

Nebraska SNAP-Ed Impact Report – 2024

Empowering Healthier Lives Through Nutrition Education and Community Partners

Nebraska SNAP-Ed is a partnership between the Nebraska Department of Health and Human Services and the University of Nebraska-Lincoln Extension to provide obesity prevention efforts to persons eligible for SNAP. In FFY 2024, Nebraska SNAP-Ed reached 119,161 individuals through direct education (24,684), environmental strategies (25,165), and indirect education (69,312). Participants with limited resources improved nutrition and physical activity-related knowledge, behaviors, and intentions. The Dish: Real Talk About Food increased indirect education reach. The Nutrition and Physical Activity Self-Assessment for Child Care (Go NAPSACC), Growing Together Nebraska, and Double Up Food Bucks interventions improved the access, affordability, and appeal of healthy lifestyle options.

Total Reach: 119,161 individuals



24,684

Individuals (45% adults, 55% youth) were reached through direct nutrition education



69,312

Individuals reached through indirect education



25,165

Individuals reached through policy, systems, and environmental changes

Behavior Outcomes



39%

of adult participants met fruit consumption guidelines



41%

of adult participants met vegetable consumption guidelines



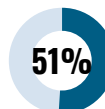
43%

of adult participants identified foods on sale or used coupons to save money

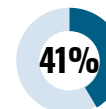


43%

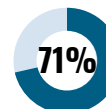
of adult participants met physical activity guidelines



51%
of youth participants, reported they plan to eat the recommended fruits and vegetables



41%
of youth participants, reported they plan to drink less sugary drinks



71%
of youth participants, reported they plan to stay physically active

PSE Strategies



Nebraska Go NAPSACC

Partnered with 45 child care facilities to improve nutrition, physical activity, screen time, and infant feeding. Over 2,400 children/providers were impacted.



Growing Together Nebraska (GTN)

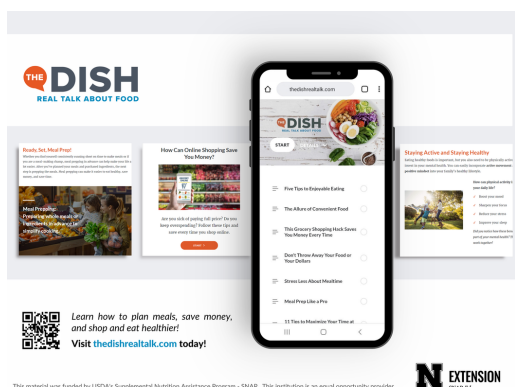
Donation gardens grew and donated 44,601 lbs of produce (133,804 servings) to 20,861 individuals. Also provided education on gardening and nutrition.



Double Up Food Bucks (DUFb)

\$233,309 redeemed for fruits and vegetables at 26 grocery stores/farmers markets. Expanded healthy food access across 16 communities.

Indirect Reach Across the State



The Dish: Real Talk About Food Connects with Learners Online

In 2024, NebraskaSNAP-Ed expanded The Dish, a digital hub offering practical, money-saving tips on meal planning, grocery shopping, and healthy eating. Website engagement more than doubled in 2024, reflecting a growing demand for nutrition education, with many users reporting stress around label reading, budgeting, and meal prep—areas that The Dish helps simplify.

Beyond the website, The Dish reaches families through digital content in food pantries and community sites, offering quick tips and QR codes for continued learning. By meeting people where they are, The Dish strengthens nutrition knowledge across Nebraska.

Success Stories

Go NAPSACC: Growing Healthy Habits in Childcare

At Fits & Giggles Child Care in rural Nebraska, staff embraced the Go NAPSACC program to improve their nutrition and wellness practices. With coaching and support from their Go NAPSACC consultant, they introduced a teaching garden that turned mealtimes into learning opportunities and helped kids connect with food in a fun, hands-on way.

The Director worked closely with the SNAP-Ed Go NAPSACC consultant to create lasting changes and saw children become genuinely excited about trying new fruits and vegetables. She shared, “Seeing our children excited about healthy eating has been incredibly fulfilling.”

Through Go NAPSACC, early care centers like Fits & Giggles are becoming places where healthy habits grow right alongside the children.



Growing Together Nebraska: A Garden That Teaches

At the Hope Center for Kids in Omaha, youth in grades K-2 got their hands dirty growing, harvesting, and tasting vegetables through the Growing Together Nebraska garden. Each week, they explored the garden, learned where food comes from, and took produce home—along with kid-friendly recipes.

One spring, they planted snap peas indoors and later moved them outside. When harvest time came, they celebrated with a “Pea Party,” discovering that peas provide protein—“which gives you power!”

When asked what they thought of the experience, one child said: “I would give this Pea Party a 10 out of 10.” This hands-on learning built confidence and excitement about healthy eating—lessons that will last far beyond the growing season.

