

Nebraska's Approach

SNAP-Ed reached 14,878 Nebraskans during 2020–21, including 1,934 adults and 12,944 youth. Adults participated in Eating Smart Moving More classes, which resulted in improvements in daily diet frequencies and nutrition/physical activity-related behaviors. Youth participated in nutrition/physical activity-related programs and showed positive intentions, knowledge, and behavior changes in nutrition and physical activity. Virtual programs for adults (The Dish: Real Talk About Food) and youth (Marathon Kids, CATCH Kids Club), and childcare providers were available. PSE strategies were offered through Go NAPSACC, Growing Together Nebraska, and Double Up Food Bucks.

Key Individual Impacts



28% of adult program graduates increased fruit intake.



26% of adult program graduates increased vegetable intake.



24% of adult program graduates increased physical activity.



50% of adult program graduates improved using the Nutrition Facts label to make food choices.



59% of adult program graduates increased meal planning.

Additional Individual Impacts



1,934 adults were reached.



12,944 youth were reached.



50% of youth plan to eat the recommended amount of fruits and vegetables.



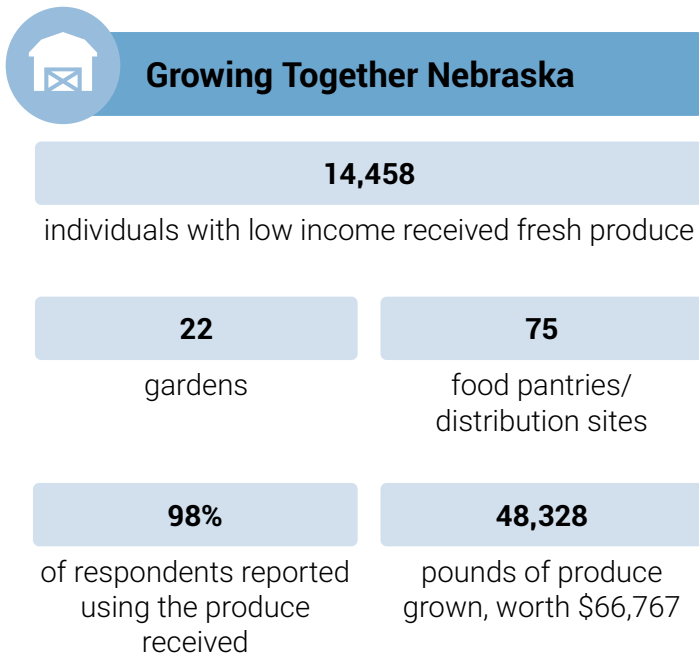
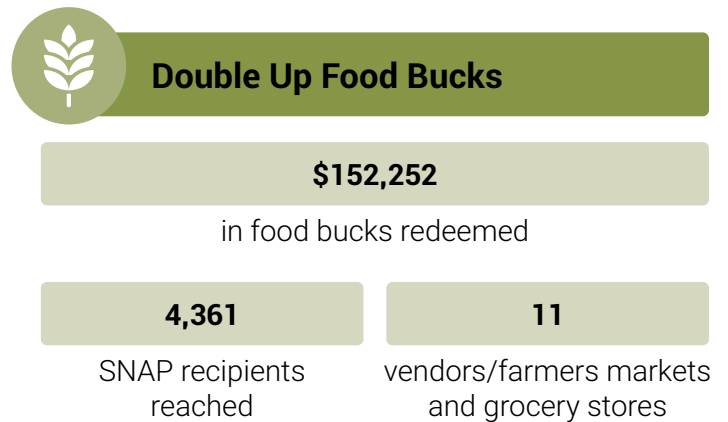
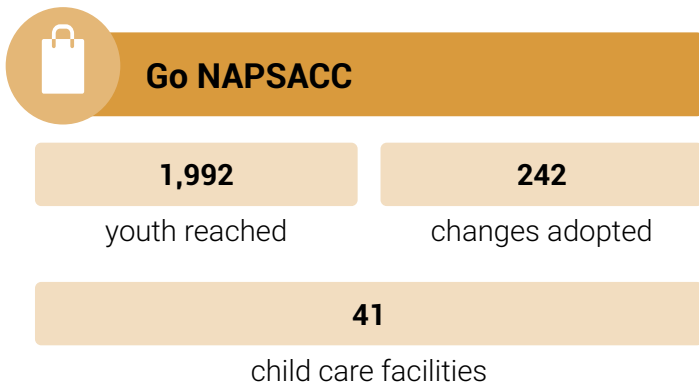
44% of youth plan to drink less sugary drinks.



75% of youth plan to stay physically active.

Community Impacts

Nebraska SNAP-Ed works with community-based environmental projects within three main areas. The Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC) project is centered on improving nutrition, physical activity, and infant feeding best practices in early care and education. The Growing Together Nebraska project increases access to fresh fruits and vegetables in food pantries. The Double Up Food Bucks program is focused on food access in Nebraska and helps SNAP participants extend their food resources by purchasing additional SNAP-qualifying foods. SNAP-Ed reached 19,874 Nebraskans through PSE work and an additional 12,782 Nebraskans through indirect education.



Other Highlights

State Tribal Impact



Nebraska continues to progress in work with Native American tribal organizations in the state. We collaborated with the Nebraska Extension Regional Food Systems Team throughout the year on initiatives involving Double Up Food Bucks and Farm to School. SNAP-Ed is also involved in the Well Connected Communities Project. This project involves work with the Ashita Thewathe (Let's Go Outside) Program team and partnering with Nebraska tribal communities in rural and urban areas to help them grow healthy traditional food for the benefit of their families.

Success Stories

Double Up Food Bucks: A Win for Families, Farmers, and Communities

The Lincoln Mediterranean Market (LMM) was a new Double Up Food Bucks site in Lincoln for 2021. This partnership was created as a result of connections, including a local market within the Arabic community. As a result, materials were translated into Arabic and made available statewide. Within the first month, they distributed nearly \$4,000 worth of Double Up Food Bucks. For most of our locations, that would take months to complete. LMM started selling produce in January of 2021 and saw a large increase in their sales because of the nutrition incentive program.

They have a high percentage of customers that receive and use SNAP at their store, making it a perfect fit for Double Up Food Bucks. They currently source 10% of their produce from local farmers and are looking to increase that. Their store is in the heart of downtown, where there is a high concentration of refugees and very limited food access. This partnership is a great opportunity to increase fruit and vegetable consumption and improve food access.





Local Gardens Improve Access to Fresh Produce

The Dodge County GTN team completed their third year of growing and donating fresh produce to individuals and families living with limited resources in Fremont. Lisa O'Connell, an Extension Master Gardener Volunteer in the community, helps coordinate volunteers and actively seeks support from local partners. Lisa shared, "The gardens have made a huge impact in the Fremont community. 2021 [was] an awesome season, as we provided produce to families who can't afford healthy and fresh produce." Important aspects of this three-year project include raised beds, over 2,600 pounds of fresh produce donated to 1,300 individuals, volunteer engagement,

nutrition education and food demonstrations. Additionally, the support of local community partners is key to the project's continued success. The raised beds improve access and inclusivity for all who wish to be involved, including young adults with disabilities who find therapeutic and skill-building benefits through volunteering with this project. Looking to the future, Dodge County GTN hopes to recruit additional youth volunteers, increase produce rescue efforts, explore new partnerships and expand education opportunities.

Virtual Produce Series Motivates Participants to Enjoy Fresh, Local Produce

The Dish: Real Talk About Food helps improve health, well-being, and resilience by providing real talk about food. Short online lessons offer life tips to plan meals, save money, and shop and eat healthier. To complement the Growing Together Nebraska project, *The Dish* focused on a 3-month live series on fresh produce, called "The Dish: Real Talk About Food - Seasonal Produce Series," found at <https://food.unl.edu/nutrition-education-program/dish-videos>.

The series highlighted seasonal produce items that were easily available at local gardens, markets, pantries, and grocery stores. Each series provided information on nutritional value and offered tips on how to harvest, select, prepare, and store the highlighted produce item. Innovative online teaching techniques and live food demonstrations were used to encourage participants to engage during the sessions as well as motivate them to use the knowledge in preparing and enjoying more fresh seasonal produce.

