

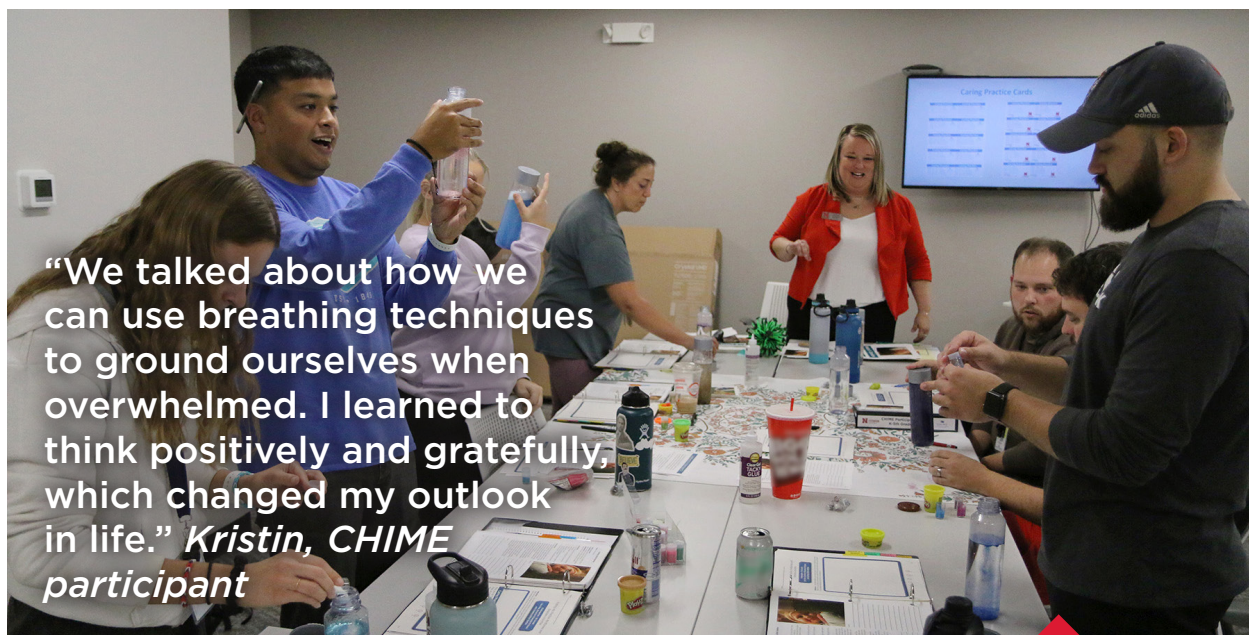
# Lancaster County

## Impact At-A-Glance



Brought to you by Nebraska Extension

Lancaster.unl.edu



“We talked about how we can use breathing techniques to ground ourselves when overwhelmed. I learned to think positively and gratefully, which changed my outlook in life.” *Kristin, CHIME participant*

The Cultivating Healthy Intentional Mindful Educators (CHIME) program for early childhood educators (birth-kindergarten), developed by Nebraska Extension, continues to grow and make a positive impact! Extension Educators Jaci Foged and Hayley Jackson delivered CHIME to 54 participants in Lancaster County, impacting 1,590 children. Hayley piloted a newly adapted version of CHIME to target providers working with children ages K-5th grades (pictured above with Family Service educators). Jaci began coordinating a multi-state Early Head Start University Partnership grant for CHIME.

### Programs At-A-Glance

- **Nutrition Bilingual Classes:** Three bilingual staff provided education in English & Spanish and partnered with translators to offer classes and information in five languages.
- **Backyard Farmer:** This popular gardening TV show celebrated its 70th year! Lancaster County Extension Educators Sarah Browning and Kait Chapman were regularly featured experts.

# 32,332

youth engaged in 4-H programs through clubs, workshops, schools, community sites and camps.

# \$711,217

is the value of 25,919 hours of service given by 2,421 Extension volunteers.

# 5,465

limited-resource adults and youth benefited from Nutrition Education Program classes.