

Extension Partners With LPS on Handwashing Videos

By Kristen Houska and Alyssa Havlovic, Extension Educators in Lancaster County

Nebraska Extension's School Enrichment Nutrition Kit program (SEK) has been teaching nutrition and healthy living concepts for 20 years in partnership with Lincoln Public Schools (LPS). The SEK curriculum consists of five lessons with an additional optional lesson that helps LPS meet their health objectives for each grade level Kindergarten through 5th grade. In addition to partnering and providing LPS with the SEK curriculum, Extension presents programs to reinforce concepts being taught in the SEK. The classroom teacher is able to choose two programs from the list of handwashing, physical activity and food experience.

Due to COVID-19, the SEK program has shifted due to our Extension staff no longer being able to enter the classrooms. The SEK curriculum is still being provided to the LPS elementary schools and being taught by the classroom teachers, but materials are being dropped off at the office instead of by our staff in the classroom. The additional programs offered in conjunction with the SEK are being offered in a different way.

Handwashing has been shown to be an important preventative measure for COVID-19. According to the Centers for Disease Control, "Regular handwashing is one of the best ways to remove germs, avoid getting sick and

prevent the spread of germs to others." Because of this, the LPS health curriculum team asked Extension to focus on making a handwashing video they could share with all the teachers in the elementary schools based upon the handwashing program we normally present.

Our team focused on handwashing videos for grades K-2nd and 3rd-5th. We are currently working on videos for middle and high school audiences. The elementary-grade-specific videos focus on these topics:



- Why do we wash our hands?
- What are germs?
- When should we wash our hands?
- Best practices for handwashing.
- Additional handwashing resources.

The handwashing videos were sent out by LPS administrators during the first full week of school in August. To date, the video for K-2nd grades has

had 332 views and the video for 3rd-5th grades has had 206 views. The handwashing videos have also been sent statewide and are being used by other Extension professionals and school districts to teach and reinforce the concepts of proper handwashing to youth. The videos can be found at <https://food.unl.edu/sek>.

LPS has continued to be a great partner throughout the COVID-19 time frame and we are pleased to be able to continue offering Extension's research-based nutrition education to all elementary students in Lincoln.

Plant A Row for the Hungry

By Emily Gratopp, Extension Educator in Lancaster County

Access to healthy food is a basic right for all. Food insecurity impacts 1 in 8 adults and 1 in 6 children in Nebraska. You can help all Nebraskans gain access to healthy, fresh, local food. The Nutrition Education Program has organized a "Plant a Row for the Hungry" campaign that involves community members donating extra produce grown in at-home gardens to those in need.

Bring clean, whole, freshly harvested produce to the Lancaster County Extension Office. The produce will be donated to local food pantries and hot meal programs to be served to individuals and families needing additional food resources. Donations are accepted on Tuesday from 8-Noon. Drop off produce at the Lancaster County Extension office at 444 Cherrycreek Road, Suite A, Lincoln — place it in a wagon in the lobby labeled "Plant a Row for the Hungry." Thank you for your donations.



RECIPE OF THE MONTH

By Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator in Lancaster Co.

A simple snack for Halloween parties using food-safe plastic gloves with candy corn for fingernails and stuffed with popcorn.

HALLOWEEN BONY FINGERS

(Makes 5 servings)

15 cups air-popped popcorn, unsalted
25 pieces candy corn
5 poly disposable gloves, clear, one size fits most (powder-free and food safe)

1. Wash hands with soap and water.
2. Prepare popcorn according to the air popper directions.
3. Take one food safe plastic glove and place one piece of candy corn at the end of each finger for fingernails.
4. Fill each glove with 3 cups of popcorn. Place some popcorn in fingers first and then add the remaining popcorn to glove.
5. Tie the end of glove with ribbon or yarn.



Notes: 1/2 cup of unpopped kernels equals 16 cups of popped popcorn. Enjoy the leftover popcorn (about 1 cup). Prepare popcorn in a microwave according to package directions or on top of the stove.

Nutrition Information per Serving: (1 glove) Calories 130 Total Fat 1g Saturated Fat 0g Cholesterol 0mg Sodium 20mg Total Carbohydrates 28g Fiber 3g Total Sugars 8g Protein 3g

Source - Adapted from Alice Henneman, MS, RDN