



Hands-on experience in how to read a nutrition label is an important part of the 4-H Healthy Habits program. One student said, “Now I understand why my parents don’t want me to have pop.”

110 youth gained the knowledge and skills needed to support a healthy lifestyle by participating in the nutrition education program 4-H Healthy Habits. Through 6 hands-on lessons, youth better understand how reading a nutrition label can impact their decision and lead to making healthy lifestyles changes over time. After every lesson, the youth are given a goal-setting challenge for them to use the new information in their daily lives. The goal of this program is to encourage youth and their families to improve their nutritional behaviors across home, school, and community environments.

### Programs At-A-Glance

- Rural Prosperity Educator worked with local stakeholders on a first impression online program to help community leaders create awareness about brand improvement.
- Vegetable Gardening 101, a new program offered in partnership with Upper Big Blue NRD had 38 people in attendance and plans are already in the work for another in 2024.

## 53%

of youth in York County were reached through the 4-H Program.

**STRENGTHEN NEBRASKA  
AGRICULTURE & FOOD SYSTEMS**

## 811

learners, 217 from York County, attended private pesticide applicator trainings.

**INSPIRE NEBRASKANS &  
THEIR COMMUNITIES**

## 169

youth participated in the Look Who’s Hatching program.

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

