

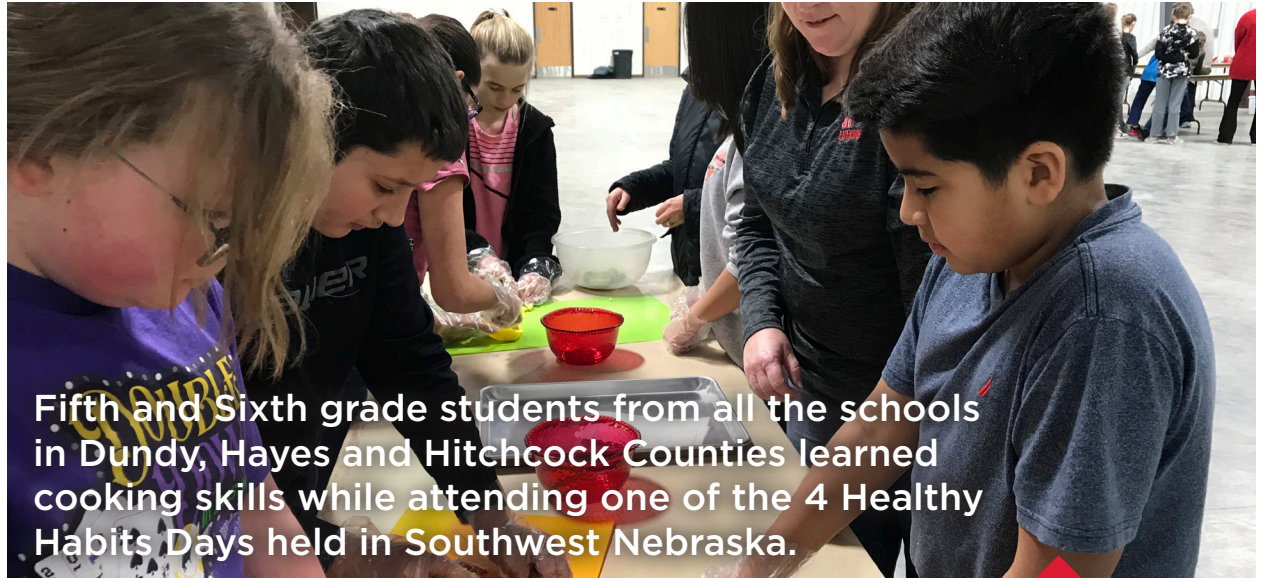
Hitchcock, Hayes, and Dundy Counties

2020 Impact At-A-Glance



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Fifth and Sixth grade students from all the schools in Dundy, Hayes and Hitchcock Counties learned cooking skills while attending one of the 4 Healthy Habits Days held in Southwest Nebraska.

A mother whose daughter attended a Healthy Habits Program shared how much her daughter enjoyed attending. The daughter was still excited about the previous days program. When asked, “What was your favorite part?” She shared something from each lesson ending with, “The best part was getting everything to make a snack at home.” She made black bean salsa dip for her entire family using the recipe and ingredients she had been given. The family sat down together to eat it and share about their day. They were glad she learned how to make the snack and enjoyed eating it together.

Programs At-A-Glance

- The Big Red Ag Growers (BRAG) program virtually visited a California almond farmer and Nebraska dairy farmer. Youth learned about and discussed almond milk vs. dairy milk.
- Home food preservation was popular this year, many people preserving for the first time. Over 400 people attended 9 live virtual lessons to learn how to preserve food safely.

454 students in Southwest Nebraska attended one of 4 Healthy Habits Days.

250 4-H in a bag kits were distributed in Dundy, Hayes and Hitchcock counties.

100 Hitchcock County 3rd-6th grade students were taught 4 nutrition and cooking lessons.