

BIG

Local Programs

Food & Nutrition

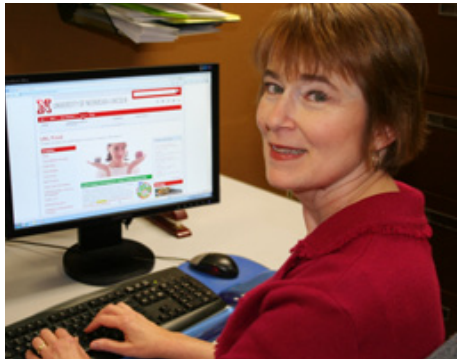
To help people learn how to eat healthier, Extension blends nutrition, food safety, and food preparation information into practical actions people can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) also are made available on the Internet for around-the-clock access, both locally and nationwide. They are promoted and shared via various social media: Vimeo, SlideShare, LinkedIn, Twitter, Flickr, and Facebook. As an example, a community program she delivered in cooperation with BryanLGH about healthy eating using master mixes, drew a live audience of over 400 persons and the materials on the Internet have received over 5,500 views. Alice chairs a committee of about 30 UNL staff to develop materials for Extension's statewide Food website at <http://food.unl.edu>. Topics include food safety, local foods, meat products, home food preservation, food processing/business development, food allergies, and youth/4-H.

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 USDA through the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program-Education (SNAP-Ed).

Last year, Lancaster County NEP reached:

- 819 enrolled program families (1,718 teaching contacts).
- 7,318 youth (13,121 teaching contacts) at 26 schools and other sites.
- 78 older adults (357 teaching contacts) at six senior sites.



Extension Educator Alice Henneman leads Extension's statewide food.unl.edu website.



Extension Associate Mary Abbott developed nutrition kits containing hands-on activities for 6th, 7th & 8th grade health classes.

Grant Addresses Childhood Obesity

In 2011, UNL Extension received an Agriculture and Food Research Initiative competitive grant to address the childhood obesity issue in the Lincoln community. The \$947,093 grant will be used to replicate the highly successful Lancaster County Nutrition Education Program's school enrichment kit program which is currently only available to income qualifying schools. All Lincoln Public Schools will now have access to nutrition kits containing hands-on educational experiences designed to enhance the school health curriculum. Teachers will be trained on the usage of kits in their classrooms and the importance of healthy eating. The five-year "Growing Healthy Kids Thru Healthy Communities" also provides for parent/community involvement through a "Family Meal Night" component.

Home & Families

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, energy conservation, safety in the home, and recycling through THE NEBLINE, Extension's website, her weekly column in the *Lincoln Journal Star*, and other outreach methods. She presented or helped present numerous workshops including RentWise, child care provider conferences, and community training lessons.

Extension Educator Maureen Burson presents Parents Forever and Guardianship Training classes in Lancaster County and Southeast Nebraska. She is also a part of Lincoln's Children of Parents Experiencing Divorce (COPED) coalition.

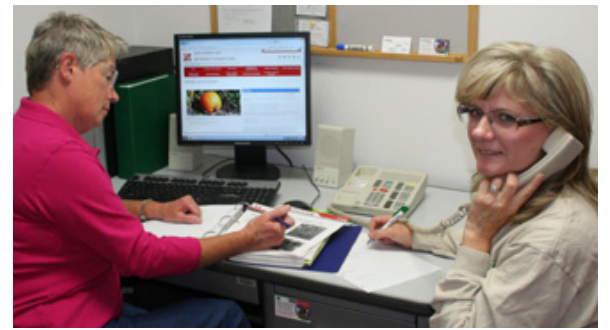


The Window of Opportunity Child Care Conference had 137 attendees.

Yard & Garden

UNL Extension plays a vital role in protecting human health by teaching Nebraskans how to create healthy, sustainable, and diverse landscapes that are energy and water efficient, as well as less dependant on pesticides. Fewer pesticide applications means less chance for human exposure, and reduced potential for chemical residue to end up in lakes and streams. Extension Educator Sarah Browning and Extension Associate Mary Jane Frogge assist area residents and green industry professionals via phone calls, walk-in requests, email questions, publications, and Internet resources.

The Extension Master Gardener Volunteer Program provides participants with 40 hours of classroom training on a core curriculum of horticulture topics, and in return they give back 40 hours of volunteer service to their community. Master Gardener volunteers extend the reach of Extension education by teaching yard waste composting, a program developed in partnership with the City of Lincoln Solid Waste Recycling program. Master Gardeners also assist in maintenance of demonstration landscapes, including the People's City Mission vegetable garden where they teach residents how to care for and harvest garden crops.



In 2011, 33 Master Gardeners volunteered 1,466 hours.

Urban Agriculture

With the growing importance of urban agriculture, a statewide website at <http://food.unl.edu/urbanag> was created to focus on Extension's many resources in this area. Extension's statewide team members from Lancaster County are co-leaders Gary Bergman and Sarah Browning, as well as Alice Henneman and David Smith.

BIG 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, whenever possible. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, email questions, publications, presentations, workshops, and radio. Extension's popular pest and wildlife website reaches a global audience with research-based resources including videos. 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, particularly in low income families who cannot afford professional treatments.

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 website. He is Extension's statewide contact for grain storage questions. Some of the agricultural programs presented this year include: Private and Commercial Pesticide Applicator Trainings, Nutrient Management seminars, and a Farmland Leasing Arrangements 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 website at <http://acreage.unl.edu>.

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



UNL Extension coordinates **distribution and application of biosolids* to agricultural cropland** for the City of Lincoln. Over the last 19 years, more than 545,000 tons of biosolids have been recycled, increasing soil nutrients, organic matter, and crop yields. Because of the high cost of phosphate fertilizers, biosolids are increasingly in demand by area farmers. This biosolids recycling program will increase the life of the North Bluff Landfill by 4.9 years.

* Biosolids are organic solids separated from wastewater and biologically processed to make them safe to use as an organic fertilizer for crops not in the human food chain.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

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