

## Beth Nacke 2023 Summary Statement

In 2023, I continued my coordination of the *Monthly Meal Kits (MMK)* program, expanding into new communities and deepening relationships with existing partners. The *MMK* program provides support for youth living with hunger, and addresses the need of healthy, safe food for individuals with limited access. *MMK* as a program has continued to improve partnerships with schools and retailers in 7 counties, engaged 308 youth and members of their households in nutrition education, increased access to safe and nutritious foods, and provide a boost to local economies.

The partnership with the Fremont Public Schools Physical Education department continues to be exceptionally strong, providing opportunities for youth in 4<sup>th</sup>-6<sup>th</sup> grades to participate in impactful and engaging nutrition education in the Physical Education classroom. This partnership helps to reinforce the importance of adopting a healthy lifestyle by pairing nutrition and physical activity.

I continue to serve on the *Nebraska Extension Marathon Kids (NEMK)* leadership team. In 2023, the *NEMK* leadership team supported 16 coaches through scheduled updates, technical assistance, an immersive one-day training event, and recruitment incentives. My primary role in the leadership team is to develop and deliver professional presentations to expand program reach and position the team well for future research funding. Our program was presented twice in Nebraska at the NE SHAPE Conference and the Engaging Educators Conference. We were also selected and presented at the National Health Outreach Conferences held at Cornell University in Ithaca, New York to share the impact *NEMK* has on youth physical and mental wellbeing.

### **PARTNERSHIPS/COALITIONS**

- Fremont Family Coalition
- Nebraska VOAD Food Security Task Force
- Community and Family Partnership Council-Serving Colfax and Platte Counties
- Nebraska Team Nutrition
- Whole Child, Whole Community Coalition
- Nebraska Department of Education
- Community Nutrition Partnership Council
- School Nutrition Action Committee

### **LEADERSHIP**

- Nutrition Education Program supervisor
- Fremont Family Coalition Leadership Board-Executive Team
- School Wellness Team Coordinator
- Nebraska Extension Marathon Kids (NEMK) Leadership Team
- Monthly Meal Kit (MMK) Program Coordinator
- Nebraska Department of Education LIFT Contract Coordinator

### **GRANTS, CONTRACTS AND SPONSORED ACTIVITIES**

Fischer, J. (Principal Investigator), Nacke, B. (Investigator), Sehi, N. (Investigator), 155024, Contract, "NDE Team Nutrition LIFT Year 2", Ne Dept Education, State Agencies, Public Service, \$39,800.00, Awarded. (sub: October 28, 2022, start: October 20, 2022, end: October 19, 2023).

Nacke, B. (Principal Investigator), 154607, Grant, "Monthly Meal Kits", Ne Dept Health & Human Serv, State Agencies, Public Service, \$366,600.00, Awarded. (sub: September 26, 2022, start: November 1, 2022, end: June 30, 2023).

Nacke, B. (Principal Investigator), Hinrichs, K. (Investigator), 143640, Grant, "NEChildren&Family Bountiful Backpack EZ8", Ne Children & Families Foundation, Associations/Foundations, Public Service, \$167,200.00, Awarded. (sub: December 16, 2020, start: December 1, 2020, end: June 30, 2023).

### **GRANT WORK**

- Healthy Habits
- Growing Together Nebraska
- Nebraska Department of Education, Team Nutrition LIFT

### **PROGRAMS OF SIGNIFICANT IMPACT**

- **Monthly Meal Kits**
  - 308 students enrolled.
    - Household reach: 877 youth, 676 adults
  - 8 locally owned/operated grocery stores
    - \$136,034.24 was infused into local economies in 7 counties.
  - Supervised student employee in editing and content of educational materials.
  - Created and distributed MMK resource manual in two languages.
    - [English](#)
    - [Spanish](#)
- **Little Free Pantries (LFP)**
  - Increase emergency access to shelf-stable ingredients, reduce hunger and ease financial barriers related to food access for low-resource Nebraskans.
    - PSE changes adopted as a result of the LFP project include novel distribution systems to reach high-risk populations, new food pantry or emergency food distribution site, and improvements in hours of operation for food distribution sites to improve convenience of/access to healthy food.
    - To evaluate the LFP, a survey (Link: <https://forms.gle/SkGFRf9nuztZCVxCA>) was created to collect community member feedback and thoughts related to the LFP. \*no response data to report
  - LFP will purchase shelf-stable foods from locally owned and small grocery retailers and promote the support of retailers within the pantries.
  - Based on a needs assessment, LFP will be installed in counties, with the goal of at least one in every county.
    - Installed: Hall, Cherry
    - Planned Locations: Dodge County (9 sites), Lincoln, Logan, McPherson Counties (9), Dakota. Counties planning to install 1 pantry site: Buffalo, Douglas-Sarpy, Cedar, Box Butte, Sheridan, Dawes, Seward, Garden, Morrill, Phelps, Gosper, Saunders, Hall, Lancaster, Thomas, and Knox
  - Creation of the [LFP Manual](#).
  - In-direct education will be incorporated using: Recipes and handouts <https://food.unl.edu/> and/or <https://food.unl.edu/nutrition-education-program> that promote items within the LFP.
- **Healthy Habits - CATCH PE Nutrition lessons**
  - Fremont Public Schools-10 sites
  - 772 youth grades 4-8
    - 6 sessions
    - 9 lesson topics

- **Growing Together Nebraska (GTN) Team Awards**
  - 2023 North Central Region's - Team Excellence in Extension Award - Growing Together Multi-State Collaborative
  - 2023 National Excellence in Extension Team Award: The Growing Together Multi-State Collaborative
- **GTN-Dodge County**
  - Coordinated 3 garden locations.
  - Donated 1,741 pounds of produce to 1,547 low-resource individuals at 3 partner sites.
  - Engaged 7 volunteers (including 2 Master Gardeners) completing 240 volunteer hours.
  - Delivered 21 recipe demonstration sessions with nutrition education to 745 individuals.
- **GTN-Colfax County**
  - Coordinated with community garden committee for 1 garden location.
  - Donated 2,809 pounds of produce to 2,295 low-resource individuals at 6 partner sites.
  - Engaged 16 volunteers (including 2 Master Gardeners) completing 276 volunteer hours.
  - Growing Healthy Habits-Schuyler Community Schools Summer School
    - 17 youth grades 3-5 received nutrition and gardening education.
      - 5 sessions
      - 6 lesson topics
- **Local Indigenous Foods Training (LIFT)**
  - Co-coordinated grant, ensuring alignment with grant deliverables and contract expectations.
  - Led Chef's Table taste testing activities.
    - 4 school sites, 77 student participants, 10 school staff participants
  - Conducted full school taste test.
    - 4 school sites, 2,416 students received samples and submitted survey responses.
  - Provided technical support.
    - 6 school sites, 14 school food service and administration staff.
- **Marathon Kids Team Effort**
  - 16 trained coaches delivered 40 programs in 16 counties to 1563 Pre-K-12<sup>th</sup> grade youth.
  - A total of 59,537 miles, or over 2272 marathons were completed.
  - Additionally, 10 adults participated in NEMK and ran 55.5 miles.
  - Youth impacts noted at the end of the program: (n=132 pre; 113 post) significant differences in the following questions:
    - In the last 7 days, how many times outside of school did you do sports, dance, or play games in which you were active?
      - None decreased from 15% at pre to 4% at post.
      - 6+ times last week increased from 27% at pre to 36% at post.
    - I can do many types of physical activities if I work hard and practice.
      - Definitely Yes (68% -> 77%) 9% increase
    - I love to exercise.
      - Definitely/Somewhat No decreased from 17% to 9%; Somewhat/Definitely Yes increased from 83% to 91%
    - Physical activity is important to me.
      - Definitely yes (55% → 71%) 16% increase
    - I can set a physical activity goal.
      - Definitely yes (55% → 69%) 14% increase
    - (POST ONLY) I recommend Marathon Kids to other kids. 64% responded Yes, a lot; up from 47% in 2022.
    - (POST ONLY) I enjoy Marathon Kids. 63% responded Yes, a lot; up from 40% in 2022.