

### Nebraska's Approach

Nebraska SNAP-Ed is a partnership between the Nebraska Department of Health and Human Services and the University of Nebraska-Lincoln Extension to provide comprehensive-level obesity prevention services to persons eligible for SNAP-Ed. In FY 2022, Nebraska SNAP-Ed reached 63,517 individuals through direct education, environmental strategies, and indirect education. Adults participated in Eating Smart Moving More classes, which resulted in improvements in nutrition and physical activity-related behaviors. Youth participated in nutrition and physical activity-related programs and showed positive intentions, knowledge, and behavior changes in nutrition and physical activity. Implementing The Dish: Real Talk About Food social media campaign increased indirect education reach. PSE strategies were offered through the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC), Growing Together Nebraska, and Double Up Food Bucks.

### Key Individual Impacts

Of adult program graduates:



**27%** increased fruit intake.



**34%** increased vegetable intake.



**26%** increased physical activity.



**41%** improved using the Nutrition Facts label to make food choices.



**36%** compared food prices when grocery shopping.

### Additional Individual Impacts



3,058 adults were reached.



13,807 youth were reached.



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



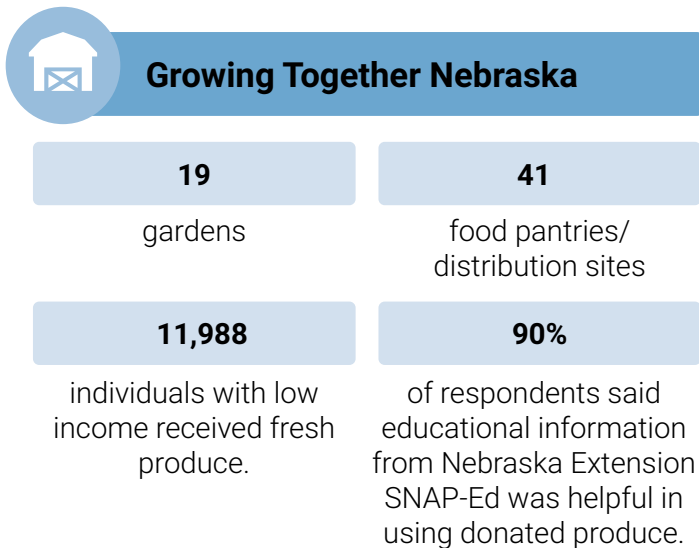
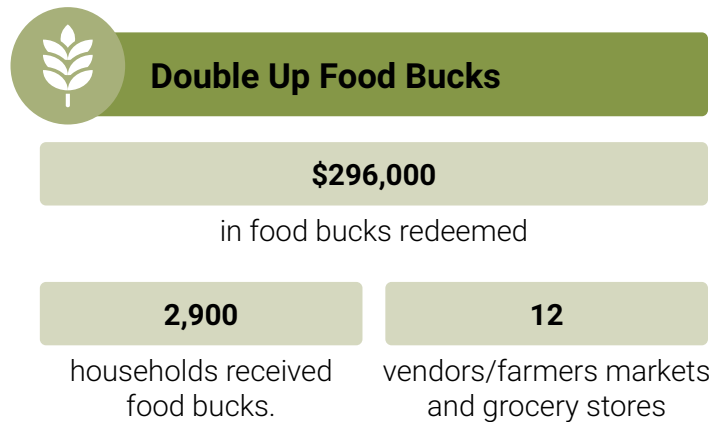
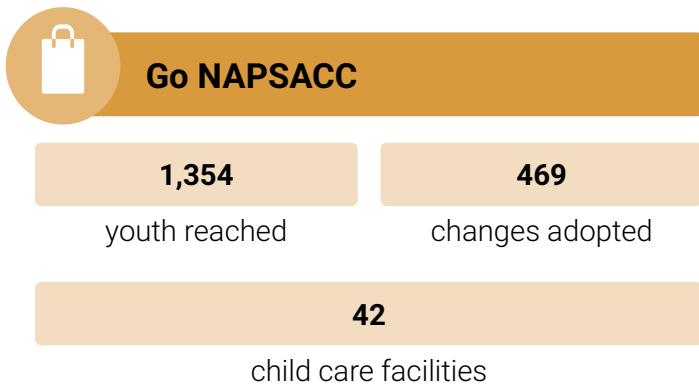
**42%** of youth plan to drink less sugary drinks.



**73%** of youth plan to stay physically active.

## Community Impacts

Nebraska SNAP-Ed worked with community-based environmental projects within three main areas. The Go NAPSACC project was 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 19,180 Nebraskans through PSE work.



## Success Stories

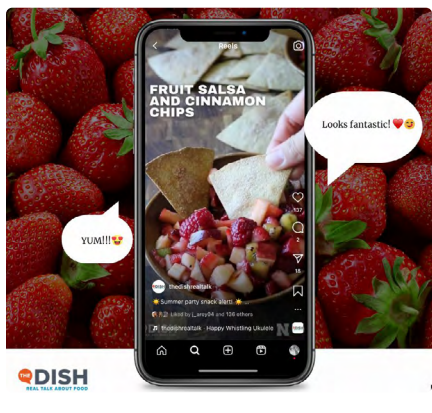
### Partnering to Provide Produce to Those in Need in Western Nebraska

*"Folks are thrilled to be getting garden fresh tomatoes and cucumbers in the summer. They keep asking for more!" - Growing Together Nebraska partner*

A high volume of families in the community are food insecure. With increasing grocery costs and limited selection from food pantries and churches, fresh produce can be difficult to obtain. The Growing Together Nebraska project in Gering has established key partnerships with local Extension master gardeners and the Community Ever Green Garden. Extension master gardeners and community volunteers spent many hours each week planning, planting, watering, weeding, harvesting, and managing the garden. Nutrition education was provided to recipients through classes and handouts that taught clients how to select, use, and store available produce.

Growing Together Nebraska grew and delivered 1,506 pounds of fresh produce that was shared with 169 individuals through partnerships with First Baptist Church of Scottsbluff, Gering United Methodist Church, and Healthy Blue (Scottsbluff). Gering United Methodist Church set produce out for families to select when attending their soup kitchen meals. Healthy Blue encouraged clients to take and enjoy produce when they visited their Welcome Room. The First Baptist Church in collaboration with local grocery stores put together food boxes that were distributed to nearly 20 families in need each week. Produce from the garden was included during the growing season. This year, they were able to distribute 666 pounds to those families. The coordinator shared that the families were especially excited when they received fresh cucumbers and tomatoes.

*"They're the most popular produce - you can't beat fresh cucumbers and tomatoes. The food boxes also included beets, turnips, and an assortment of hot peppers. A lot of folks underestimate how important having you all growing this produce for us to use is. It's always great to be able to include it in the boxes for families to have."*



### The Dish: Real Talk About Food Encourages Healthy Eating

Nebraska SNAP-Ed has Facebook and Instagram pages for The Dish: Real Talk about Food project. The main goals are to promote The Dish website, share resources and information for families, and foster relationships with adult followers. In FY 2022, the Dish social media pages reached over 9,600 and 34,000 users, respectively. As a part of the social media strategy, 16 fresh produce recipe videos were created and shared as videos or reels across multiple social media accounts and community organizations. The purpose of the videos was to generate more interest in purchasing local seasonal items from the market, promote fruit and vegetable consumption,

and demonstrate safe preparation practices. The videos resulted in over 700 likes, reactions, comments, and shares. Special attention was given to Spanish-speaking followers by sharing and providing content in Spanish in addition to English.



## Improving the Healthy Eating and Physical Activity of Children in Child Care

Go NAPSACC is a process for childcare providers that supports children's healthy eating and physical activity. Childcare providers participating in Go NAPSACC complete a pre-self-assessment and with the help of a Go NAPSACC consultant, they develop goals to improve best practices in the areas of breastfeeding and infant

feeding, child nutrition, infant and child physical activity, outdoor play and learning, and screen time. A childcare provider in central Nebraska that serves Spanish-speaking families and children improved best practices in her childcare center from 66.4% pre-assessment to 95% post-assessment. The child care provider and the Go NAPSACC consultant worked together to make changes to improve best practices, create policies for her center, and provide professional development for the center staff. A major improvement within her center was starting family style dining. Family style dining is considered a best practice when eating with children. It involves sitting at the same table with young children in small groups, with the children serving themselves when possible. The provider said, *"It is in my heart to provide the best care to the children. They need to know information before going to preschool or they will be far behind their peers."* The improvements she made during the Go NAPSACC process also helped improve her rating in the Nebraska Step Up to Quality rating system. The child care provider said, *"I appreciate the service attitude of my Go NAPSACC consultant, it helped me a lot to learn and will implement all the information that she provided me. And thank you because some of the information was in Spanish."*

## Addressing Cultural Relevance in SNAP-Ed programs

Nebraska SNAP-Ed has been focused on meeting the needs of Nebraska's diverse population, specifically Middle Eastern and Native American Nebraska residents. New Middle Eastern recipes were tested, adjusted, and shared on the website and with partners to further provide culturally relevant materials to the Yazidi population in Lincoln, Nebraska. In collaboration with the Native American Coalition, steps were taken to adjust nutrition education programming and recipes used to address cultural relevance and traditional indigenous practices. In-person classes were delivered at Urban Indian Coalition for seven weeks and showed improvements in all intervention areas. After program completion, participants were less likely to run out of food, more likely to plan meals, increased their daily fruit and vegetable intake, and decreased their sodium intake. In addition to in-person classes, online Native Nutrition Training was designed to expand the reach to Native families across the state. The online training uses the Indigenous medicine wheel as a model to focus on the four directions for healthy eating: nutrition education, food preparation and safety, cooking and recipes, and food preservation.

