Nebraska’s Approach
SNAP-Ed reached 35,386 Nebraskans during 2018-19, which included 15,729 adults and 19,657 youth. Adults participated in the Eating Smart Moving More classes, which resulted in significant improved behaviors. Youth also participated in nutrition and physical activity related programs and showed significant positive intentions, knowledge and behavior changes in nutrition and physical activity. Nebraska SNAP-Ed policy, system and environmental approaches include Go NAP SACC trainings with child care providers, Growing Together Nebraska donation garden project, Double Up Food Bucks (DUFB) and school wellness.

Key Adult Individual Impacts

- 41% of adult participants increased fruit intake
- 42% of adult participants increased vegetable intake
- 33% of adult participants increased physical activity
- 40% of adult participants implemented new price comparison skills
- 48% of adult participants increased planning meals

Key Youth Individual Impacts

Teachers who completed classroom surveys after SNAP-Ed interventions reported student improvement in the following areas:

- 99% improvement in awareness of nutrition
- 76% improvement in making healthier meal and/or snack choices
- 65% improvement in physical activity
- 85% improvement in hand washing

Community Impacts
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 is a community donation garden project. 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 items.

Growing Together Nebraska (GTN)
- 13 garden sites
- 134 supports adopted
- 12,200 individuals received food
- 35,400 pounds of produce grown, worth over $52,400

Double Up Food Bucks (DUFB)
- 59 vendors
- 9 sites
- 17 supports adopted
- 737 families involved
- $39,000 SNAP dollars spent by DUFB participants at participating farmers markets and grocery stores
- $23,000 DUFB redeemed

Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC)
- 65 sites
- 833 supports adopted
- 3,636 children reached through 100 childcare providers

Community Impacts graph based on reach for each PSE
Food Access at Siouxland Community Health Center

Siouxland Community Health Center (SCHC) of Nebraska partnered with the Voices for Food (VFF) Project to establish a “hub” location for daily produce drop off to increase fresh produce access for low income medical clients. Since SCHC serves low income clients with medical needs and is open daily, this partnership was mutually beneficial. Ninety-eight percent of participants at SCHC are at or below 200% of the Federal Poverty Level guidelines. The project started with marketing the site as a hub, recruiting gardeners to drop off produce at the site and preparing the site to accept produce. Skilled gardeners at SCHC assisted with three raised beds to grow produce on site. The success of this partnership exceeded expectations, as 2,548 pounds of produce were made available (by community donations and grown on site) to over 600 low income medical clients at the health center. This collaborative effort by Nebraska Extension and SNAP-Ed’s Growing Together Nebraska has strengthened the food system for families living in Dakota County, Dave Faldmo, SCHC Medical Director said this about this work, “We screen our patients annually for social determinants of health, which includes food insecurity and this partnership has been a great addition to our efforts to address social determinants of health.”

Early Childhood Health

The impact of the Go NAP SACC program has had on Corazoncitos Learning Center is evident right when you walk in the facility. Upon entering, parents, children and visitors are greeted with bi-lingual signage that shows their support for breastfeeding mothers. As you walk through the classrooms, (infant, toddler, and preschool) materials which promote movement and physical activity can be found in each room (i.e. music and movement materials, fabric tunnels, literacy connections, etc.) Teachers have also worked hard to incorporate intentional nutrition and physical activity education into their daily lesson plans. This site has also excelled in implementing family style meal services during all meals (breakfast, lunch, and dinner). While this was a challenge at the beginning of their Go NAP SACC journey. The staff embraced this new concept as a learning opportunity and now enjoy mealtimes more than ever.

Gardening Program with Tribal Organization

Two Extension professionals in Thurston county offered a summer school program in Macy, NE, which falls within the Omaha Reservation. The program was delivered to 70 elementary aged youth using the Learn, Grow, Eat & Go nutrition and gardening curriculum. They met with the youth each week, for a total of 10 sessions. The lessons focused on improving overall diet quality and physical activity, as well as food resource management skills and safe food handling practices. Youth had the opportunity to taste test a variety of fresh fruits and vegetables. Before the program began, 27% of the youth said that they liked eating cauliflower. However, after the program, 57% liked cauliflower.