

2022 ANNUAL REPORT

in Douglas &
Sarpy Counties

NEBRASKA EXTENSION



www.go.unl.edu/DouglasSarpyExt

Letter of Reflection

Nebraska Extension continues to be a trusted and responsive educational resource for Douglas and Sarpy County residents. Our staff's exceptional teaching, innovative, and impactful work was recognized at our annual Nebraska Extension conference in November. Award winners from office included Dr. Jody Green individual award, Nancy Urbanec and Cindy Brison Food Safety team award, Katie Krause and Linda Reddish Early Childhood team award, and Tiffany Sessions, Stephanie Thorson, Ericka Murray 4-H team award. In 2023, we will continue to fulfill the mission of Nebraska Extension, "Engaging with Nebraskans wherever they are, connecting them with resources, research, and innovation of the University of Nebraska." Thank you for your support and investment in Nebraska Extension. *Carrie Miller, Unit Leader*

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Nebraska Extension in Douglas-Sarpy Counties



4-H Youth Development

Empowering youth with skills to lead for a lifetime.

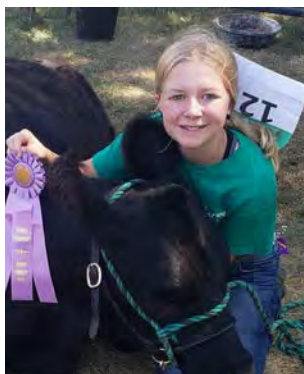


Learn by Doing

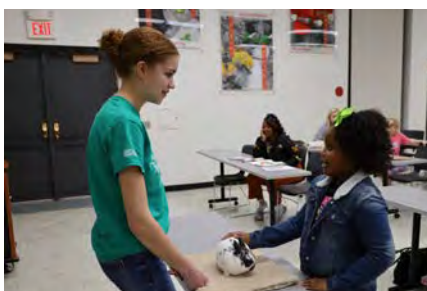
4-H believes in the power of young people. Every child has valuable strengths and real influence to improve the world around us. 4-H provides youth with opportunities to learn by doing, grow from failures, express their ideas, and use their influence to drive positive outcomes.

4-H is the largest youth development organization, empowering nearly six million young people across the U.S. In 2022, over 18,000 youth experienced 4-H in Douglas-Sarpy Counties and obtained leadership, communication, and critical thinking skills to lead for a lifetime. Youth were taught through STEM-based school enrichment, after school, clubs, special interest and Clover Kid programs.

Clubs serve as a cornerstone of the 4-H youth development experience. Clubs are organized groups that meet regularly focusing on a series of educational experiences. The Sarpy County Fair and competitions (presentations, speech, livestock & horse shows, table toppers, small pet, etc.) are opportunities for youth to display and share what they have learned.



4-H school enrichment programs offer informal hands-on educational experiences in classrooms supporting school curriculum delivery.



18,558

Youth participated in Douglas-Sarpy 4-H in 2022

2,509

Sarpy County Fair static & livestock entries

2,993

Teens enrolled in the 4-H Next Chapter College & Career Readiness Program

73

Youth participated in 4-H Health Rocks Mentorship Program

147

Total 4-H volunteers, 1,433 classroom teacher volunteer hours

"You inspired us, wow'd us and offered a vision of 4-H's future. Nebraska 4-H is on the leading edge of change, and I hope we can all work together to scale this awesomeness."
National 4-H Council & Chief Growth Operator

4-H STEM

Reaching youth through innovative and engaging STEM education.



Science, Technology, Engineering & Math

Thriving and flourishing programs in Douglas-Sarpy Counties include Build a Hut, Nature Night Walk, Next Chapter College Readiness Program, 4-H Health Rocks Mentorship, 4-H STEM Challenge Days, Discover Engineering Days, innovative School Enrichment offerings (3D printing and computer science, space science, go figure math, E-textiles, embryology).

The 2022 award winning 4-H Imagine Science, Build-A-Hut program provided hands-on learning and application of construction, solar, and civil engineering. This program provides youth with a foundation that they can use to pursue careers in Science, Technology, Engineering, and Math (STEM). "Youth were thrilled to learn from teens in their community and for the teens it gives them a true leadership experience that is very unique, and they get paid, which is critical in socioeconomically challenged areas of our city."

Nebraska Extension Associate Dean Kathleen Lodi



**TO MAKE THE
BEST BETTER**



"To be the first time this camp was ran, it was great...the bomb! I enjoyed it! Just to see the idea to reality and what that looked like. I was pumped!" *Tiffany Gambe, CIO Emerging Ladies Academy*

Nutrition, Health & Food Safety



Extension Leads the Way

In Douglas and Sarpy County, Extension is the sole agency teaching ServSafe® Manager and ServSafe® Food Handlers certification courses established by the National Restaurant Association. These courses teach the latest science-based information on food safety and keep Nebraskans healthy.

Food Handlers Education for Teens

A national employee shortage increased the number of teenagers working in food service. Studies show that teens may lack food-safety knowledge. In response, Extension began partnering with local high schools to teach the National Restaurant Association Food Handlers® course to teens. During the pilot phase, 50 youth have successfully completed the course.



Cottage Food Law Training

The Nebraska Cottage Food Law (passed in 2019) requires producers to complete food safety training specific to the law. To date 800 individuals have completed this training through Douglas and Sarpy County Extension. These trainings are offered in collaboration with local health departments, the Nebraska Department of Ag, UNL Processing Center, and UNL Food Science department. Nebraska Extension coordinates the services these producers need in order to expand their business safely, leading to increased customer satisfaction and business profits.



341

Participants completed Food Handlers training

187

Participants completed ServSafe® for Managers

825

Participants have completed Cottage Food Law training

115

Douglas and Sarpy County food service establishments taught in 2022



Nutrition Education Program (NEP)

EFNEP & SNAP-Ed Programs

Meeting People Where They Work, Play & Live

NEP improves the health of Nebraskans living on limited budgets. NEP is funded through the Supplemental Nutrition Assistance Program-Education Division (SNAP-Ed) and Expanded Food and Nutrition Education Program (EFNEP). Together with community partners, NEP uses multiple evidence-based education strategies to improve the health of Douglas and Sarpy County residents. Notable programs in 2022 include Eating Smart Moving More classes, Marathon Kids, Go NAPSACC for childcare providers, Siembra Salud programs, UNL Native American Coalition, and Double Up Food Bucks for SNAP recipients at local grocery stores and farmers markets.



2,830

Youth participated in the NEP program

567

Adults participated in NEP program activities

95%

Of adult participants showed improvement in one or more diet quality indicator (i.e. eating more vegetables, decreasing added sugar intake, etc.)

83%

Of adult participants showed improvement in one or more food resource management practices (i.e. cook dinner at home, compare food prices, plan meals, etc.)

Omaha Food Day
Non-Profit of the Year Winner

"This isn't exercising! We're having fun!"
Marathon Kids participant

Horticulture, Landscape, & Environmental Systems



Our Horticulture, Landscape, and Environmental Systems professionals work with Nebraskans to sustainably manage community green spaces, protect natural resources, improve landscapes, manage pests, and grow safe, nutritious food.

Master Gardeners Serve Our Community

The Nebraska Extension Master Gardener (EMG) program extends outreach by providing volunteers with science-based horticulture education, which prepares them to share their knowledge with Nebraskans. This program has been part of UNL Extension since 1976. Master Gardeners are trained by UNL Extension faculty and staff, and they contribute time by working through their local Extension office to provide horticulture-related information in their community. Master Gardeners completing 40 hours of training and 40 hours of service to obtain certification. They retain their certification through annual training and volunteering. Volunteer hours and teaching contacts are completed through various activities including answering residents' questions by phone through the "Horticulture Help Line" and in-person at the "Ask a Master Gardener" table events, planting and maintaining teaching demonstration gardens, collecting data on research projects, speaking to community groups, and teaching youth programs (protecting pollinators and vegetable gardening).



241

Active Extension Master
Gardeners (EMGs)

14,143

Volunteer hours

\$388,056

Value of EMGs
volunteer efforts

7,665

Total client questions
answered on the
"Horticulture Helpline"
and at "Ask a Master
Gardener" tables

5,431

Continuing education hours
completed by EMGs

10,190

Pounds of fresh garden
produce grown and donated
to local food pantries

13,000

Food-insecure individuals
served at Heartland
Hope Mission

15

Teaching gardens in
Douglas-Sarpy County

"This program gives back so much to our community and clearly makes Sarpy County a great place to live." *Sarpy County Commissioner*





Backyard Farmer Celebrates 70 years!



Douglas-Sarpy Educators and Extension Assistants serve on the Backyard Farmer panel of experts and teach about insects, pest management, turf, weeds, rots and spots, landscapes, vegetables, and critters, as well as landscape design and general horticulture topics. Backyard Farmer (BYF) is a co-production between Nebraska Public Media and Nebraska Extension. Backyard Farmer celebrated its 70th season and is the longest running, locally produced television series in the nation.

Additional global and local impacts were made in the area of hydroponics and urban food systems. Extension professionals trained 62 Trinidad Extension professionals in hydroponics, lead 130 producers and food system participants through a Food & Healthy Farms Conference, and contributed to Omaha's Urban Agriculture ordinance language, pending final approval from the City Council.

22,808

Pageviews of educational resources accessed through "A Bugs Life" webpage



3,006

Arthropod-related questions answered & direct teaching contacts



"I don't think I could have made it out to the other side with any ounce of sanity without your expertise, guidance, and level-headedness." *Entomology Client*

"Your agency is SO good. I wish more people would realize that their tax dollars support your mission." *Horticulture client*

Early Childhood



Educating Early Childcare Professionals

Nebraska Extension leverages University research and resources to enhance quality learning experiences for children, families, and early childhood professionals. Programs are taught through a variety of online and in-person courses aimed at improving the growth and development of young children. The Douglas-Sarpy Early Childhood Educator is leading local and statewide efforts to create engaging nature-based outdoor learning environments for youth children at childcare programs and public-access areas such as local parks. This work is done through collaboration with local businesses, community members and UNL landscape architecture, early childhood and psychology professors. Young children were also taught through classroom education.

2,412

Early childhood professionals participated in Douglas-Sarpy courses

1,460

Children participated in the "Look Who's Hatching" embryology program

96%

Of early childhood professionals reported using what they learned in their work with children

"My teaching is dependent on learning the latest research, and the best way to get this information is through online classes. The access to the online training has made growing as a teacher attainable."
Early Childhood Teacher



"I have learned so much and reshaped many aspects of my program. I have more confidence in child led and more terminology and facts to defend when necessary. I have changed as an educator, parent, and individual thanks to the varied and challenging [Extension] classes offered." *Early Childhood Teacher*

2022 DOUGLAS-SARPY EXTENSION FACULTY, STAFF, & BOARD DIRECTORY

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