2017 Extension Highlights

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Nebraska Extension in Lancaster County provided programs to help people develop life skills, solve real-world problems and extend knowledge. We have a partnership with the University of Nebraska-Lincoln and the U.S. Department of Agriculture to extend knowledge, provide solutions and change lives in these educational program areas:

- Community Environment
- Food, Nutrition & Health
- Cropping & Water Systems
- 4-H Youth Development
- Learning Child
- Beef Systems
- Community Vitality

Nutrition Education Program – NEP helps families on limited budgets make healthier food choices and choose physically active lifestyles. Two projects introduced this year changed Lincoln’s food retail to make eating healthy easier. “Double Up Food Bucks” increased the amount of money Supplemental Nutrition Assistance Program customers in Lincoln spent on fruit and vegetables by 40–89% per retail site. “Choose Healthy Here” helped stores improve their selection of healthy foods through marketing and educational support. Pictured is Extension Assistant Meredith Hein (front) with a store manager.

Termitic Academy – Extension Educator Jody Green (third from left) partnered with industry professionals, UNL faculty and the Nebraska Department of Agriculture in presenting a two-day, hands-on termite academy to train pest management professionals. Emphasis was on pesticide safety, following the label, calibrating equipment and proper/legal application of termicides. Attendees rated each of the 16 sessions as either “good” or “excellent,” and 100% said they would recommend this termite training to someone in the industry.

Growing Healthy Kids Nutrition Program – GHK provides nutrition kits with curriculum and supplies for teachers to teach hands-on activities in K-2nd grade classrooms at Lincoln Public Schools not served by the Nutrition Education Program. Last year, 5,093 students gained the knowledge and skills to make healthy food choices and how to incorporate physical activity into their day. Extension Educator Alyssa Hovlovic (far right) leads one or two lessons in most classrooms. In the fall of 2017, the program expanded to 3rd-5th grades.

Nutrition Resources – Extension Educator Alice Henneman increases outreach by sharing materials she develops for in-person programs on the food.unl.edu website, email newsletters and social media. “Makeover Your Leftovers” presentations were attended by over 250 people and the online materials were viewed over 2,200 times in three months. Online feedback included, “Good information that my clients, and myself, can use.” Henneman also presents nationally on how she conducts programs (pictured at a poster session during a national conference).

Cover Crops Conference – Extension Educator Tyler Williams (standing for left) and other colleagues organized a conference, “[Opportunities for Growing and Grazing Cover Crops],” during the Lancaster County Super Fair. It was attended by 150 crop growers and cattle operators from 35 counties, representing 80,000 acres of farm ground and 9,600 head of beef cows. 73% said they plan to expand, modify or start a new practice from the information learned and estimated a value gained of $18 per acre.

Early Childhood Development Trainings for Child-Care Providers – in 2017, Extension taught or coordinated 99 early childhood development trainings for local child-care professionals. Total attendance was 1,854, generating 413 in-service hours approved by the Nebraska Department of Health & Human Services. 86% of participants at Early Learning Guidelines trainings indicated they would use “a lot” or a “great deal” of what they learned during the trainings in their work. Pictured is Extension Educator Jaci Foged (second from right) teaching a CPR and first aid training.

Onsite Wastewater Professional Development Trainings – this year, 357 certified wastewater professionals attended 9 trainings across the state. Extension Educator Meghan Sittler (second from right) organized and co-led the workshops in partnership with the Nebraska On-site Wastewater Association and Nebraska Department of Environmental Quality. 91% of attendees indicated they increased their understanding of key and emerging issues. Comments from participants included, “I will be able to take a lot of this information home to use on my job sites.”
Benefit to People

Nebroda Extension has been a great resource in helping the Lincoln Children's Zoo identify tree diseases and insect pests. They have given us great treatment and control recommendations on a number of tree specimens on the zoo grounds. Also, the zoo is very happy to partner with Extension's Master Gardener Program. The Master Gardeners have been a tremendous help in the upkeep of the zoo's landscape.

-- Isaac Gratopp, curator of Horticulture, Lincoln Children's Zoo

Another Year of Continued Growth in Programming

35,946 youth participated in 4-H programs – a 9% increase from last year! Investing in our youth is truly investing in our future.

It has been an enjoyable year watching Extension's dedicated staff lead and grow programs serving Lancaster County residents and beyond.

-- Karen Wasinger
UNL Extension Educator & Unit Leader

4-H Youth Development

Youth participating in the 4-H positive youth development program have opportunities to get involved and develop to their full potential. Positive youth development is a framework that highlights the things you need to become successful. It focuses on strengths instead of limitations and leads to the five Cs — competence, confidence, character, connection and caring.

Sources: 4-H National Headquarters Essential Elements Fact Sheet and Essential Elements Curriculum and Training Guide

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Including Clubs, School Enrichment, After-School/Summer Sites and Camps

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4-H at Lancaster County Super Fair — at the 2017 Super Fair, nearly 702 4-H/JFA exhibitors showcased approximately 5,241 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to showcase the projects they’ve worked on throughout the year. Lancaster County has the largest 4-H county fair horse show in Nebraska, with 41 events spanning 7 days. Pictured is Extension Assistant Kate Pulcic presenting trophies at the Hunter Show.

4-H Clover College – Extension Associate Kristin Geisert (second from left) organizes Clover College, which is 4 days of hands-on workshops. This year, 153 youth attended 55 workshops with a total 960 class registrations.

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True Leaders — participating in community service is a powerful way for youth to gain skills they need to be prepared to lead. Last year, Lancaster County 4-H’ers reported over 2,827 hours of community service through 4-H. Pictured are 4-H Teen Council members making tie blankets for People’s City Mission. Extension Educator Tracy Anderson is third from left.

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