



Hannah Guenther
Food, Nutrition & Health
Extension Educator
Nebraska Extension in Cuming County
200 S Lincoln Str, Rm 50
West Point NE 68788

Office: 402-372-6006
Email: Hannah.guenther@unl.edu

Accountability Region

- Cuming
- Stanton
- Colfax

Topics often dealt with ...

- Childhood Obesity
- Food Accessibility
- Physical Activity
- Healthy Cooking techniques
- Healthy Lifestyles
- Feeding Young Families
- Positive Nutrition Environment
- Beef Nutrition

Hannah is an Extension Educator working with food and nutrition related issues in eastern Nebraska. Her programs will focus on research based, accessible nutrition information that can easily be transferred into community homes and kitchens.

Hannah received her B.S. degree from the University of Nebraska-Lincoln with a degree in Dietetics and a minor in Communication Studies. She received her M.S. degree from the University of Nebraska – Kearney in Curriculum and Instruction. Hannah left her Family Consumer Science classroom to pursue a career in Extension.

Examples of Future Programs

- Choose Healthy Here
- Eat Smart, Move More
- Instant Pot 101