

# Food, Nutrition and Health Impact At-A-Glance



food.unl.edu



Nebraska Extension partnered with schools to identify students experiencing food insecurity and helped those students and families put healthy food from local grocery stores on the table for 1,613 Nebraskans.

The Monthly Meal Kit program delivered 4,320 kits across 9 school districts, mobilizing \$216,000 worth of food to fill food access gaps among youth and their families. In addition to helping students, retailers saw huge benefits. Each month, perishable items for the kits were purchased using vouchers at the local grocery store bringing more customers to local business. In total, this program reached over 1,600 people! The program will continue into 2023 with additional funding from Nebraska DHHS's Food Security Innovation grant program.

**“We have received an AMAZING opportunity to provide meals to 50 students and their families experiencing food insecurity. Thank you to UNL Extension for partnering with us!”**  
*Grand Island Public School representative*

**\$5.1 MILLION**

Our team received in grants to implement food system, health and well-being initiatives in Nebraska

**OVER 63,000  
NEBRASKANS**

participated in direct health education or had improved food and physical activity environments through Extension programming.

**483,595  
CONTACTS**

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



**STRENGTHEN NEBRASKA  
AGRICULTURE & FOOD SYSTEMS**

**INSPIRE NEBRASKANS &  
THEIR COMMUNITIES**

**ENHANCE THE HEALTH  
& WELLBEING OF ALL  
NEBRASKANS**



**Enhance Health & Wellbeing of All Nebraskans** Strong, healthy families and communities and reduced healthcare challenges lead to better lives for all Nebraskans. Extension is addressing childhood obesity by improving access to safe, nutritious food and encouraging health decisions in terms of 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 such as farm-to-school. We're creating consumer confidence in our food system and nourishing the health and vitality of Nebraskans across the state.

**\$579,758 FOR NEBRASKA COMMUNITIES**  
in economic impact  
from 2,832 Nebraskans  
redeeming Double Up  
Food Bucks to purchase  
healthy foods

- 2,154 Nebraskans trained in ServSafe Managers or Food Handlers.
- 92% of participants in the home food preservation series reported learning something new.
- 49% improved confidence in their ability to safely preserve food at home.
- 60% of participants understand the importance of follow up-to-date and research tested recipes
- 500 individuals completed Cottage Food Law Training to improve the likelihood of ensuring safe foods as part of the Nebraska Pure Food Act.



## Video Lessons

For the seventh consecutive year, Nebraska Extension's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) awarded funding to communities across the state through its Growing Together Nebraska program. In early 2022, over \$10,000 was designated to 11 county sites across the state.



**32,381 POUNDS**  
**97,143 SERVINGS**  
grown and donated  
through SNAP-Ed funded  
Growing Together  
Nebraska involving 11  
communities, 11,988