

Food, Nutrition and Health



2021 Impact At-A-Glance

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Growing Together Nebraska (GTN) is a donation garden project that increases food security and promotes healthy food access for families and individuals who are food insecure.

Twenty-four youth participated in a Learn, Grow, Eat & Go! program in Gering in partnership with an Extension Master Gardener Volunteer. Youth enjoyed a trip to the Community Ever Green House donation garden where they planted lettuce seedlings to take home, learned to plant seeds in the garden, and tasted vegetables. This experience helped youth understand how they can grow their own healthy, fresh foods. "I liked learning how to grow plants" was heard from many youth. Produce from this garden contributed to the 48,328 pounds of produce that were donated to 14,458 individuals with limited resources.

98% of those who completed a survey used some or all of the produce received. "Thank you so much, this is a beautiful program. We can't afford this produce right now... We used it all."

- Garden Donation Produce Recipient

29,016

participants were reached through nutrition and health extension programming (80% youth, 20% adult).

711,222

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

24,000

children were reached through positive changes made in early childhood settings to increase access to healthy food.

Food, Nutrition and Health



The health and wellbeing of Nebraskans is crucial for strong healthy communities, lower healthcare costs and better lives for all. Extension is addressing the challenge of childhood obesity by improving access to safe, nutritious food, and encouraging healthy decisions when it comes to eating and physical activity. Extension brings University research and resources to all Nebraskans through nutrition education for all ages, food safety training and connecting producers and farmers with local programs like farm to school. We are creating consumer confidence in our food system and nourishing the wellbeing of Nebraskans across the state.

350+
adults completed
Extension's food safety
course developed in
response to the Nebraska
Cottage Food Law.

Food, Nutrition and Health 2021 Highlights

- **Thriving Young Children:** Go NAP SACC improves the health-related best practices in early care and education settings and reached 133 providers and 4,367 children this year. The Farm to school initiative assisted with bringing local foods to 2,018 students.
- **Access to Healthy Food:** The Monthly Meal Kit program provided meal ideas and groceries for 419 Nebraskans. Double Up Food Bucks helped 4,550 SNAP participants extend their food resources to purchase additional fruits and vegetables.



Strong Communities

FNH partners included 105 schools, 23 foundations/ nonprofits, 15 food banks/ food pantries, 14 early care and education facilities, 11 hospitals/ healthcare organizations, and 11 human service organizations. Partnerships were involved with direct education (63%) and environmental work (50%).



266 state and national partnerships impacting Nebraskans where they learn, live, work, and shop.