

Wyoming's First Lady Buys Lunch for Two Bucks

Hosting lunch, Cent\$ible Nutrition Program (CNP) staff prepared a satisfying, nutritious meal for only two dollars per serving. The Two-Buck Lunch event in Cheyenne, Wyoming, exposed attendees to the realities of depending on Supplemental Nutrition Assistant Program (SNAP) benefits and demonstrated how CNP teaches skills that maximize flavor, nutrition, and variety. SNAP Benefits work out to be approximately two dollars per meal based on the U.S. Department of Agriculture's Thrifty Meal Plan.

Nearly 40 people attended the event in October 2013, including Wyoming Department of Family Services (WDFS) Director, Steve Corsi, WDFS administrative and field staff, Lynda Zeringue of the Friday Food Bank in Cheyenne, State SNAP administrators, and honored guest, First Lady Carol Mead. CNP staff from the Cheyenne Extension office prepared and served chicken enchiladas, red beans and rice, fruit salad, brownies and a drink.



Participants filled their plates with nourishing food while trying not to spend more than their allotted two dollars of CNP currency. Listed before each item, the cost per serving emphasized the importance of cooking from scratch and eating healthy portion sizes. Most importantly, each of the offerings fell within the U.S. Dietary Guidelines for nutrition.

Wyoming First Lady, Carol Mead and Lynda Zeringue of the Friday Food Bank in Cheyenne. Photo credit: Steve Miller

As participants enjoyed the meal, CNP Program Manager, Mindy Meuli, shared how cooking skills, cooking from scratch, and menu planning strategies taught by the Cent\$ible Nutrition Program make it possible to eat nutritiously for two dollars per meal. Participants shared their expectations and surprise at the quality of the food and discussed concerns facing local low-income families. Others remarked that SNAP benefits and CNP classes work very well together. Participants themselves tasted the satisfying and flavorful recipes the CNP program has developed.

All the recipes are found in the Cent\$ible Nutrition Program cookbook. People who participate in CNP classes receive the cookbook for free. Contact your local Extension office or call 1-877-219-4646. For information about SNAP benefits and assistance, please call 1-800-457-3659.

