

The NEBLINE

20th Anniversary Issue!

Nov./Dec. 2009

444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • <http://lancaster.unl.edu>

In This Issue

- Food & Fitness 2
- Home & Family Living . . 3
- Farm Views 4
- Environmental Focus . 5
- Urban Agriculture . . . 6
- Horticulture 7
- 4-H & Youth 8–9
- Community Focus . . . 10
- Miscellaneous . . . 11–12



4-H SCHOLARSHIPS
More than \$5,000 in college scholarships are available to Lancaster County 4-H'ers! Applications are due Jan. 2

—see page 8

4-H AWARDS
Lancaster County 4-H awards a variety of honors to members, volunteers and supporters. Applications are due Jan. 2

—see page 8

Middle School Youth on a “Nutrition Mission”

Karen Wobig
UNL Extension Educator

Empowering youth with the knowledge of how to lead healthy lifestyles — including good nutrition — carries into their adulthood. The outcome can result in fewer health issues and lower health care costs.

For several years, University of Nebraska–Lincoln Extension in Lancaster County Nutrition Education Program (NEP) has offered 4-H School Enrichment nutrition kits for grades K–5 to income-eligible elementary schools. Developed by NEP staff, these supplemental kits of hands-on educational experiences are designed to enhance the Lincoln Public Schools (LPS) health curriculum.

Since 2000, 27,057 students have participated in NEP’s school enrichment program and teachers have recorded 15,235 hours of teaching nutrition using the kits. During these nine years, the USDA Supplemental Nutrition Assistance Program (formerly Food Stamps) has matched the value of teacher hours, bringing more than \$600,000 into the Lincoln community.

With the goal of providing continuity for youth nutrition education, NEP staff recently developed curriculum and nutrition kits for grades 6–8 titled “Nutrition: Mission Possible.” Kit materials include:

- Teacher curriculum
- Experiments
- Interactive games
- Video
- Posters
- Worksheets and handouts

Family and Consumer Science (FCS) or Health teachers at qualifying middle schools can request a kit, which is delivered *see NUTRITION MISSION on next page*



The Nutrition Education Program (NEP) school enrichment kit for grades 6–8, titled “Nutrition: Mission Possible,” contains curriculum and materials to teach hands-on, nutrition educational experiences.



Extension Associate Zainab Rida (far right) coordinates NEP’s school enrichment program for middle schools, and gives presentations and healthy snack demonstrations in classrooms.

The recipes below are demonstrated in middle school classrooms.

MyPyramid Pizza Snacks

- Whole Wheat English Muffins (1/2 a muffin per person)**
- Pizza Sauce (1 tablespoon per person)**
- Shredded Mozzarella Cheese (1–2 tablespoons per person)**
- Turkey Pepperoni slices (2–3 per person)**
- Crushed Pineapple (1 teaspoon per person)**
- Chopped Green Pepper (1–2 teaspoons per person)**



Preheat the oven to the broiler setting.

Put each ingredient into a separate bowl or container and line up on a table with measuring spoons in each bowl or container.

Start with a half of an English muffin and then move down the table and create an individual pizza — in an assembly line fashion — in the order above.

Bake in the oven under the broiler for 3–5 minutes, or until cheese is melted and golden brown. (Watch the pizzas towards the back of the oven — they tend to brown faster and can burn; rotate the baking sheet mid-way, if needed.)

Black Bean Salsa

- 1 can (15 ounces) black beans, rinsed and drained**
- 1 can (11 ounces) whole kernel corn with peppers, drained**
- 1 medium mango, peeled and seeded, or frozen mango chunks, cut in cubes**
- 1/4 to 1/2 cup cut up fresh cilantro**
- 2 tablespoons lime juice**
- 1 teaspoon garlic powder**
- 1/4 teaspoon ground cumin**



In a medium bowl, combine all ingredients. Serve with Baked Pita Chips

Baked Pita Chips

- 1 large pita bread, split and cut into wedges (4 wedges = 1/2 slice of pita bread)**
- Olive oil spray**
- Garlic powder**
- Oregano**
- Parmesan cheese (optional)**

Spray pita wedges with olive oil spray. Sprinkle with garlic powder, oregano and parmesan cheese. Bake 8–10 minutes at 350°F.

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Lancaster County 4-H Council
University of Nebraska–Lincoln
Extension in Lancaster County
444 Cherrycreek Road, Suite A
Lincoln, Nebraska 68528-1507