



# NUTRITION EDUCATION PROGRAM (NEP) IN HALL COUNTY

Programs are FREE –no charge to your organization that serves limited-resource families. Plan for 6-7 sessions at about 30-45 minutes long.

**N** | **EXTENSION** **BROUGHT TO YOU BY NEBRASKA EXTENSION**

For more information contact:  
Cami Wells, MS, RD  
cami.wells@unl.edu  
308-385-5088

Nebraska Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.





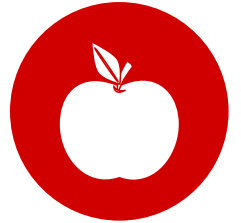
# YOUTH CURRICULA WE USE

The four main nutrition and physical activity curricula we use to teach our programs in in-school, after-school and summer programs are described below. A nutrition education session typically contains four main components - a nutrition lesson, physical activity time, preparing a recipe and taste-tasting.

## CHOOSE HEALTH: FOOD, FUN, AND FITNESS (CHFFF)

Developed by Cornell Cooperative Extension

CHFFF is designed for 8-12 year old (3rd-6th grade) youth. Six lessons focus on choosing healthy beverages, eating more fruits and vegetables, reading the Nutrition Facts label, choosing more whole grains, eating healthier when eating out and breakfast include interactive nutrition activities, food preparation, active games, goal setting, and a family newsletter.



## CATCH KIDS CLUB (CKC)

Developed by CATCH Global Foundation, The University of Texas Health Science Center at Houston (UTHealth)

CKC nutrition curriculum is available for Grades K-5 and Grades 5-8 and designed for after-school programs. Lessons focus on MyPlate food groups, physical activity, healthy snacks and beverages and breakfast. It includes family newsletters, visual aids, handouts, and games.



## KIDS IN THE KITCHEN (KIK)

Developed by the University of Missouri Extension

KIK is designed for youth ages 6 to 15 years old in summer and after-school programs. The focus of this curriculum is hands-on cooking experiences. Each lesson contains recipes, handouts, physical activities and visual aids.



## SCHOOL ENRICHMENT KITS (SEK)

Developed by Nebraska Extension

The SEK Program is a unique approach to reaching Nebraska's kindergarten through fifth grade youth, using the teaching support of local teachers. The lesson plans meet the health curriculum objectives required for the nutrition unit of each age group. The kits include handouts, visual aides, games and family newsletters.

*Nebraska Extension can also help schools to meet school wellness policy elements!*



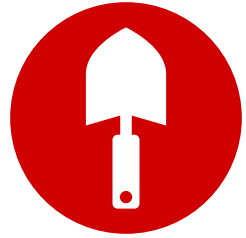
# ADDITIONAL CURRICULA WE USE

We use these four additional curricula to teach gardening, teen food preparation, child care providers and adult participants.

## LEARN GROW EAT GO(LGEG)

Developed by Texas A&M AgriLife Extension

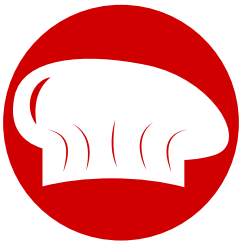
LGEG is a research-based, evidence-based curriculum project of the International Junior Master Gardener® Program. It grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.



## TEEN CUISINE

Developed by the University of North Carolina at Chapel Hill

Evidenced-based curriculum used with middle and high-school aged youth to teach and encourage healthy eating behaviors and food preferences. The curriculum addresses key concepts about nutrition, food preparation and cooking, food safety, and physical activity using approaches and strategies that enhance learning and behavior change among teens.



## NUTRITION AND PHYSICAL ACTIVITY SELF-ASSESSMENT FOR CHILD CARE (GO NAP SACC)

Developed by the University of North Carolina at Chapel Hill

Go NAP SACC is an evidence-based program for improving the health of young children through better nutrition and physical activity in early care and education programs. Go NAP SACC walks child care providers through a 5-step process to make healthy changes to their program.



## FAMILIES EATING SMART MOVING MORE

Developed by North Carolina State University

This curriculum challenges adult participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques. Classes are available in English and Spanish as well as for pregnant/parenting teens. "Faithful Families" is an adapted version of the curriculum to teach faith-based community groups.



WWW.NEP.UNL.EDU

Meet our Adams and Hall County NEP Team!

NEBRASKA EXTENSION



Omega Barcenas  
obarcenas2@unl.edu



Carla Byrnes  
cbyrnes2@unl.edu



Angie Katzberg  
akatzberg8@unl.edu



Ashlynn Nikodym  
ashlynn.nikodym@unl.edu



Alise Verhage  
averhage2@unl.edu



Cami Wells  
cami.wells@unl.edu