



Kathy Kneifl, BS

Extension Assistant – Food, Nutrition & Health

Nebraska Extension in Dodge County
1206 West 23rd Street
Fremont, NE 68025-2504

Office: 402-727-2775

kkneifl2@unl.edu

Assigned Counties

- Dodge, Washington, Saunders & Butler Counties

Highlighted activities from my extension programming

1. Work with partners and grants funds to focus on the Healthy Community 50 Challenge with Choose Healthy Retail
2. Research on nutrition education in the PE classes w/750 students in Fremont Public Schools.
3. Afterschool programming in 3 Fremont Elementary schools & school programming in PE classes yearly

Helping you find local answers to...

- How to stretch your grocery budget, learn to meal plan, and maximize savings
- Staying healthy, making good food choices, & incorporating physical activity
- Food safety in the home
- Understanding the food label and how to apply it in your life

What is the purpose of my job?

The **Nutrition Education Program** (NEP) helps families on a limited budget make healthier food choices and choose physically active lifestyles by acquiring the knowledge, skills, attitudes, and behavior changes necessary to improve their health. NEP is free to all participants who meet income guidelines. Additionally, NEP participates in Policies, Systems and Environmental strategies that impact communities. These strategies include school wellness, community and school gardens, healthy food pantries, and child care center wellness. Together with community partnerships, NEP strives to improve the health of Nebraskans.

You can also connect with me on...



https://twitter.com/@kathy_kneifl



<https://www.linkedin.com/in/kathy-kneifl-77294232>

Helping Nebraskans enhance their lives through research-based education