

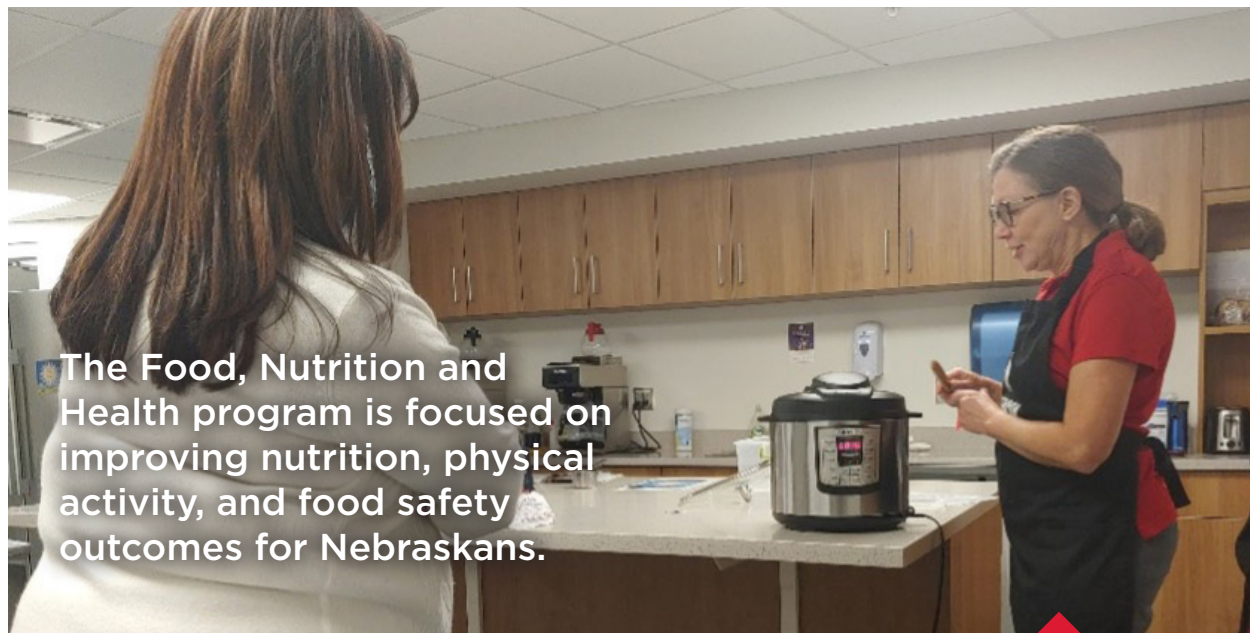
Scotts Bluff County

2021 Impact At-A-Glance



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The Food, Nutrition and Health program is focused on improving nutrition, physical activity, and food safety outcomes for Nebraskans.

This was a presentation that helped me enforce the eating habits that I am supposed to follow in my daily life. When Tammie talked about “My Plate” it just clicked. I was having a hard time getting the proper amount of protein, fiber, fruits, and vegetables in my daily routine. I am a visual person so the “My Plate” gave me the idea that if I just did some meal preparation in containers with sections, I could follow the “My Plate” concept easier. Here is an example of one of the meal preps I prepared. It contains: Chicken salad wrap, grapes, pineapple, mixed vegetables, and hummus.

Programs At-A-Glance

- Scotts Bluff County Food Nutrition and Health program reached 610 youth and adults through programs like Growing Together Nebraska, Cooking Matters, and in after school programs.

2889

Scotts Bluff County 4-H youth reached with over 207 hours of contact time/ curriculum taught.

165

Scotts Bluff County early childhood professionals participated in professional development.

486

applicators received Chemigation, Private and Commercial Applicator safety training.