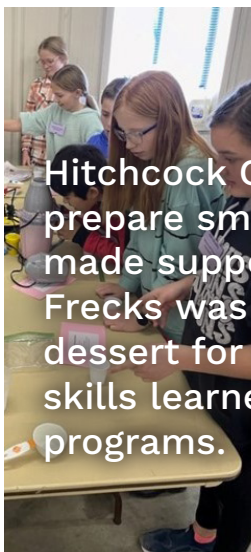


Dundy, Hayes, & Hitchcock Counties

Impact At-A-Glance



Korrie Bush
January 27 · 🌱

Beau is making us supper tonight. He learned it at the 4-H Healthy habits day he went to yesterday 🌱



Amy Frecks
2m ago

Hitchcock County students prepare smoothies, Beau Bush made supper, and Barrett Frecks was in charge of dessert for their families using skills learned at healthy habits programs.

Since 2016 Nebraska Extension in the SW 3 Counties has held Healthy Habits programs for all 5th and 6th grade students. Students participate in hands on lessons focusing on healthy eating and activity habits. Lesson topics include: healthy beverages, fruits and vegetables, whole grains, dairy, breakfasts, reducing high fat and sugar foods, and being more active. In 2023 students prepared yogurt parfaits, tried fruit flavored water, fruit salsa, smoothies, created flavored popcorn and apple hand pies. Each student was given a take home bag of groceries to prepare a meal for their families.

Programs At-A-Glance

- ServSafe for Food Handlers and Managers are nationally recognized food safety training and certification courses. They were offered 13 times for 175 students in SW Nebraska.
- 100% of Freshman through Seniors in Hayes Center and Wauneta-Palisade Public Schools have been engaged in College and Career Success educational programs.

77%

4-H age youth participated in 4-H program in Dundy, Hayes, and Hitchcock Counties

STRENGTHEN NEBRASKA AGRICULTURE & FOOD SYSTEMS

171

SW 3 farmers were certified in Chemigation or Private Pesticide through Nebraska Extension training.

INSPIRE NEBRASKANS & THEIR COMMUNITIES

6

Spanish Nutrition classes were held in Hayes County using local and virtual teaching methods.

ENHANCE THE HEALTH & WELLBEING OF ALL NEBRASKANS

