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2021 Extension Highlights

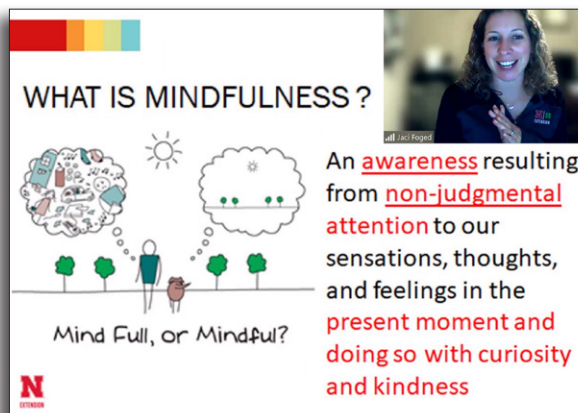
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2021 Extension Highlights



Nutrition Kits for Classrooms — This year, Lincoln Public Schools integrated the School Enrichment Nutrition Kits, developed by Lancaster County Extension 21 years ago, into its core health curriculum and helped provide kits for all elementary classrooms. The kits meet national health standards and contain teacher curricula and supplies for hands-on experiences. Since its beginning in 2000 for 3 grade levels in 12 schools, the program has expanded to grades K-5 in all 39 elementary schools and has helped teachers educate more than 165,000 students. Pictured is Extension Educator Alyssa Havlovic (right) with an LPS teacher.



Childcare Trainings — Extension Educator Jaci Foged delivered or co-delivered 86 professional development trainings to 3,303 childcare providers, generating 5,388 in-service hours approved by the Nebraska Department of Health & Human Services. Due to the ongoing pandemic, 76 of these trainings were held virtually, and 10 were delivered in person. Feedback indicates the trainings made a positive impact, such as, “CHIME has helped me identify my stressors and manage my feelings when I’m stressed,” and “I have more compassion in my interactions with the children.”

Extension helps people solve real-world problems



Diagnostic Services — Extension offers insect and plant identification and management recommendations. Extension’s horticulturists and entomologist assisted with more than 4,100 phone calls, emails and walk-in requests. Pictured is Extension Educator Kait Chapman identifying a bed bug.

Extension’s Volunteers Worth Over \$630,000

Lancaster County Extension’s estimated **1,896 volunteers gave 23,878 total hours of service worth \$630,379*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and Master Health Volunteers.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2020 as \$26.40

MORE ON NEXT PAGE

- 24,313 Youth Engaged in 4-H Programs
- Other Extension Highlights



Discovery Days — New this summer was UNL East Campus Discovery Days. Several Lancaster County Extension staff presented hands-on, science-focused activities to over 700 people. Pictured is Extension Associate Becky Schuerman (right) who serves as Extension’s statewide domestic water and wastewater coordinator, presenting aquifer in a cup.



Donation Gardens — Through “Growing Together Nebraska” gardens funded by SNAP-Ed, Extension staff and Master Gardeners grew 394 pounds of produce which was donated to people in need, mostly through the Connection Point pantry. In addition, 411 pounds of produce was donated by Master Gardeners and community members through “Plant A Row for the Hungry.”

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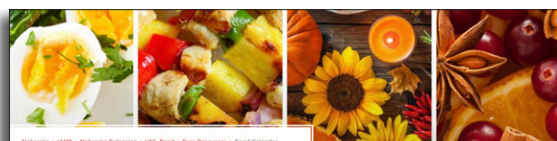
CHANGE SERVICE REQUESTED

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Suite A
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“The Master Health Volunteer classes helped me see what’s going on in the community. That there are a lot of problems, but we can work to help solve them by spreading knowledge to other youth and community members.”

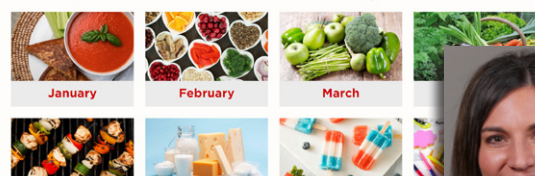
—Naw Bue, Youth Master Health Volunteer, part of Extension’s Well Connected Communities





Food Calendar

Each month provides resources for selected national food-themed days, weeks, and/or months.



food.unl.edu — Extension Educator Kayla Colgrove coordinates Extension's statewide website, which received over 2.5 million pageviews and is one of UNL's top 5 domains. The website provides tips, recipes and resources to help people make healthy food choices, safely prepare food and increase physical activity. The Food Calendar was recently revamped and received over 90,000 pageviews.

Your Trusted Educational Resource

"Engaging with Nebraskans wherever they are, connecting them with resources, research and innovation of the University of Nebraska."

Nebraska Extension's newly revised mission statement reflects the commitment of dedicated Extension staff to help every



Nebraskan solve real issues.

The work and programs highlighted in this report are a small sample of how local residents, and beyond, count on Lancaster County Extension to be relevant, inclusive, innovative and responsive.

Unbiased information, delivered through a blend of

in-person and virtual methods, inspires Nebraskans to live prosperous and healthy lives. Education makes a difference to individuals and strengthens our community.

Have a safe and productive 2022.

Karen Wobig,
Extension Educator & Unit Leader

Learn more about our programs and connect with us

- <http://lancaster.unl.edu>
- Facebook, Twitter, YouTube, Flickr



4-H Programs Engaged 24,313 Youth

through opportunities such as clubs, workshops, school enrichment programs, afterschool/out-of-school activities and camps



Master Health Volunteers — As part of Extension's Well Connected Communities initiative, Educator Emily Gratopp (top right) started a Master Health Volunteers program and founded the Health Equity Coalition which has grown to over 50 members. 24 youth and 21 adult Master Health Volunteers are taking collective action to increase health in our community.



4-H Clubs — With 75 clubs ranging from 5 to 47 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Pictured are members of the N-Bots club demonstrating their programmed competition robots to members of the Clover Kids club.



4-H at Lancaster County Super Fair — Over 530 4-H/FFA exhibitors showcased over 4,100 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to share the projects they've worked on throughout the year. This year, many youth created special theme exhibits to help celebrate 150 years of the Lancaster County Fair. Pictured are youth showing their meat goat projects.

4-H gives meaning to young people

Carrots & Radishes



- Well drained soil, free of rocks
- Direct seed, 55-75°F
 - Carrots — 7 to 21 days to emergence
 - Radishes — 3 to 4 days
- Light to medium fertility requirement; if needed apply preplant
- Spacing — 1/3-1/2" depth, 1-2" width in row; single or wide rows



GROBigRed — Three Lancaster County Extension staff, including Extension Educator Sarah Browning, contributed to the statewide GROBigRed Virtual Learning Series. This year, 23 live Zoom webinars drew 1,742 participants. The archived recordings have been viewed 2,085 times on YouTube (<http://go.unl.edu/grobigrredtube>). In a season-end survey, 76% of participants indicated because of what they learned, they had adopted or changed a gardening practice.



4-H Clover College — Four days of hands-on workshops emphasize science, ag literacy, healthy living, career development and citizenship/leadership. 93 youth attended 48 workshops with a total 627 class registrations. Pictured is Extension Educator Tracy Anderson assisting with the Ozobot Robots workshop.



4-H School Enrichment — Lancaster County 4-H presents several programs in local schools and to homeschooled youth. These programs meet Lincoln Public Schools, Nebraska or national education standards. Pictured is Extension Assistant Calvin DeVries candling eggs as part of Embryology, which was presented to 62 schools, 216 classrooms and 3,784 students.