University of Nebraska–Lincoln Extension utilizes multiple media avenues and new technologies to impact people in Lancaster County and beyond, 24 hours a day. Some of the delivery methods include: publications, Internet, phone, programs and workshops, broadcast media and displays.

**Nutrition & Food Safety**

Extension blends nutrition, food safety and food preparation information in user friendly ways. This year, extension’s nutrition staff incorporated MyPyramid, the USDA’s new food guidance system, into Extension’s educational food programs. Extension Educator Alice Henneman created four MyPyramid PowerPoint presentations which were used by nutrition professionals nationwide. Based on an optional Web survey, educators collectively saved 8,462 hours of development time because of Henneman’s PowerPoints. “This is a wonderful presentation,” wrote one nutrition professional. “You are so ahead of the rest of the nation in creating materials. I think everyone in nutrition thanks you for the time and effort you have put into this and other programs.”

Extension’s Food Web site, http://lancunl.edu/guides/food received more than 2.3 million hits last year. Two e-mail newsletters, “Food Reflections” and “Cook It Quick,” have more than 21,800 subscribers combined.

The Lancaster County Nutrition Education Program (NEP) helps limited resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP partners with more than 2,900 agencies, classrooms and coalitions and receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA, the Food Stamp Nutrition Education Program (FSNED).

This past year, Lancaster County NEP staff presented:
- 2,464 nutrition education lessons to 1,166 adults who care for 4,171 family members.
- 360 presentations to 3,168 youth at 13 schools and other sites.
- 86 lessons to 693 older adults at four senior sites.

In Lancaster County and beyond, 24 hours a day. Some of the media avenues and new technologies to impact people in Lancaster County.

**Community & Leadership Development**

UNL Extension in Lancaster County provides expertise in community development and strategic planning. Extension Educator Yelena Mitrofolova works with local organizations, community leaders, businesses and local government to help strengthen neighborhoods and communities.

Mitrofolova is actively involved in supporting Lincoln’s diverse population, facilitating activities at several cultural community centers. This past year, she worked with the Nebraska Department of Education to develop one of six cultural profiles (about Russian/Ukrainian/Belarusian) to be used as diversity training for staff in the public schools.

Extension is part of “Neighbors Working Together,” which builds leadership and opens a dialogue between the University of Nebraska–Lincoln and its adjacent neighborhoods.

**Pests & Wildlife**

UNL Extension in Lancaster County has extensive resources to help identify pests and suggest management options. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Mary Jane Frogge coordinate the Master Gardener program for Lancaster County. More than 155 child care providers participated in two day-long Child Care Conference. More than 155 child care providers participated in two day-long Child Care Conference organized by extension and other Lincoln agencies.

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 a Web site. This year, the hot topics in production agriculture were saving energy costs and grain storage. In August, for the first time, Lancaster County hosted a Soybean Management Field Day sponsored by the Nebraska Soybean Board in cooperation with UNL Extension.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues associated with acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops which can be grown on an acreage. The Acreage Insights Rural Living Clinics continue to increase in popularity. In Lincoln, attendance was 48 percent more than last year. Extension also offers an extension’s Web site, her weekly column in the “Lincoln Journal Star” and other outreach methods. 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. Bartos presents community training lessons which are then presented to FCE clubs and other community groups.

More than 155 child care providers participated in two day-long Child Care Conference organized by extension and other Lincoln agencies. UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPE), and co-presents Parents Forever and Kids Talk About Divorce classes.

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