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Assigned Counties

- Dodge
- Saunders
- Washington

Highlighted activities

- Adult programming using the *Eating Smart and Moving More* curriculum
- After-school programming and 4-H cooking grants
- Nutrition education in the PE classes with 700+ students in Fremont Public Schools

Helping you find local answers to...

- How to stretch your grocery budget, meal plan, & maximize savings
- How to stay healthy, make good food choices, & incorporate physical activity
- How to properly read food labels
- How to prepare and store food safely at home

What is the purpose of my job?

1. To help individuals and families on a limited budget make healthier food choices and choose physically active lifestyles by acquiring the knowledge, skills, attitudes, and behavior changes necessary to improve their health—free of charge for all participants who meet income guidelines
2. To assist local schools with programs that promote health and wellness to young students
3. To improve nutrition, physical activity, and food safety outcomes for Nebraskans

Helping Nebraskans enhance their lives through research-based education