



## **Beth Nacke, RD, LMNT**

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Team Nutrition Grant Coordinator

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### **Assigned Counties**

- Butler
- Dodge
- Saunders
- Washington

### **Highlighted activities**

- School Wellness Policy
- Nutrition and physical education programming for youth, adults, and families
- Menu planning
- Food budgeting
- Food safety and preparation
- Smarter Lunchrooms

### **Helping you find local answers to...**

- Wellness policy changes for local schools
- No-cost nutrition education
- Healthy food preparation
- Maintaining a food budget, efficient grocery shopping, and maximizing savings

### **What is the purpose of my job?**

1. Educate Nebraska youth, adults, and families on the importance of healthy lifestyle choices focusing on nutrition and physical activity.
2. Educate schools on the Smarter Lunchroom initiative and assist with strategy implementation to improve the meal environment.
3. Oversee grant applications and provide technical assistance for Smarter Lunchroom strategies in Nebraska schools.
4. Assist schools statewide with Local Wellness Policy revisions and implementation. Provide resources and information on additional grant funding opportunities.
5. Coordination with local health care providers to provide free nutrition education to low-income community members.

### **You can also connect with me on...**



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***Helping Nebraskan's enhance their lives through research-based education***