

# Food, Nutrition & Health 2024 Impact At-A-Glance



**Nebraska Extension uses gardens as living classrooms statewide, as demonstrated by Shavon, Fits & Giggles Child Care Director, who partners with Extension to inspire children to make healthy choices.**

Fits & Giggles Child Care, a rural child care facility, embraced Nebraska Extension's Go NAPSACC (Nutrition & Physical Activity Self-Assessment for Child Care) program designed to help providers improve practices, promoting healthy, active lifestyles for children. Director Shavon partnered with Extension in 2024 to assess current practices and set realistic goals.

Ongoing education and support brought her vision to life, introducing new activities and a teaching garden. Shavon says, "Go NAPSACC provides invaluable resources for staff and families." These resources elevated her child care facility into a health-focused space.

**"Seeing our children excited about healthy eating has been incredibly fulfilling. You won't be disappointed in how much support [Extension] gives to enhance the health and well-being of the children in your care."**

**-Shavon, Child Care Director**

**OVER  
\$4 MILLION**

**Awarded for the support of initiatives to strengthen Nebraska food systems and enhance health.**

**OVER  
90,000**

**Nebraskans benefited from improved food and physical activity environments through health programming.**

**OVER  
382,000**

**Contacts reached through newspapers, radio spots, TV, social media, and food, nutrition & health websites.**

**STRENGTHEN NEBRASKA AGRICULTURE & FOOD SYSTEMS**

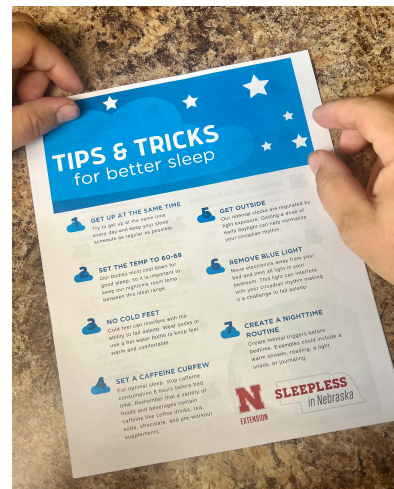
**INSPIRE NEBRASKANS & THEIR COMMUNITIES**

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





# Food, Nutrition & Health



**Enhance the Health & Wellbeing of All Nebraskans** The health and wellbeing of Nebraskans is crucial for strong, healthy communities, lower healthcare costs, and better lives for all. Extension is addressing the challenge of childhood obesity by improving access to safe, nutritious food and encouraging healthy decisions when it comes to eating and physical activity. Extension brings University research and resources to all Nebraskans through nutrition education for all ages, food safety training, and connecting producers and farmers with local programs like farm to school. We are creating consumer confidence in our food system and nourishing the wellbeing of Nebraskans.

**Sleepless in Nebraska** is an educational program that empowers participants to improve their sleep quality, with 91% committing to behavior change.

## Food Science & Technology for Consumer Safety

- Over 400 local food vendors completed Extension's Cottage Food Law course
- Extension helped 17 companies meet food safety requirements via 75 safe manufacturing reviews of acidified products
- 339 youth attended 13 Food Science & Technology camps and activities exploring Nebraska commodities from farm to plate



Food access efforts strengthened local food systems with a triple win across 28 counties: Over 25,000 Nebraskans put more healthy food on the table, local farmers & grocers increased produce sales, and communities experienced greater food security.



"This produce will help us make it to the end of the month. I've been skipping meals to ensure my kids have food to eat. Now, we'll be able to stretch our pantry and make it to the next month."

-Extension healthy food access program participant