

# Food, Nutrition, and Health



## 2020 Impact At-A-Glance

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[food.unl.edu](http://food.unl.edu)



The Food, Nutrition and Health interest group used innovative and technology-based approaches during COVID-19 to engage over 431,000 contacts through new/modified programs.

When COVID-19 forced schools to close, Nebraska Extension launched a virtual running program, Nebraska Extension Marathon Kids Facebook Group, to help families at home stay active. Over 300 people joined the group, with 56 youth and 28 adults logging over 4,187 miles. Lindsey's family (pictured above) started running, walking, and biking together each day. Each of her children completed 3-4 marathons during the 16-week program. "My kids love being active, especially the twins. The kids behave so much better when they've had some exercise," Lindsay says. "My favorite thing is that it gives us a chance to talk about their day."

**"Nebraska Extension has set high standards for promoting the importance of youth physical and mental health. They have been a leader in the community using innovative strategies during the pandemic."**

**– Stefanie Ediger,  
National Marathon Kids  
Organization**

### 27,000

participants were reached through healthy lifestyle education programming (75% youth, 25% adult).

### 850,000

contacts were reached through newspapers, radio spots, TV, social media and websites.

### 36,000

reached from positive impacts through early childhood settings and healthy food environments.

# Food, Nutrition and Health



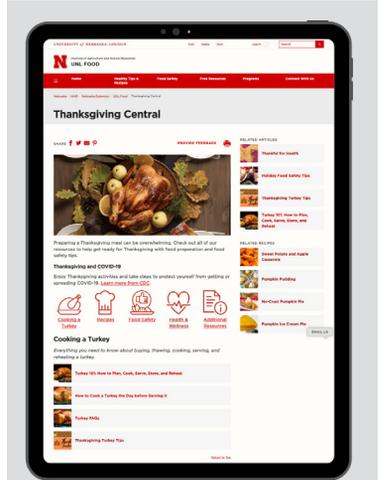
The health and wellbeing of Nebraskans is crucial for strong healthier communities, lower healthcare costs and better lives for all. Through Extension, Nebraskans are addressing the challenge of childhood obesity, improving their access to safe, nutritious food, and simply making better decisions when it comes to feeding themselves and their families. Extension brings University research and resources to all Nebraskans through school-based nutrition education, food safety training for foodservice workers and even connecting local farmers with school lunch programs. Nebraska Extension is creating consumer confidence in our food systems and nourishing the overall wellbeing of Nebraskans all across the state.

## Food, Nutrition and Health 2020 Highlights

- A Home Food Preservation Virtual Learning Series was created to provide individuals with the skill and confidence to safely can foods they grew in their own gardens. Four sessions were offered live and recorded that reached 205 contacts.
- During COVID-19, Nebraska Extension's food and fitness team reached over 13,595 followers with up-to-date food safety information to help consumers make the best decision regarding their food choices.

## Dakota County Voices for Food Council

The Dakota County Voices for Food Council strives to support a more equitable food system for all. Dakota County leads the state in produce production and volunteer hours in the Growing Together Nebraska project. They advocate for obesity prevention and nutrition education.



**1.89 MILLION**

users visited [food.unl.edu](http://food.unl.edu) for the latest food, nutrition, and health information in 2020. Users ranged in age from 18 to 65 years plus, with 28% in the 25-34 year old range and 61% female.



**10,000**

people at risk for food insecurity were served during the pandemic.