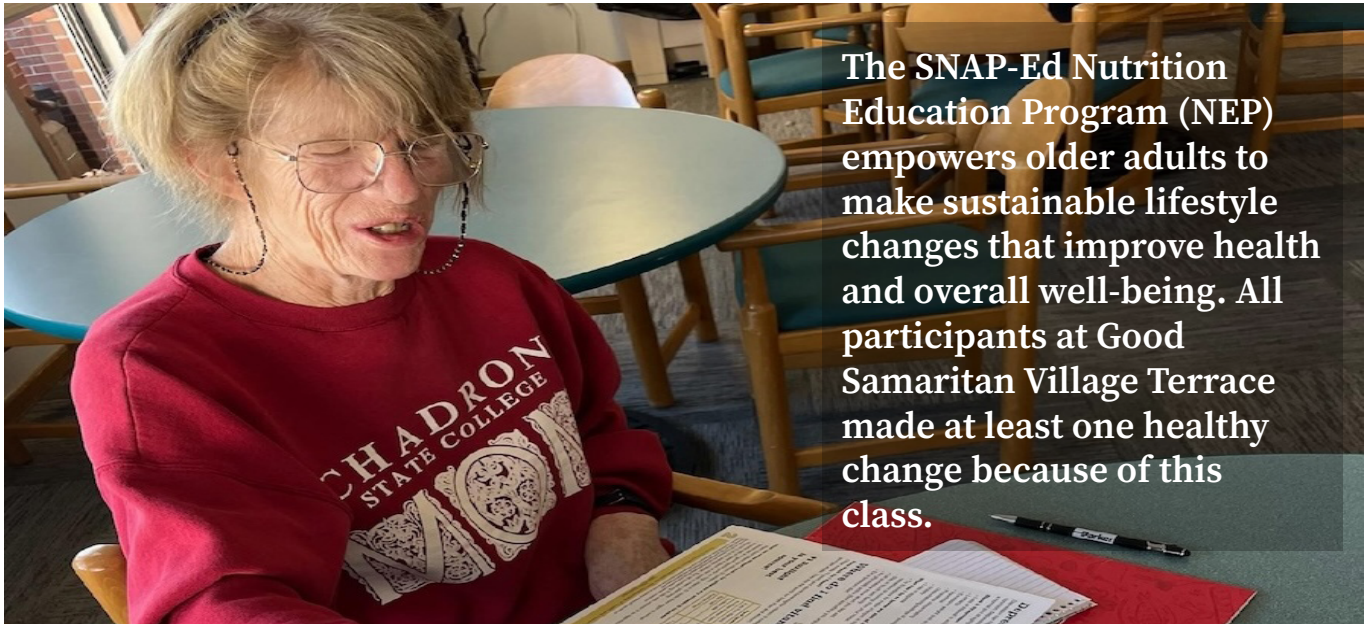


# Adams County

## 2024 Impact At-A-Glance

Adams.unl.edu



The SNAP-Ed Nutrition Education Program (NEP) empowers older adults to make sustainable lifestyle changes that improve health and overall well-being. All participants at Good Samaritan Village Terrace made at least one healthy change because of this class.

Deb began attending monthly lessons offered by Adams County NEP in February 2024 at her senior housing facility in Hastings. She eagerly applied the healthy, actionable information she learned in her lessons into her daily life. She set a goal to start walking regularly, began reading food labels, cut out unhealthy processed foods and drinks and incorporated more nutrient-dense foods. Months into attending the classes, Deb noticed significant changes. She reported that the acid reflux she had been dealing with for years had gone away and she was experiencing more energy as well. "I'm so grateful for these classes! I am just a healthier person now and feel so much better!"

### Programs At-A-Glance

Cultivating Healthy, Intentional, Mindful Educators – CHIME, is supporting the Early Childhood workforce by increasing the wellbeing and retention of childcare professionals. Nine, eight-week classes were delivered, awarding 1,216 professional development hours to 76 participants.

**3,820**

youth reached through school enrichment, special interest groups and summer programming.

**30**

attendees at an annual producer field day learned about prairie strip projects through two prairie demonstrations established in 2024.

**218**

4-H youth learned about science and literacy through food preparation and safety programs offered in the teaching kitchen.

**STRENGTHEN NEBRASKA AGRICULTURE & FOOD SYSTEMS**

**INSPIRE NEBRASKANS & THEIR COMMUNITIES**

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