

January 20, 2022

Bob Missel, Chair
Dodge County Board of Supervisors
435 North Park
Fremont, NE 68025

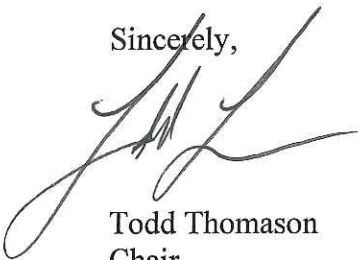
Dear Supervisor Missel:

Nebraska Extension is pleased to continue a strong tradition of making a difference in the lives of individuals, families, businesses and communities in Dodge County! Our programs address issues that Nebraskans have identified as being important to them.

Enclosed you will find local Extension programming and financial summaries for 2021. Specific items include 1) Summary of 2020-21 budget expenditures, 2) Current fiscal year 2021-22 budget, 3) County Impact Report, 4) Brief program summary statements for each educator and assistant/associate, and 5) Samples of 4-H newsletters, major program brochures, and other items that represent 2021 programming.

Thank you for continuing to invest in Nebraska Extension as a local collaborative partner. We strive to be great stewards of resources and work hard every day to demonstrate a strong return on your investment. As you know, Extension educators and assistants live, work and engage with people in your local and area communities. We look forward to making a difference in the lives of Nebraskans together with you!

Sincerely,




Todd Thomason
Chair
Dodge County Extension Board



Kathleen Cue
Extension Educator
Nebraska Extension in Dodge County

Enclosures

DODGE COUNTY BUDGET -- FISCAL YEAR, 2021-2022

Line #			BUDGET	ACTUAL	BUDGET	ACTUAL	BUDGET	ACTUAL	DEPT.	FINANCE	COUNTY	ADOPTED		
			EXPENSE	EXPENSE	EXPENSE	EXPENSE	EXPENSE	EXPENSE	REQUEST	COMM.	BOARD			
			2018-2019	2018-2019	2019-2020	2019-2020	2020-2021	2020-2021	2021-2022	PROPOSED	PROPOSED			
				(3)		(3)		(3)	(4)	(5)	(5)	(6)		
		EXTENSION SERVICE												
1	0100 64500 10305	REGULAR CLERICAL	64,500	63,396.15	65,000	63,413.56	70,000	58,522.99	75,000	75,000	75,000	75,000		
2	0100 64500 10405	PART-TIME CLERICAL	500	370.00	2,000	75.00	2,000	490.00	2,000	2,000	2,000	2,000		
3	0100 64500 10000 E5	PERSONAL SERVICES	65,000	63,766.15	67,000	63,488.56	72,000	59,012.99	77,000	77,000	77,000	77,000		
4														
5	0100 64500 20100	POSTAGE	2,300	833.77	1,000	1,253.02	2,100	1,200.13	2,100	2,100	2,100	2,100		
6	0100 64500 20200	TELEPHONE	3,500	4,398.15	4,100	3,375.78	3,800	7,672.16	3,800	3,800	3,800	3,800		
7	0100 64500 20500	UTILITIES	6,000	6,243.32	6,300	5,154.99	6,300	5,603.26	6,300	6,300	6,300	6,300		
8	0100 64500 20505	JANITORIAL,GARBAGE, SNOW	3,000	2,439.71	3,000	837.40	2,000	375.00	500	500	500	500		
9	0100 64500 21101	COMPUTER EXPENSE												
10	0100 64500 21200	OFFICE EQUIP.-REPAIR	300	178.99	300	50.00	300	0.00	500	500	500	500		
11	0100 64500 21704	MILEAGE,MEALS,LODGING	10,000	7,223.54	10,000	4,442.45	10,000	1,613.67	8,000	8,000	8,000	8,000		
12	0100 64500 21801	DUES,SUBSCRIPTS,REG.	1,000	1,112.08	1,000	560.98	1,000	1,527.94	1,000	1,000	1,000	1,000		
13	0100 64500 22544	SOFTWARE MAINTENANCE	1,800	932.04	1,100	858.34	1,000	766.60	1,000	1,000	1,000	1,000		
14	0100 64500 22545	MAINTENANCE AGREEMENTS	200	180.00	200	180.00	200	180.00	200	200	200	200		
15	0100 64500 24003	BIO-SOLIDS GRANT												
16	0100 64500 20000 E5	OPERATING EXPENSES	28,100	23,541.60	27,000	16,712.96	26,700	18,938.76	23,400	23,400	23,400	23,400		
17														
18	0100 64500 30101	SUPPLIES	10,000	7,889.92	10,000	8,231.97	9,000	7,418.13	9,000	9,000	9,000	9,000		
19	0100 64500 30000 E5	TOTAL SUPPLIES	10,000	7,889.92	10,000	8,231.97	9,000	7,418.13	9,000	9,000	9,000	9,000		
20														
21	0100 64500 40501	EQUIPMENT/OFFICE RENT	8,700	8,882.06	9,000	7,827.64	9,000	5,348.22	9,000	9,000	9,000	9,000		
22	0100 64500 40000 E5	CONTRACTUAL/RENTAL	8,700	8,882.06	9,000	7,827.64	9,000	5,348.22	9,000	9,000	9,000	9,000		
23														
24	0100 64500 50500	EQUIPMENT	4,500	10,104.50	8,300	3,230.39	6,000	8,367.46	6,000	6,000	6,000	6,000		
25	0100 64500 50000 G5	TOTAL CAPITAL OUTLAY	4,500	10,104.50	8,300	3,230.39	6,000	8,367.46	6,000	6,000	6,000	6,000		
26														
27														
28	0100 64500	TOTAL EXTENSION SERVICE	116,300	114,184.23	121,300	99,491.52	122,700	99,065.56	124,400	124,400	124,400	124,400		
	To the County Board:													
	Request is hereby made for the adoption of the estimated budget expenses for the fiscal year commencing July 1, 2021, and ending June 30, 2022 as indicated in Column (4).													
	Dated	9-15-21	2021	Extension										
				Office, Activity or Function	Signature of Official									

Beth Nacke – Activity Insight Summary – 2021

In 2020 success was reimagining programs and partnerships, in 2021 the key was to be nimble. Virtual connections are no longer a luxury, but vital for program growth. Technology has allowed the expansion of Monthly Meal Kits into 9 counties, engaging 261 youth in nutrition education, increasing access to safe and nutritious foods, and boosting the local economies. The strong partnership with the PE program in Fremont has set the foundation to build similar partnerships across my accountability region. This year I helped to establish nutrition programs in two elementary schools in Platte County, and I am working to build a network to expand this model across the state to bring CATCH nutrition into this ideal setting by presenting at local and state education conferences.

2021 saw the continuation of weekly, and bi-weekly local and regional food security task force meetings. Involvement has served as a method to learn more about the systemic issues facing food security as well as an opportunity to collaborate with new partners to bring the Monthly Meal Kits to additional communities. I served as the interim SNAP-Ed supervisor for 3 NEP assistants in the Lancaster office as well as continuing to serve as the supervisor of the NEP assistant in Dodge County. Supervising staff outside of my office presented unique challenges, but also provided an opportunity to create small group meetings with NEP staff that helped to foster relationships within the team.

Partnerships/Coalitions

- Fremont Family Coalition
- Nebraska VOAD Food Security Task Force
- Dodge County Food Security Task Force
- Community and Family Partnership Council-Serving Colfax and Platte Counties
- Blair Tech Team-Dana College Connected Youth Initiative Project
- Nebraska Team Nutrition
- Whole Child, Whole Community Coalition
- Nebraska Unconnected Older Youth Task Force
- Nebraska Department of Education

Leadership

- Nutrition Education Program supervisor
- Fremont Family Coalition Leadership Board
- School Wellness Team Coordinator
- Nebraska Extension Marathon Kids Leadership Team
- Monthly Meal Kit Program Coordinator

Grant Work

- Healthy Habits
- Growing Together Nebraska

- Nebraska Children and Families Foundation
- Nebraska Department of Education, Team Nutrition LIFT

Programs of Significant Impact:

- Monthly Meal Kits
 - 261 students enrolled
 - Household reach: 781 youth, 539 adults
 - 121 pounds of GTN garden produce
 - \$19,742 infused into local economies in 9 counties
- Healthy Habits - CATCH PE Nutrition lessons
 - Fremont Public Schools-8 sites
 - 908 youth grades 2, 4, and 6
 - 6 sessions, 9 lesson topics
 - Columbus Lakeview-2 sites
 - 292 youth grades K, 2, 4, and 6
 - 6 sessions, 9 lesson topics
- Healthy Habits Summer STEAM
 - FPS-92 youth grades K-8
 - Cedar Bluffs-72 youth grades K-8
 - Engaged 6 Teen Ambassadors serving a combined 89 hours
- Nebraska Extension Marathon Kids (NEMK)
 - Team collaboration-Virtual Club
 - 16-week program 5/1/2021-7/31/2021
 - 558 youth, 80 adults, logging 17,514 miles
 - Dodge County Summer STEAM
 - 10-week program 6/1/2021-7/31/2021
 - 24 youth, 2 adults, logging 1,017 miles
- Growing Together Nebraska-Dodge County
 - Coordinated three garden locations
 - Donated 892 pounds of produce to 432 low-income individuals at 4 partner sites
 - Engaged 12 volunteers completing 219 volunteer hours
- The Dish: Real Talk about Food virtual series

Presentations and Awards

- Association of SNAP-Ed Nutrition Networks and Other Implementing Agencies (ASNNA) Poster Session Presentation
 - Abstract Title: Nebraska Extension SNAP-Ed Collaborates to Identify Gaps in Food Distribution Efforts; Expands Food Distribution Program for Underserved Middle and High School Teens
- SHAPE Nebraska Annual State Conference
 - READY, SET, RUN! Nebraska Extension Marathon Kids
 - CATCH Kids Club Nutrition-The Perfect Pair with PE
- Nebraska Healthy Kids Summit-Nebraska Extension Marathon Kids
- Healthy School Conference-School Wellness

- National Extension Association of Family & Consumer Sciences, Family Health and Wellness Central Region Winner-Nebraska Extension Marathon Kids

Professional Development

- National Anti-Hunger Policy Conference
- American Society of Nutrition, Excellence in Nutrition Research and Practice seminar; Designing, Implementing and Presenting Research to be Reviewed by the 2025 Dietary Guidelines Advisory Committee
- Addressing the Challenges of Poverty National Conference- San Antonio
- Nebraska Regional Food Systems Initiative Summit; Feeding the Future with Farm to School
- No Kid Hungry Center for Best Practices: Rural Child Hunger Summit
- Numerous nutrition seminars through Today's Dietitian

Professional Goals

- Prevent and reduce the level of obesity and chronic disease in low-income Nebraskans through evidence-based multi-level interventions/public health approaches that reach low-income households most impacted by health disparities.
 - Communities may establish or participate in local food policy councils to inform key decision makers and to facilitate change across sectors of influence.
- Increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget consistent with the Dietary Guidelines for Americans and Food Guidance System.
 - After participating in SNAP-Ed programming, SNAP-Ed participants will make healthier food choices and indicate increased physical activity after participation
- Expand the Monthly Meal Kit food security program to a state-wide program
 - Increase participation of Extension professionals in food security efforts to increase reach and improve outcomes
 - Expand school partnerships to include food security in school wellness efforts

Personal Goals

- Begin working towards my MPH
- Seek professional development opportunities to improve my ability to serve in my role as an NEP supervisor
- Continue to seek out opportunities for diversity and inclusion professional development

Ryann Ickes, Extension Assistant, Nutrition Education Program

2021 Summary Statement

As mentioned in my 2020 summary statement, Beth and I worked closely together on a plan moving forward as the remaining two NEP staff in our office—we assessed our situation, prioritized our programming efforts, and did what we felt was necessary to ensure we were making the best use of our time. The first half of 2021 was spent much like the majority of 2020—working from home—and during this time I was able to take part delivering *The Dish: Real Talk About Food* virtual lessons with several of my NEP colleagues, prepare for summer programming, help kickstart the growing season at my GTN garden site in Schuyler, and work with Beth on continuing our food access project from the year before.

With a successful pilot at Raymond Central Public Schools, and with grant funding from the Nebraska Children and Families Foundation, we were able to turn our “recipe box” idea into a reality, which we called *Monthly Meal Kits*. Pilot phase 2 consisted of partnerships with several other schools, stores, and Extension staff in various parts of the state (our goal from 2020). With help from an FNH Educator in the area, we were able to have great success with the schools and stores in Ord and Loup City. We were even able to establish a partnership with Omaha Nation Public Schools in Macy, where I delivered kits during the summer months. During this time, I also completed my Capstone course, which I was able to tie into my work. The title of my project was *Measuring the Impact of Nebraska Extension’s Monthly Meal Kits: Report of Pilot Phase 2*.

Taking on the responsibility of developing and coordinating the Monthly Meal Kit program was a large task but was incredibly helpful in staying productive during a time where we were unable to deliver direct education. It wasn’t until June that I could return to my office, but this allowed me to deliver in-person programming for the first time in over a year. Over the course of the summer, I taught 135 youth in grades K-8 in three communities using four different curriculums. In Cedar Bluffs, the youth at the school’s summer program received lessons and food samples from *Kids in the Kitchen*. At Fremont’s Summer STEAM program, the younger group received lessons and food samples from the Junior Master Gardener curriculum (*Learn, Grow, Eat & Go!*), while the older group received lessons and food samples from *Teen Cuisine*. In addition to these nutrition lessons, we also utilized physical activity games from *CATCH Kids Club* in both Cedar Bluffs and Fremont. Additionally, as part of the GTN grant, I taught *Learn, Grow, Eat & Go* to a small group of youth in Schuyler.

While the summer provided many opportunities to resume in-person programming for youth, the same could not be said for adults. However, I was able to reach adults who were recipients of produce from the Colfax County GTN garden. Using the collection of English and Spanish SNNEAK sheets that were available to me, I designed and printed 45 educational booklets that were distributed to adults in both Schuyler and Clarkson. Reaching an additional community in Colfax County was a goal of my 2021 GTN project, and I was able to do so by connecting with the local housing authority. Sunrise Apartments in Clarkson joined the Colfax County Food Pantry, the County Attorney, and the garden giving box as GTN produce donation sites. In total, we were able to donate over 2,370 pounds of fresh produce—a significant increase from last year—to more than 2,700 individuals in Colfax County. In addition to managing the Colfax County GTN garden, I also helped with quite a lot of the hands-on work at the Dodge County garden, as it is conveniently located directly behind our office. They were also able to add an additional donation site for their garden produce—in our Monthly Meal Kits! Participants in Fremont Public Schools received fresh zucchini, peppers, and tomatoes in the month of August.

One goal from last year was to create a more robust elementary PE program for Fremont Public Schools, and I believe we did just that. Working closely with the six elementary teachers and two JCAC teachers,

we were able to reach more than 1,000 students in 2nd, 4th, and 6th grades between August and December. Kindergarten lessons will be delivered during the second semester of the 2021-2022 school year, which will add nearly 350 more students to the total. With such a successful program in Fremont, we were able to offer these CATCH PE lessons to the Columbus Lakeview School District, which consists of Platte Center Elementary and Shell Creek Elementary. With assistance from Beth and myself, these lessons were delivered primarily by Extension staff from Polk and Platte counties, though I did spend two days in Platte Center teaching lessons to Kindergarten, 2nd, and 4th grades.

Overall, my contributions to SNAP-Ed helped achieve our goal of providing comprehensive-level obesity prevention services to 47,534 individuals in 2020-21 through direct education, environmental strategies, and indirect education. Through direct education, SNAP-Ed reached 14,878 Nebraskans; 13% of the audience served were adults and 87% were youth. A total of 12,943 youth (up to 17 years old) participated in SNAP-Ed. Evidence-based curriculum used with youth audiences (n=575) reported the following positive differences from pre- to post-program: (1) paid more attention to daily fruit consumption, vegetable consumption, and their level of physical activity each day; and (2) after the program, 73% reported that they learned about healthy food choices, and 39% had given their family ideas for healthy snacks. A total of 19,874 Nebraskans was reached using policy, system, and environmental (PSE) interventions in 2020-21. Growing Together Nebraska (GTN) projects donated 48,328 pounds of produce worth over \$61,767 impacting more than 14,450 individuals. The estimated number of indirect SNAP-Ed recipients reached was 12,782.

Though these statewide numbers are impressive, the expansion of our Monthly Meal Kit program to schools across the state will lead to an even greater SNAP-Ed reach in the following year and hopefully in several years to come. We began 2021 with less than 50 participants, and in 2022 we currently have more than 250 enrolled. Providing children and families with the ingredients and tools needed to make nutritious meals is incredibly impactful in and of itself, but we know that direct education from SNAP-Ed (and possibly 4-H) is vital to this program's effectiveness. For this reason, that is one of our goals for the next year—to incorporate direct education with Monthly Meal Kits. I not only consider this program to be my greatest accomplishment of 2021, but I also wholeheartedly believe in its potential to increase Extension's reach and—more importantly—to increase our impact as well.

Kathleen Cue Activity Insight 2021

Summary Statement

Nation Nourishment Food Sovereignty Program

Through the Nation Nourishment Food Sovereignty Program (NNFSP), I provide horticulture education to develop gardening skills for Indigenous people, improve their access to food, and foster gardening as a cottage industry. The goals and objectives of the program are to positively impact the health and wellness of Indigenous communities. This program aligns with UNL and Extension's partnership with the UmoNhoN Tribe to support their vision for food and economic sovereignty. Along with Rural Prosperity Nebraska Tribal Educator Ted Hibbler and RPN Educator Jordan Grummert Rasmussen, we partner with the Center for Rural Affairs and are supported with grant dollars through the USDA.

- 15 Indigenous people from the UmoNhoN and Santee nations participated in 35 classes.
- 100% of program participants grew their own food
- 4 Indigenous beginning farmers gained employment because of their education through Nation Nourishment.
- NNP has a multiplier effect by serving as inspiration for the development of the new UNL East Campus Indigenous High School Youth Community Garden. I serve as advisor, modeling classes on those in NNFSP.

Nebraska Pollinator Habitat Certification Program

The Nebraska Pollinator Habitat Certification Program fosters best management practices with the intention, goal, and objective to help pollinators (critical to food production) survive and thrive. I serve as lead educator, collectively partnering the work and expertise of Entomology Educator Jody Green and horticulture associates Mary Jane Frogge and Scott Evans.

- 26 new certified habitats in 2021, bringing the total to 158 certification sites spanning 22 counties.
- 77% (n=97) of habitat respondents have increased plant abundance and diversity in their gardens to promote pollinator health because of education from the program.
- 71% delayed garden clean-up to protect pollinators overwintering in plants.
- 99% expressed pride for doing their part to conserve pollinators, with 96% sharing information about pollinators with others.

Growing Together Nebraska

I provide support and education to Nebraska Extension Master Gardeners who volunteer their efforts through the *Growing Together Nebraska* (GTN) project. With the goal to provide food for the food insecure, Master Gardener volunteers have raised and donated 970 pounds of fresh produce in Dodge County and 648 pounds in Washington County. GTN's successful efforts are the result of the partnership

with Food, Nutrition, and Health educators Beth Nacke (Dodge County), Ryann Ickes (Dodge County), and Jordan Luxa (Washington County).

Key Extension Excellence Practice as Focus of Improvement

My key extension practice focuses on relevancy to meet the needs of Nebraskans wherever they are, whether in person, virtually, via phone or internet, or through social media. Regardless of how questions are asked, inquiries are relevant because they represent a need. I taught 3 workshops for the GRO Big Red Virtual Gardening Series which collectively reached 1742 people across Nebraska and beyond; 137 people visited our Community Landscapes booth, which I staffed one day, at Husker Harvest days; and I directly delivered 28 programs, reaching 893 adult learners and 96 youth learners, and answered 561 horticulture inquiries within my accountability region.

What's on the Horizon—Next Steps

Relative to 2022 goals and objectives, my focus will center on the Nation Nourishment Food Sovereignty program as first year learners transition to their second year in the program and mentor the new group of first year learners. I will continue my focus and work of pollinator habitat establishment with a new project at ENREC to re-vamp the entrance and courtyard gardens and provide a landscape management plan for maintenance staff.

**Lisa Poppe, Early Childhood Educator
Engagement Zone 8**

In 2021, amid the continuing pandemic, online programming remained high. This was a perfect year to expand our reach and make online resources available to families and childcare providers through a brand new www.fitandhealthykids.unl.edu website and reach new audiences through social media campaigns both in English and Spanish.

I taught/co-taught over 10 programs this year with cumulative contacts of 965 early childcare professionals, teachers, providers, and parents. This impacted about 20,455 children indirectly. I awarded 1,829 childcare credit hours for early childhood professionals. I have co-authored two on demand lessons which are housed at Penn State, contacting 2,342 participants from 41 states, 2 Military Posts – Pacific, Europe. These programs reach across the state of Nebraska, nationally, and internationally. Seven of my papers have been downloaded 3,801 times from DigitalCommons@University of Nebraska-Lincoln.

The largest online program that I am a part of is Fit and Healthy Kids. I'm one of the team developers, teachers, hosts, marketers, and evaluators of the Fit and Healthy Kids series, the Fit and Healthy Kids on-demand classes, and the Fit and Healthy Kids conference. These three online options offer different learning styles for our clientele. The programs target STEM and Social Emotional development. The on-line conference had 114 providers with 713 affecting 713 children, The on-line series served 3,754 providers affecting 77,783 children indirectly and the on-demand lessons had 189 providers affecting 9,482 children. Through evaluation, we found that participants saved \$248, 814 in mileage since the classes were online and a savings of \$102,580 in time off of work. Participants really enjoy this online format. Qualitative data reported, *"I liked the mixture of lecture and videos as well as the power point was easy to keep me focused. The two different instructors were nice to get info from both. I thought the instructors provided a lot of relevant information in an hours' time. I love that they do an excellent job of providing spoken and presented information."*

I am a co-lead for the Learning in the Heartland team from four adjoining states. We received a \$7500 Innovation Grant from UNL for Learning in the Heartland, a virtual preschool program. Four of the five lessons are complete. We piloted the Fire Station virtual tour and lessons in October during Fire Prevention month and during this month 83 people downloaded the teacher guides and videos. Immediate responses were, *"Great videos, great learning... The lessons were accessible, relevant and engaging to the children. I used the center activities, and the children loved the field trip videos."*

I co-taught an online CHIME class on Mindfulness. This eight-week class came with homework in-between the studies. Statewide, CHIME classes reached 67 participants. Data concluded that participants increased their mindfulness and mental well-being and significantly decreased their perceived emotion dysregulation from before to after participating in the 8-week CHIME program. A participant from our class stated, *"The CHIME class was very beneficial for me. It helped me to be more conscientious about my feelings and how meditation/deep breathing can calm a person's mind and body. It was helpful to have reminders throughout the week to refocus*

throughout the bus-ness of life.” This past year I have been working with Kansas State University to develop an online CHIME class using the CANVAS platform.

In 2021, the Co-Parenting program published results in the Journal of Child and Family Studies, Longitudinal Effects of Co-Parenting for Successful Kids: Using Mixed-Effects Models. The findings from the study of participants suggested that the CPSK curriculum is effective in reducing parenting stress, increasing parental self-efficacy, and decreasing parental anger over time. The program had 2004 online registrations for 2021. I graded 2,782 assignments which average about 214 participants. Participants reported an average of 31.2% increase on their co-parenting knowledge after the program, compared to their previous knowledge. A participant stated, *“Children’s behaviors in response to stress. Knowing these things helps me be more educated and gives knowledge in case I need to take action.”*

I am a coach for the Dodge County Rooted in Relationships initiative. This program is run through the United Way and it partners with communities to implement evidence-based practices that enhance the social-emotional development of children. In addition, each community establishes a multi-disciplinary stakeholder team charged with developing and implementing a long-range plan to influence the early childhood systems of care to support the healthy social-emotional development of children. Providers shared that they have very positive relationships with their coaches who they find to be supportive and whose expertise has helped them grow. They noted that RIR has changed some of their teaching practices. They use more positive reinforcement and have implemented new strategies to respond to challenging behaviors. Providers feel more confident in communicating with parents and sharing Pyramid Model strategies parents can use at home. External evaluators observed three infant-toddler rooms and two preschool rooms at baseline and after 18 months of coaching. Classrooms demonstrated strong improvements in implementing Pyramid Model practices over time. Negative practices decreased and fidelity to the model increased.

In 2021, I became a certified Professional Development Specialist for the CDA Program (Child Development Associate Credential). I am certified in Family Home and Child Care Center. I completed observations for five childcare providers. This year because of a tax credit, if a childcare provider had their CDA and some additional items they were eligible to receive a possible tax credit from \$600 - \$1600.

In order to better serve our clientele, in 2021 the new Fit and Healthy Kids website was developed. (www.fitandhealthykids.unl.edu) This multi-state website encompasses our 4 online class opportunities along with provider resources and materials. The site went live the end of September and in less than 90 days we had over 16,000 views. I was also able to help our team by partnering with the agency Communities for Kids in Nebraska. We developed social media posts on Quality Childcare in both English and Spanish. We increased the website views on the Choosing Quality Childcare page by 50%.

“Through relevant and timely resources and programming, our EC team is crucial to supporting the early childhood workforce and families with young children in Nebraska, nationally and beyond.”

Dodge County

2021 Impact At-A-Glance



Brought to you by Nebraska Extension

dodge.unl.edu



The Growing Together Nebraska (GTN) garden project makes a significant impact on food security and provides an engagement opportunity through partnerships with community members and organizations.

Dodge County Extension has been participating in the GTN garden project since 2019, donated over 2,600 pounds of produce, partnered with multiple community agencies, and engaged 29 volunteers, crucial to the program's success. Master Gardener Lisa O'Connell influences volunteer recruitment by leveraging her connections to engage GTN recipients as volunteers, limiting the stigma of food insecurity. "The garden has made a huge impact on the community. We are part of helping with the food insecurity our community is experiencing as healthy food costs rise." -Lisa O'Connell

Programs At-A-Glance

- Fit and Healthy Kids online series targets STEM and Social-Emotional development: over 3,897 participants, awarded 4,233 credit hours, and indirectly impacted over 96,423 children.
- Monthly Meal Kits, a food resource and nutrition education program targeting secondary school students, served 58 youth, 35 adults and infused \$7,600 into the local economy.

1,590

Dodge County youth were reached through SNAP-Ed, 4-H, and Community Environment programming.

893

Adults reached through in-person and virtual lessons, including the Gro Big Red Gardening Series

593

Inquiry response via direct feedback, plant sample submission, and the Digital Diagnostic Network



It's the final weekend of the 2021 Nebraska State Fair! Visit <https://www.statefair.org/> to get tickets and check out everything the Fair has to offer. Head to the fairgrounds in Grand Island through Labor Day - September 6th, to experience the Fair!

Download the 4-H at State Fair mobile app to access to 4-H results, show programs, and contest schedules at the Nebraska State Fair: 4h.uof.edu/state-fair/#app

State Fair Static Exhibit Results

[Nebraska State Fair](#) 4-H static exhibit results are now available!

Find them on the Nebraska 4-H app or nebraska4hresults.com



Pick Up State Fair Static Exhibits from Extension Office

Dodge County static exhibits will be picked up at the conclusion of the Nebraska State Fair by Extension Staff and volunteers. Upon return to our office in Fremont, static exhibits will be grouped by family for pick up. **Please stop by the Dodge County Extension office from 8:30am-6:30pm Wednesday, September 8 to pick up your exhibits.** Items will be available for pick up in the Extension Office during normal business hours, 8:30am to 4:30pm, Monday-Friday after Wednesday the 8th. Email reminders will be sent to families with exhibits waiting to be picked up starting on Monday, September 13.

County Fair Awards and Premiums

Watch your mail in the next few weeks - we are sending premium checks to exhibitors from the



N
EXTENSION



CONSERVATION WORKSHOP

Learn about conservation and fishing from an expert.

June 15th, 2021
9:00 am to Noon

Fremont State Lakes
Meeting Hall (near Lake 16; West entrance)

Cost
\$25

The workshop will be taught by Philip Stollberg, Park Superintendent II at the Fremont State Lakes

Enjoy a morning at the Fremont State Lakes and learn about conservation of our natural resources and fishing as a hobby. Participants will also make a project that can be entered at the fair.

Complimentary continuing education hours? Don't want to travel? Pull up a comfortable chair and join us on the web! Attend the "live" session or watch a recording up to one week later.

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, South Dakota, Iowa, and Colorado to meet annual in-service training requirements.

Web-based Once A Month For Early Childhood Professionals - 2021-2022

EARLY CHILDHOOD HEALTH OUTDOORS: UTILIZING NATURE PLAY IN OUTDOOR LEARNING SPACES

October 4, 2021, 7:00-8:00 p.m. CST

Familiarize participants with the Early Childhood Health Outdoors Program. Learn new ideas to increase utilization of outdoor spaces.

Instructors: Adrienne Sedlak, ECHO Education and Outreach Manager / Katie Krause, Nebraska Extension Educator



SUPPORTING BREASTFEEDING IN EARLY CARE

November 1, 2021, 7:00-8:00 p.m. CST

Breastfeeding friendly practices in early care including practical steps to normalize breastfeeding for children and how to provide culturally appropriate breastfeeding support to families.

Instructors: Ann Seacrest, RN, IBCLC, Consultant ars-health / Stephanie Bradley, CLC, Founder/Executive Director - Touch of Gold

CREATIVE COOKING WITH YOUNG CHILDREN

December 6, 2021, 7:00-8:00 p.m. CST

Cooking can help young children learn about food, practice basic math concepts as well as build language skills and self-confidence. In this presentation we will learn strategies to successfully incorporate cooking experiences into early childhood care.

Instructor: Cami Wells, Nebraska Extension Educator



STRATEGIES TO ENHANCE TRANSITIONS AND ROUTINE

January 10, 2022, 7:00-8:00 p.m. CST

Transitioning from one activity to the next can be a very challenging time for children and their providers. In this presentation, we will explore how to best support children with effective strategies for transitions and routines in their environment.

Instructor: Tristen Cope, Kansas State Extension

STORYBOOKS THAT TEACH

February 7, 2022, 7:00-8:00 p.m. CST

Children love reading books and what a better way to form relationships and have children learn than through a good book. This session will focus on three different resources that you can use as a jump start to several weeks' worth of lessons for the children in your care.

Instructors: Audrey Rider, South Dakota Extension / Lisa Poppe and LaDonna Werth, Nebraska Extension



LET'S GO OUTSIDE

March 7, 2022, 7:00-8:00 p.m. CST

Spending time outside with children in natural environments can increase physical activity, connect families with one another, and connect children with nature. Join us to gain ways to integrate all curriculum areas during outdoor time.

Instructor: Leigh Anne Aaron, Georgia Extension

NEUROLOGICAL FEATURES OF AUTISM SPECTRUM DISORDER

April 4, 2022, 7:00-8:00 p.m. CST

Let's talk about neurochemistry, genetics and common neurodevelopmental manifestations associated with autism spectrum disorder in everyday language.

Instructor: Dr. Shaguna Mathur, Boys Town National Research Hospital



HELPING YOUNG CHILDREN FLOURISH AND GROW AMIDST TRAUMA

May 2, 2022, 7:00-8:00 p.m. CST

Participants will discover how we can meet the diverse developmental needs of all preschoolers. We will discuss how trauma plays an impact on stunting young children's growth as they develop. We will also discover and seek strategies that support our youngest learners to flourish and be resilient.

Instructor: Marcie Lentsch, Early Childhood Consultant

To register go to: <https://go.unl.edu/fhkonehour>

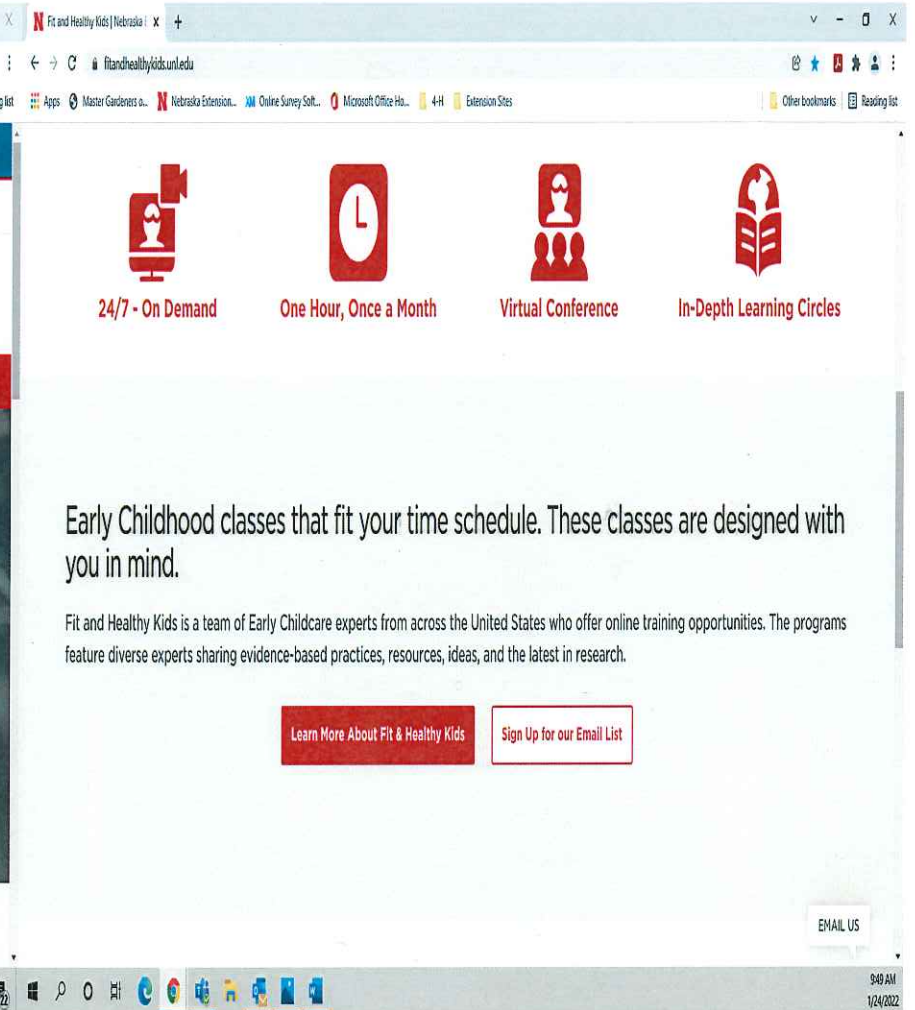
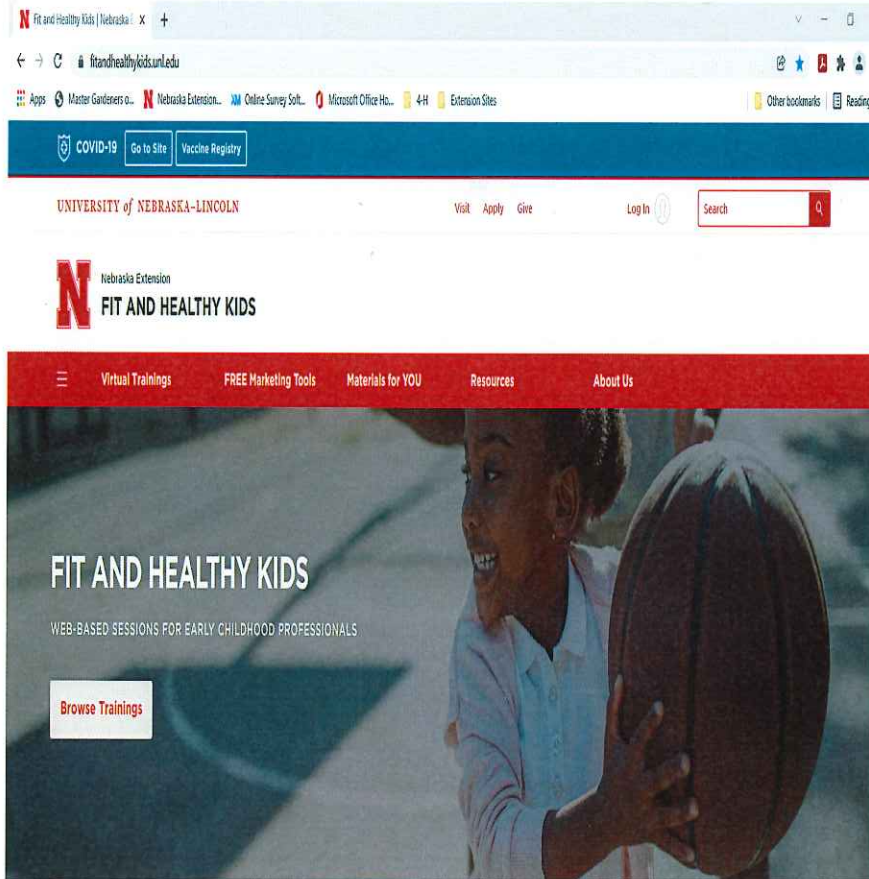
There is an option to watch the "live" or "recorded" version of each session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.

Questions? Email fhkeunl.edu or call 402-336-2760

Lakeshore®



Fit And Healthy Kids – Website Provides trainings for Childcare providers



NEBRASKA EXTENSION MARATHON KIDS



WHAT IS MARATHON KIDS?

Marathon Kids is a national running program designed to increase the physical activity levels and confidence of youth through running or active minutes.

WHAT TEACHERS LOVE ABOUT MARATHON KIDS:

Teachers love that Marathon Kids is easy to implement, it is low maintenance, and keeps students active and focused on their goals. This is a great program to help you reach state and national health standards. Additionally, the digital platform allows for contactless tracking of miles.



RESEARCH-BASED CLASSROOM BENEFITS:

- Better concentration & memory
- Enhanced academic performance
- Improved classroom behavior
- Cardiovascular scores improve
- Better able to cope with stress
- Self-esteem & self-confidence boost

HOW DOES IT WORK?

Youth set their goals and track their progress on a journey to complete a marathon(s) one lap at a time, one day at a time, and before they know it, they've gone farther than they ever dreamed.

Marathon Kids is for all ages, at any fitness level.



MAKING THIS PROGRAM WORK FOR YOU:

- In-person or virtual
- Use for mask or brain breaks
- In school (PE, classroom-based)
- Out of school (after/before school program)

HOW TO GET STARTED:

Go to food.unl.edu/marathon-kids to learn more information.

Contact Mariah Newmyer (mariah.morgan@unl.edu).



READY, SET, GO!

Nebraska Extension **MARATHON KIDS**



Summer 2021 Running Program

JOIN US AS WE RUN, JOG, WALK (OR EVEN SKIP) A MARATHON!

Step 1: Sign-up your runners

<https://go.unl.edu/marathonkidsrunner>

Step 2: Join our Facebook Group

Nebraska Extension Marathon Kids

Step 3: Track your miles online

Step 4: Complete marathons & **EARN PRIZES**



<https://food.unl.edu/marathonkids>



**MARATHON
KIDS**

N EXTENSION

N EXTENSION

Nebraska Extension has partnered with several high schools across the state to provide monthly food assistance kits to students & their families from now until the end of the year. Each package will include a variety of non-perishable foods as well as \$20 worth of coupons to use towards perishable food purchases.

In addition to providing food assistance, we would also like to provide support for local businesses. We are looking to partner with all local grocery stores willing and able to accept the \$5 coupons.

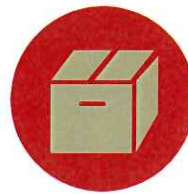


The process (shown to the right) is quite simple and was designed with your stores in mind. Extension staff will work closely with each individual store to ensure the process go smoothly.

Please contact for more information:

Beth Nacke, Extension Educator
bnacke2@unl.edu | 402.727.2775

Ryann Ickes, Extension Assistant
rickes2@unl.edu | 402.727.2775



1 Families will receive four \$5 coupons in each month's package



2 Customers will redeem coupon(s) at check out



3 Cashier will print duplicate receipt



4 Cashier will staple duplicate receipt to coupon(s)



5 Cashier will place stapled coupons + receipts in provided envelope



6 Stores will determine collection/reimbursement schedule



7 Extension staff will collect envelopes & reimburse store



MONTHLY MEAL KITS

Nebraska Extension is excited to offer **FREE** monthly meal kits, similar to popular subscription meal kit services, for interested high school students.

Each kit will include non-perishable food items, recipes, and \$20 worth of coupons for the perishable food items needed to prepare each meal.

To enroll, students should return this signed form to Shayla Linn by the 15th of the month.

Student Name: _____ Date: _____

Parent/Guardian Signature: _____

This institution is an equal opportunity provider and employer.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Growing Together Nebraska (GTN) 2021 Impact Report



Increasing access to fresh produce



GARDEN COLLECTION PROJECT

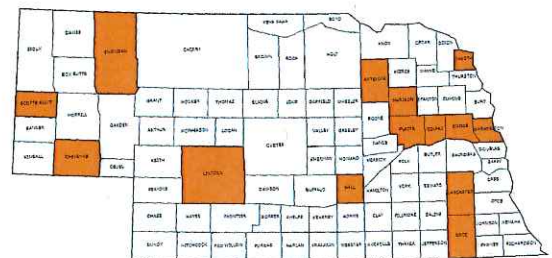
Growing Together Nebraska (GTN) is a Supplemental Nutrition Assistance Program-Education (SNAP-Ed) donation garden project that increases access to fresh fruits and vegetables, promotes healthy food access, and provides nutrition and gardening education to individuals and families who are food insecure. SNAP-Ed, the Master Gardener Program and food pantries are working together to build and maintain donation gardens in their communities. Nebraska's efforts feed into a Growing Together multi-state (Iowa, Indiana, Illinois, Michigan, Montana, Wisconsin and Wyoming) SNAP-Ed project.

FRESH PRODUCE

For the sixth consecutive year, Nebraska Extension's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) awarded funding to communities across the state through its Growing Together Nebraska project. Across 14 county sites, 48,328 pounds (144,985 servings) of produce were donated to 75 local emergency food distribution sites that served 14,458 Nebraskans with low income. Produce donations were valued at \$66,767.

Statewide Impact:

22 Gardens across 14 Counties



48,328 pounds = 144,985 servings of fresh fruits & vegetables



48,328

pounds of fruits and vegetables donated to 75 emergency food distribution sites

14,458

individuals with low income received fresh produce



214

volunteers, including 51 Extension Master Gardener Volunteers, contributed over 6,700 hours to the project, valued at more than \$177,800

Meeting a Need in Local Communities

The Dodge County Growing Together Nebraska (GTN) team completed their third year of growing and donating fresh fruits and vegetables to individuals and families with low income in Fremont. Lisa O'Connell works closely with Beth Nacke, Dodge County SNAP-Ed Extension Educator. Lisa is an Extension Master Gardener Volunteer, helps coordinate volunteers, and is active in seeking the support of local partners. During a 2021 site visit, Lisa shared, "The gardens have made a huge impact in the Fremont community. 2021 has been an awesome season, as we provided produce to families who can't afford healthy and fresh produce. We have donated to new places that were grateful for the fresh produce. Along with the produce, we provide education and healthy recipes." Important aspects of the local GTN project include raised beds, fresh produce (they have donated over 2,600 pounds of fresh produce), volunteer engagement and community support. The raised beds make it easier for volunteers to help and allows the garden to be accessible to all. Fresh produce donations to approximately 1,300 individuals with limited resources over the last three years have helped those who otherwise would not be able to afford it, thus allowing them to eat healthier. Lisa mentioned that she coordinates volunteers from a local organization. These volunteers are young adults with disabilities. She shared that it is therapeutic and allows for skill building and is helpful for all. And the support of local partners is key to the project's continued success. Next steps for the project include recruiting additional youth volunteers, increasing produce rescue efforts, exploring new partnerships, and expanding garden and nutrition education.

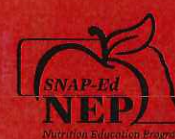


"The gardens have made a huge impact in the Fremont community. 2021 has been an awesome season, as we provided produce to families who can't afford healthy and fresh produce. We have donated to new places that were grateful for the fresh produce. Along with the produce, we provide education and healthy recipes."

-Lisa O'Connell, Dodge County EMGV



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP and Expanded Food & Nutrition Education Program (EFNEP).
This institution is an equal opportunity provider.



2021 NEBRASKA EXTENSION MASTER GARDENER EDUCATION SCHEDULE
All programs held online.

Date/ Fri.	Time	Topic	Instructor
5-Feb	1:00 - 2:30 pm	Introduction to Google Classroom	
12-Feb	10:00- 11:30 am	Turfgrass Management	John Fech, Nebraska Extension Educator, Douglas-Sarpy County
	1:00-2:30 pm	Introduction to Soils	Dr. Rebecca Young, UNL Assistant Professor of Practice
19-Feb	10:00- 11:30 am	Insects and Integrated Pest Management	Dr. Jody Green, Nebraska Extension Educator, Douglas-Sarpy County
	1:00-2:30 pm	Vertebrate Pest Management	Dennis Ferraro, UNL Professor of Practice
26-Feb	10:00- 11:30 am	Horticulture Insects	Mary Jane Frogge, Nebraska Extension Associate, Lancaster County
	1:00-2:30 pm	Lawn and Landscape Weeds	Scott Evans, Horticulture Program Coordinator Douglas-Sarpy County
5-Mar	10:00- 11:30 am	Tree Basics	Graham Herbst, Nebraska Forest Service Community Forester
	1:00-2:30 pm	Pests and Problems of Trees	Laurie Stepanek & David Olson, NFS Forest Health Specialists
12-Mar	10:00- 11:30 am	Introduction to Landscape Design	Kathleen Cue, Nebraska Extension Educator, Dodge County
	1:00-2:30 pm	Landscape Solutions and Sustainability	Steve Rodie, UNO Professor Emeritus, Biology and Environmental Studies
19-Mar	10:00- 11:30 am	Basic Botany	Sarah Browning, Nebraska Extension Educator, Lancaster County
	1:00-2:30 pm	Introduction to Vegetable Gardening	John Porter, Nebraska Extension Educator, Douglas-Sarpy County
26-Mar	10:00- 11:30 am	Plant Pathology	Kyle Broderick, UNL Plant & Pest Diagnostic Educator
	1:00-2:30 pm	Native Plants and Their Uses	To Be Announced
2-Apr		<i>Make-up day for classes cancelled</i>	
11-Jun	1:00 - 4:00 pm	Plant Diagnostic Clinic*	<i>We would like to have this face to face but it will depend on current health measures.</i>
Topics are subject to change.			

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.