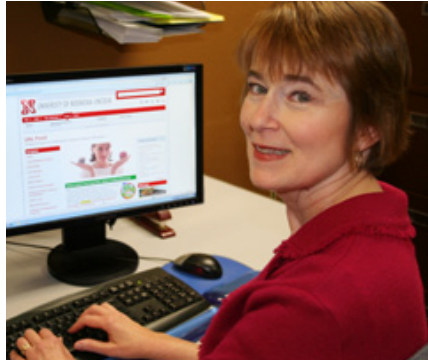


Extension Helps You Know How. Know Now.

Nutrition & Food Safety

To help people learn how to eat healthier, extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) are made available on the Internet for around-the-clock access, both locally and nationwide. UNL Extension in Lancaster County's food Web site received nearly 4.5 million hits last year.

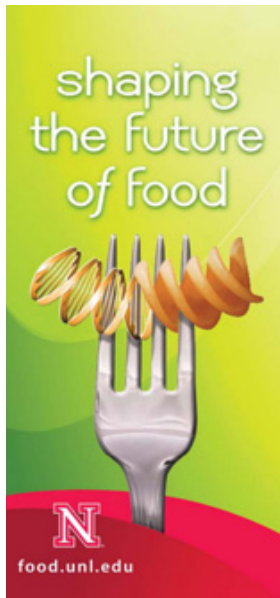


This year, Alice chaired a committee of about 30 UNL staff to develop extension's statewide Food Web site at <http://food.unl.edu>. Alice also helped coordinate planning of the display at Husker Harvest Days which promoted the launch of the Food Web Site in September. Topics on the statewide Web site include food safety, food allergies, local foods, meat products, home food preservation, food processing/business development, youth/4-H, and more.

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Last year, Lancaster County NEP reached:

- 857 enrolled program families (1,430 teaching contacts).
- 7,462 youth (14,214 teaching contacts) at 28 schools and other sites.
- 92 older adults (428 teaching contacts) at 6 senior sites.



Farms & Acreages

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorn fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts, and an up-to-date Web site. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Computerized Farm Financial Recordkeeping Training, Farmland Leasing Arrangements workshop, and a Corn/Soybean Profitability workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management, and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site.

Production ag and acreage resources are online at <http://lancaster.unl.edu/ag>.

Home & Family Living

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart, and recycling through THE NEBLINE, extension's Web site, her weekly column in the "Lincoln Journal Star," and other outreach methods. She presented or helped present numerous workshops including RentWise, Window of Opportunity Child Care Conference, and Small Steps to Health and Wealth.



Two Daughter/Mother Camps were presented.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPEd), and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized two Strengthening Families: Daughter/Mother Camps this year.



Last year, UNL Extension in Lancaster County programs benefitted from approximately **2,193 volunteers investing 26,907 hours of time for a total value of \$442,082!*** Volunteers contributed to 4-H, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects.

*Independent Sector values volunteer time in Nebraska for 2008 at \$16.43/hour.

Yard & Garden



28 Lancaster County Master Gardener volunteers logged 1,189 hours this year.



Extension presented nine composting workshops and demonstrations.

UNL Extension plays a vital role in teaching communities horticulture issues designed for local weather, water, soil, and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy and water efficient, as well as less dependant on pesticides.

Extension works with the City of Lincoln to educate the public about reducing yard waste through composting, mulching grass clippings, and other yard management practices.

The Master Gardener Training Program is a volunteer program where people are given training by UNL personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

UNL Extension in Lancaster County helps maintain a garden for residents at the People's City Mission. Extension provides the expertise, networking, and volunteers to teach residents how to care for and harvest garden crops.

Plant and Pest Diagnostic Services



Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife "signs" to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases, and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

Pests & Wildlife

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, workshops, and radio. Extension's pest and wildlife Web site received nearly 2 million hits last year.

Ogg partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. Bed bugs are a growing problem in Lincoln and other Nebraska communities.

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social, and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership, and action. Lancaster County FCE's emphasis is on community service and sponsoring a scholarship. Annually, FCE awards a \$400 scholarship.



Five FCE & Community Leader Trainings were held in 2010.