

FOOD ACCESS ISSUE TEAM

Nebraska Extension improves access to affordable, nutritious and safe foods. We work with communities, consumers, producers and partners to reduce barriers to help Nebraskans grow, find, afford, choose and use healthful foods. These practices enhance rural communities, increase food security, and strengthen local agriculture and markets.

Engaging Learners and Impacting Nebraskans

12.8% of Nebraskans report food insecurity, where they lacked the money to buy food they needed. The Food Access Team increases healthful foods accessible to families through evidence-based interventions in horticulture and gardening, app marketing, and local store, market and food pantry policy changes.



Providing fresh, locally grown produce to over 12,200 adults who use food pantry services.



Engaging 33,073 low-income Nebraskans with experiences and opportunities to increase fresh produce intake at grocery stores, farmers markets, and food pantries.



Teaching 580 youth to grow their own food in school and community gardens.

Impact

Over 176,000 Nebraskans (9% of the state's population) rely on federal food assistance. Incentive programs, like Nebraska Double Up Food Bucks, make it easier for low-income families to eat fresh fruits and vegetables while supporting local farmers and growing Nebraska's economy.



Over **700 low-income families** purchased fresh, local produce using Nebraska Double Up Food Bucks. In 3 years, this program has increased from 4 to 9 sites.



Food pantry participants brought home over 35,000 pounds of fresh produce grown by Extension Master Gardeners and volunteers through Growing Together Nebraska. The estimated value is \$52,000. This **provides over 106,000 servings of fruits and vegetables** to families.

Partnerships

A strong network consisting of 5 state level and 47 local partnerships, work with the Food Access Team to reduce barriers to help Nebraskans grow, find, afford, choose and use healthful foods.

\$112,000

Provided by SNAP-Ed, Children's Hospital and Medical Center, CHI Health, The Silk Purse Foundation, the Lincoln Community Health Endowment, and Farm Credit Services of America.



Evidence-based evaluations with help from the University of Nebraska Department of Nutrition and Health Sciences.



Partnerships with Extension and Universities in Missouri, and Kansas, Wisconsin, Illinois, Indiana, and Iowa.

Connecting Youth - Nebraska Youth Center Story

Field-to-plate educational activities build youth's understanding of where our food comes from while teaching life skills and laying the groundwork for career opportunities in nutrition and agriculture. In Lincoln County, youth removed from their homes participated in Growing Together Nebraska, growing their own vegetables. According to Brenda Aufdenkamp, Extension Educator, *"Throughout the summer the youth took ownership of the garden. They valued what they had done and wanted to make sure others did not mess it up. Produce was brought to the Youth Center for the cooks to prepare. It was amazing how the boys responded to eating the various foods."* One youth reported, *"Cabbage is good."*



"They talked about what they had for supper or dinner numerous times. As the 12 week program progressed, youth were sharing their own stories with us. Without this positive and trusting relationship being fostered over several weeks,

I do not think the youth would have shared to the extent they did," said Aufdenkamp.

Impacting Health Outcomes - Jean's Story

"I just wanted you to know that I went to the doctor last week and my numbers are the best they've ever been and I credit you. I drink more water because of you. I appreciate all the tips for good health by eating healthy greens and many other vegetables to give my body energy. - Jean, a senior food pantry participant of the Seasonal Nebraska Nutrition Education and Activity Kit.

Disaster Response: During 2019, Food Access Team members collaborated with DHHS to increase awareness, provide resources, and connect impacted families to Disaster-SNAP benefits.



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