

ANNUAL REPORT

2002-2003

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Extension Provides Reliable, Research-Based Information

Horticulture

- Horticulture education
- Plant problem diagnosis
- Master Gardener volunteers
- Yard waste management



4-H Youth Development

- Hands-on projects
- Gaining life skills
- Career development



Pest Management

- Insect pest identification
- Low-toxic solutions
- Wildlife educational resources



Food, Nutrition & Food Safety

- Nutrition, food safety and food preparation
- Stretching food dollars



Farms & Acreages

- Farm management
- Crop & livestock production
- Acreage owner programming



Strong Families

- Parenting/child care
- Marriage relationships
- Resource management



Environment of the Home

- Indoor air quality
- Home maintenance and safety
- Reduce, reuse, recycle



Leadership Development

- Families and youth
- Neighborhoods
- Organizations

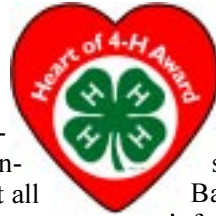


New to Extension in 2003

UNL Cooperative Extension in Lancaster County is committed to being relevant and responsive to the evolving needs of Lancaster County residents. Here are some new developments in extension programs.

Heart of 4-H Award

Lancaster County 4-H and 4-H Council established the monthly "Heart of 4-H Award" in January 2003 to recognize outstanding volunteers. Information about all 12 of this year's honorees are online at lancaster.unl.edu/4h/Clubs/ClubSpotlights. More than 750 adults volunteer their time and talents through 4-H to help youth develop life skills.



includes food safety recommendations on everything from canning and freezing instructions to microwave, slow cooker and grilling guidelines. Content for the site is provided in partnership with the Lincoln-Lancaster County Health Department.

"Ask Lorene"

For years, Extension Educator Lorene Bartos has given expert information on household management, shopping



One of this year's "Can You Guess It?" photos. Answer — it is a close up of moldy bread from a 4th grade classroom doing an experiment from a Nutrition Education Program (NEP) School Enrichment kit.

"Can You Guess It?"

"Can You Guess It?" — focusing on a timely topic — debuted in September in THE NEBLINE and on extension's Web site. Each answer provides related educational information.

Nitrogen & Irrigation Management Training

In cooperation with the Lower Platte South Natural Resources District, UNL Cooperative Extension in Lancaster County presented "Nitrogen and Irrigation Management Training" seminars as part of the educational requirements for agricultural producers in the Lower Salt Creek groundwater management area.

4-H Involvement in "Holiday of Trees"

For the first time, 4-H became involved in Heritage League of Lincoln's *Holiday of Trees* which raises funds for various community projects.

4-H'ers created homemade ornaments and decorated three trees: "4-H is Alive at the County Fair," "4-H Memories" and "The Wild Side of 4-H." Funds benefitted the Salvation Army After School Hot Lunch Program.



4-H'ers decorated hundreds of ornaments for Heritage League's *Holiday of Trees* fundraising event.

NEP Program Kits for Early Head Start

This past year, the Lancaster County Nutrition Education Program (NEP) developed and piloted 12 Early Head Start kits which rotated monthly between five child development centers.

Each kit focuses on a nutrition-related topic and includes a teacher's curriculum, supplies needed for hands-on activities, a supplied snack and a parent letter. While the kits emphasize healthy eating and food safety practices, the activities are also aimed at developing literacy and improving fine/gross motor skills.

More than 400 youth participated in kit-related activities.



Preschoolers at Carol Youkam Early Head Start place picture pieces on a magnet board as the book "Big Hungry Bear" is read to them. This activity is part of the "Fun With Fruit" kit developed by the Nutrition Education Program.

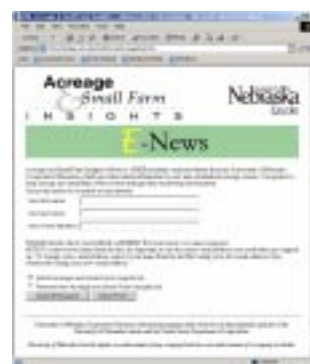
NEP Teams Up With Every Woman Matters

New this year, NEP collaborated with the Lincoln-Lancaster County Health Department to provide nutrition education for participants in the Every Woman Matters program (women age 40-65 who are low to moderate income level). Each session encourages women to Aim for Fitness, Build a Healthy Base and Choose Sensibly.

Food Safety for Home Cooking on Web Site

In May 2003 a special section on "Food Safety for Home Cooking" was added to extension's Food Web site at lancaster.unl.edu/food/foodsafety.htm. Consumers can find information on everything from storing to preparing foods safely. It also

smart and recycling through THE NEBLINE, her Sunday column in the "Journal Star" and via phone inquiries to extension. Starting in April 2003, people could get answers online via a new feature on extension's Web site, "Ask Lorene."



Acresage & Small Farm Insights eNews

University of Nebraska Cooperative Extension began publishing a free monthly e-mail newsletter in March 2003. "Acresage & Small Farm Insights eNews" helps acresage and small farm owners better manage their rural living environment. People can sign up for the e-newsletter by going to dodge.unl.edu/Webforms/AcresageSub.htm.

