

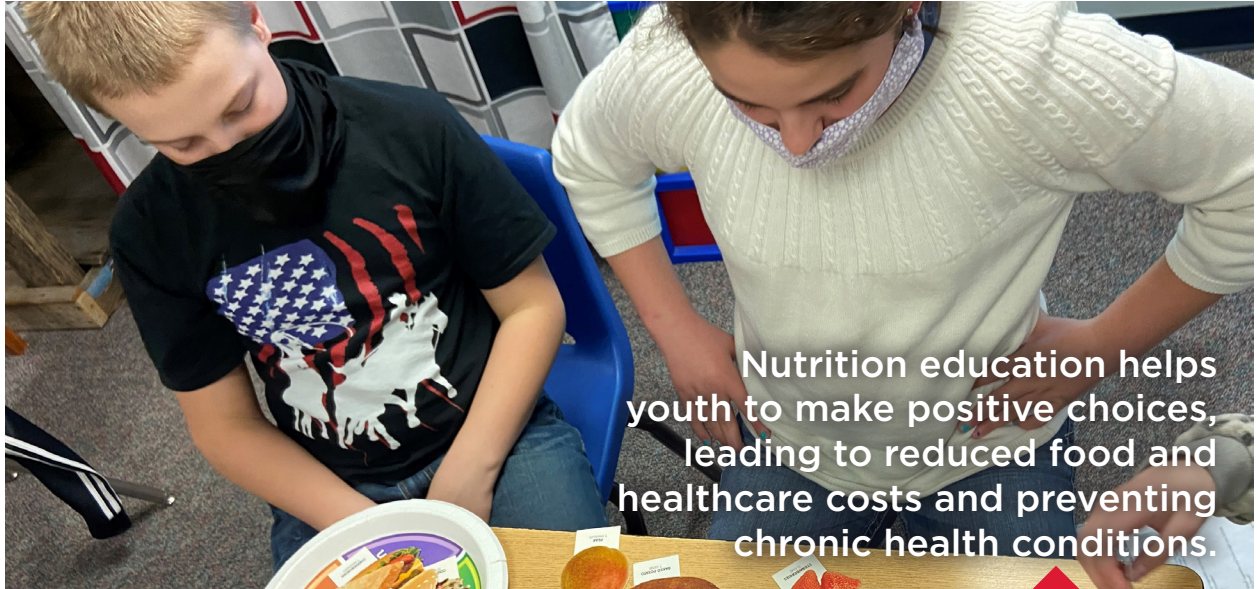
Lincoln, Logan & McPherson Counties



2021 Impact At-A-Glance

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Nutrition education helps youth to make positive choices, leading to reduced food and healthcare costs and preventing chronic health conditions.

Regan, a Lincoln County 6th grader, enjoyed learning about the importance of utilizing MyPlate. She gained skills on how to implement fruits and vegetables into meals, and the value of fiber in her diet. Brenda Aufdenkamp, Extension Educator relates to teaching youth: "I enjoy empowering kids with knowledge to help simplify food choices, leading to healthier lifestyles." Over 1,000 school age youth benefited from hands on activities and research-based curriculum, as a part of the Healthy Habits grant. This learning included improving dietary choices and the importance of physical activity.

Programs At-A-Glance

- **Beef Workshops:** Producers representing 674,935 cattle and 154,044 acres attended. 77% of participants indicated they would modify techniques when assisting with calving.
- **Lincoln County Growing Together Nebraska Garden:** Produced 399 pounds of fresh produce, impacting 205 individuals at local food pantries.

90+ hours of STEM programming, reaching 150 youth.

230,000 contacts were reached through newspapers, radio, TV, social media, and the website.

691 participants learned current food preservation practices.