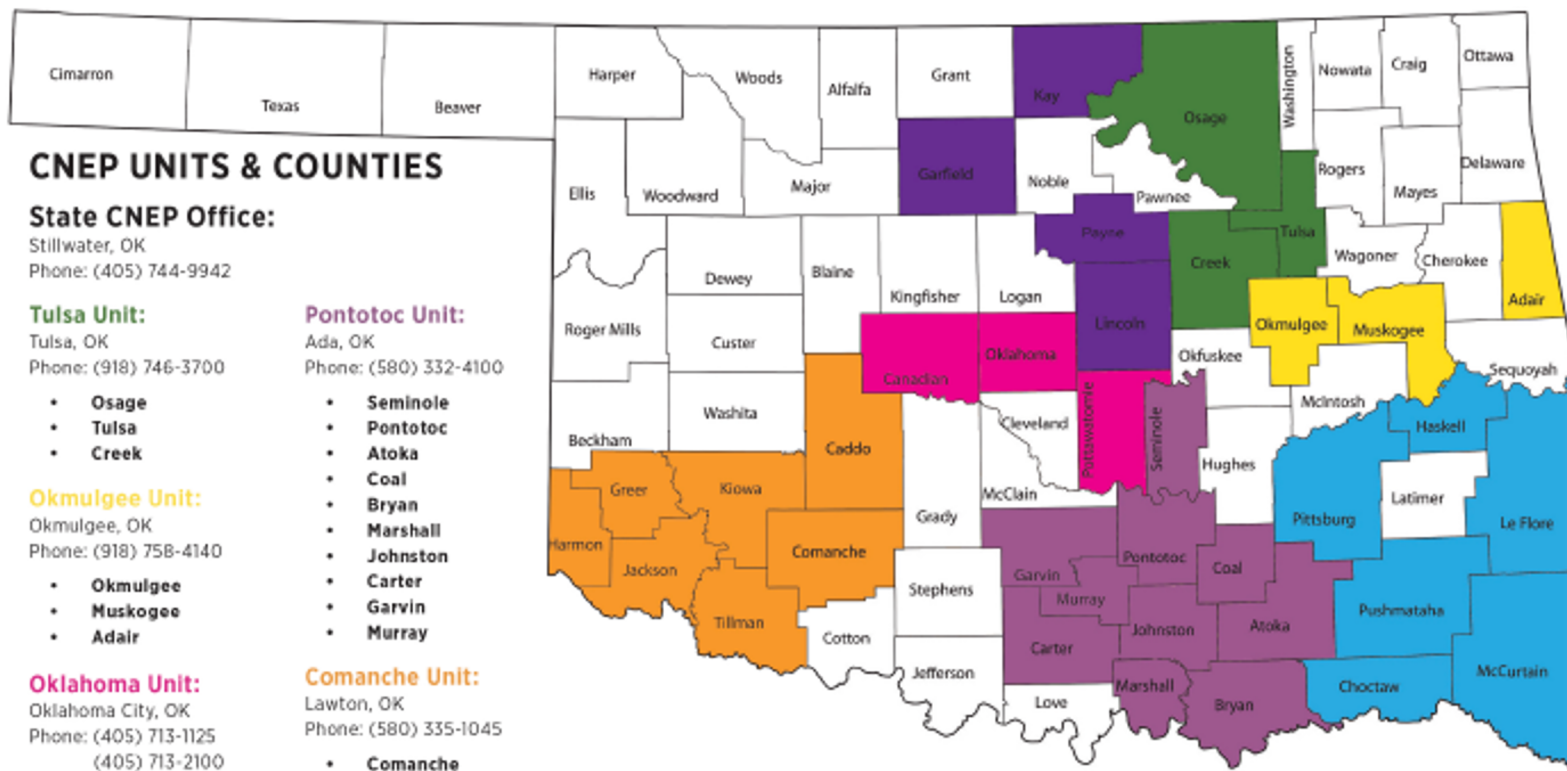


OSU EXTENSION

**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

COMMUNITY NUTRITION EDUCATION PROGRAMS

CNEP - Map FY22



CNEP UNITS & COUNTIES

State CNEP Office:

Stillwater, OK
Phone: (405) 744-9942

Tulsa Unit:

Tulsa, OK
Phone: (918) 746-3700

- Osage
- Tulsa
- Creek

Okmulgee Unit:

Okmulgee, OK
Phone: (918) 758-4140

- Okmulgee
- Muskogee
- Adair

Oklahoma Unit:

Oklahoma City, OK
Phone: (405) 713-1125
(405) 713-2100

- Oklahoma
- Pottawatomie
- Canadian

Kiamichi Unit:

McAlester, OK
Phone: (918) 423-4120

- Haskell
- LeFlore
- Pittsburg
- Pushmataha
- Choctaw
- McCurtain

Pontotoc Unit:

Ada, OK
Phone: (580) 332-4100

- Seminole
- Pontotoc
- Atoka
- Coal
- Bryan
- Marshall
- Johnston
- Carter
- Garvin
- Murray

Comanche Unit:

Lawton, OK
Phone: (580) 335-1045

- Comanche
- Caddo
- Tillman
- Greer
- Kiowa
- Harmon
- Jackson

Northwest Unit:

Enid, OK
Phone: (580) 237-4680

- Lincoln
- Kay
- Garfield
- Payne

For specific contact information, please visit the CNEP website:

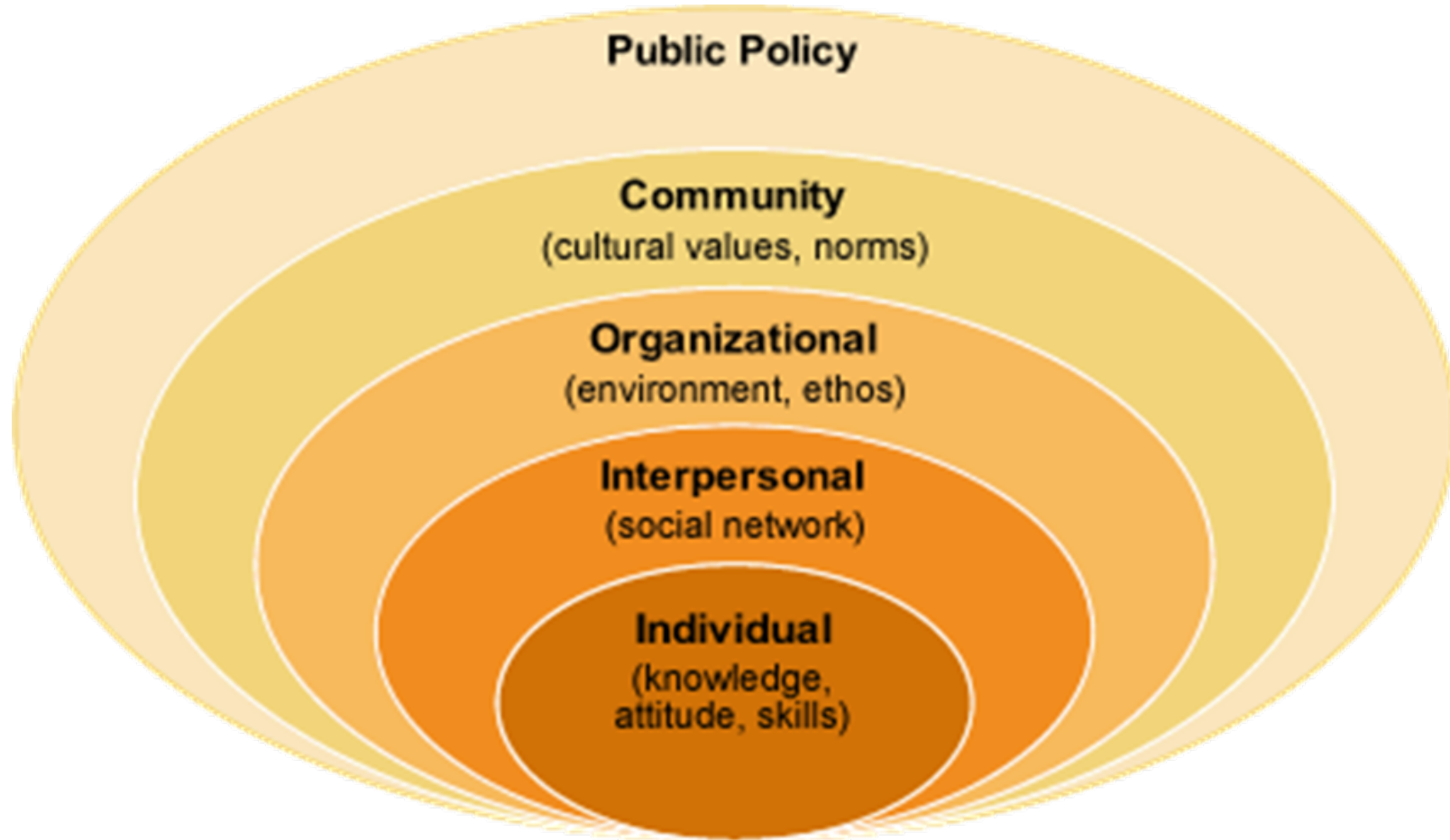
<https://okla.st/CNEP>

ADULT PROGRAM

- **We offer two adult programs at no cost to the participants. They can be taught in a group setting or on an individual basis.**
- **Fresh Start, Nutrition and You (9 – 21 lessons)**
- **Faithful Families Eating Smart and Moving More. (10 lessons)**
- **Both programs use the research-based *Eating Smart and Moving More* curriculum from North Carolina Extension.**



SOCIO ECOLOGICAL MODEL



Community PSE Grants

- Community Gardens
- Food Banks and Pantries



YOUTH PROGRAM

The youth program uses four research-based, approved curricula:

- **CATCH: Coordinated Approach to Child Health, is a comprehensive nutrition curriculum for elementary students. Through a variety of teaching strategies, students learn important information about food, nutrition, physical activity, and how to overcome barriers in making healthy choices.**



YOUTH PROGRAM

- **KIK It Up!:** a hands-on cooking curriculum that teaches students basic cooking skills along with ways to incorporate physical activity and health behaviors in their lives. This curriculum is designed for after school and summer school programs.



YOUTH PROGRAM

- **Teen Cuisine: a hands-on cooking program teaches students skills for preventing food borne illnesses as well as how to choose healthy foods to eat.**



- **Farm to You: an interactive walk-through exhibit that teaches students where their food comes from and how their body uses the food for proper nourishment.**



CONTACT INFORMATION

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CONTACT INFORMATION

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