Nebraska SNAP-Ed Impacts

Nebraska's Approach

SNAP-Ed reached 12,723 Nebraskans during 2019-20, including 2,470 adults and 10,253 youth. Adults participated in Eating Smart Moving More classes, which resulted in significant improved behaviors in daily diet frequencies and nutrition/physical activity related behaviors. Youth participated in nutrition and physical activity related programs and showed significant positive intentions, knowledge and behavior changes in nutrition and physical activity. Due to COVID-19, virtual programs for adults (The Dish: Real Talk About Food) and youth (Marathon Kids, CATCH) were available. Policy, system, and environmental strategies were offered through Go NAP SACC, Growing Together Nebraska, and Double Up Food Bucks (DUFB).

Key Adult Individual Impacts

- 30% of adult program graduates increased fruit intake.
- 27% of adult program graduates increased vegetable intake.
- 36% of adult program graduates increased physical activity.
- 49% of adult program graduates improved using the nutrition facts label to make food choices.
- 39% of adult program graduates increased meal planning.

Additional Individual Impacts

- 2,470 adults reached
- 10,253 youth reached
- 59% of youth paid attention to the amount of fruit they eat each day.
- 49% of youth paid attention to the amount of vegetables they eat each day.
- 78% of youth reported that they plan to stay physically active.
- 89% of youth correctly identified that they should wash their hands before handling food.
Nebraska SNAP-Ed works with community based environmental projects within three main areas. The Go NAP SACC project is centered on improving the 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 32,796 Nebraskans through policy, system and environmental work and an additional 47,151 Nebraskans through indirect education.

**Go NAP SACC**
- 42 childcare centers
- 107 changes adopted
- 2,998 youth reached

**Growing Together Nebraska**
- 16 gardens with 42 food pantries/distribution sites
- 76 changes adopted
- 15,165 people reached
- 40,934 pounds of produce grown, worth $51,718

**Double Up Food Bucks (DUFB)**
- 80 vendors
- 4 changes adopted
- 1,048 SNAP recipients reached
- $72,933 in Double Up Food Bucks were redeemed at participating farmers markets and grocery stores
Nebraska COVID-19 Innovations

Summary
Due to the COVID-19 pandemic, Nebraska SNAP-Ed developed strategies to offer direct education using virtual formats.

Direct Education
Nebraska SNAP-Ed adapted and developed virtual programs to meet audiences in new ways:

- **1,807 individuals** participated in virtual or blended programs. **244 classes** were offered through **52** virtual or blended programs.
- **47,151 individuals** were reached through traditional media and social media.
- **Educational resources** about nutrition were offered to a variety of community partners, and also included in food donation boxes.

Community Interventions
Partnerships with community organizations were impacted by the directed health measures, however **gardens** and **childcare centers** were considered essential, and had added pressure to remain functioning, while following health measures.

The **Growing Together Nebraska** SNAP-Ed team coordinated efforts at **16 donation gardens** donating over **40,000 pounds** of fresh produce.

**Go NAP SACC** transitioned to virtual program delivery. Content was customized to meet the challenges of directed health measures. **3 virtual Go NAP SACC training workshops** were offered during the pandemic, serving:

- **110** childcare providers from
- **11** home childcare settings and
- **31** childcare centers
The Schuyler Community Garden received SNAP-Ed funds for the first time this year to support a community plot, with the produce grown being donated to Colfax County Food Pantry, Colfax County Attorney for distribution to families and the Garden Giving Basket. The garden relied heavily on coordination by the Schuyler Community Garden Committee who, with the help of FFA students, their sponsors, an Extension Master Gardener Volunteer, SCHS Greenhouse director, and community volunteers, managed the planting, maintenance, harvest and clean up.

In March, the Pantry switched from a walk-in pantry to a drive-through pantry to accommodate the increased usage and to provide a safe process. Prior to the COVID-19 outbreak, the Pantry had been serving an average of 25 families per week; by the end of March, they were serving over 100 families per week. The demand for food and produce was great. The Schuyler Community Garden Committee was able to donate 1,381 pounds of fresh, healthy produce to over 3,300 individuals.

When COVID-19 forced NE Extension, including SNAP-Ed, to cancel all in-person classes, the Go NAP SACC team had to evaluate trainings with providers. Providers were frontline workers experiencing high levels of stress as they tried to remain open and keep the children they care for healthy. As a result of the pandemic, many childcare facilities were closed or had decreased enrollment. A needs assessment was conducted to gauge the interest of providers participation in Go NAP SACC virtual workshops during the pandemic. 85% preferred virtual training and 93% stated they had equipment available to participate. The workshop content was redesigned for virtual delivery. 110 childcare providers attended three virtual workshops during the pandemic. 70% of participants strongly agreed that the content effectively addressed the objectives, 30% agreed. 67% of participants strongly agreed that the training they received will be useful in their work environment, 33% agreed.

The Morning Move-It program at Newell Elementary began as an in-person program and transitioned to a virtual program. Each week, up to 33 elementary students met for 25 minutes before school three days a week. Using the CATCH Kids Club curriculum, students were able to get moving and engage their brains before the school day. Due to COVID-19 the in-person program transitioned to a virtual program. The physical activities included nutritional aspects to incorporate learning in a different way. Students, teachers and parents all shared that Morning Move-It had a positive impact on the students and the school. “The students love going to Morning Move-It. It helps them focus in class.”