

# Buffalo County

## 2020 Impact At-A-Glance



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The 4-H Healthy Futures grant integrates and delivers nutrition, mental wellness and physical education to foster upward mobility in Buffalo County. 68% of youth learned about healthy food choices.

Katelynn was chosen to be a teen ambassador where she gained valuable hands-on experience and workforce development skills. Katelynn describes her experience: “I had a wonderful experience being a teen ambassador. It was a great reminder for me to keep eating healthy and staying active and I loved how passionate some of the kids were about these things too! I want to be an elementary teacher in the future so this really helped me learn more about why I want to go into that career. One thing that surprised me was how willing most of the kids were to try new foods, I loved seeing them excited.”

### Programs At-A-Glance

- **STEM: A Universe of Stories:** 107 lower elementary students explored space concepts during a 4 session program experimenting with different STEM subjects.
- **TEC: Box** was taught in 5 elementary schools introducing the idea of entrepreneurship and encourages active listening that leads to empathy and facilitates creative problem solving.

**71** children were given gardening assistance through NAP SACC trained Childcare Centers.

**300** pounds of produce were donated by the Buffalo County Master Gardeners.

**26** “Cooking with Carol” culinary Facebook videos were developed for 4-H youth.