

# Food, Nutrition and Health Impact At-A-Glance



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Extension-trained coach-mentors from the Lincoln, Nebraska Yazidi community used Soccer for Success to teach social, emotional, and life skills with the goal of creating healthier, happier youth.

Soccer for Success uses soccer to improve children's health and wellbeing in underserved communities. The positive impact of this nationally known program was especially apparent in Lincoln, Nebraska, where thousands of Yazidi refugees have resettled.

With support and training from Nebraska Extension assistants, three Yazidi teens created their own Soccer for Success club. Over the course of 16 sessions, 38 Yazidi youth and their coach-mentors built life skills and a sense of community with funding from Walmart Foundation through a National 4-H Council Healthy Habits grant secured by Nebraska Extension.

*"Thanks to this program, I'm able to play soccer with my friends. We didn't have another place like this to play together."*  
-Soccer for Success youth participant from the Lincoln, NE Yazidi community

## \$5.8 Million

in external funds awarded for the support of initiatives to strengthen Nebraska food systems and enhance health.

## Over 73,700 Nebraskans

benefited from improved food and physical activity environments through health programming.

## Over 466,500 Contacts

reached through newspapers, radio spots, TV, social media, and food, nutrition and health websites.

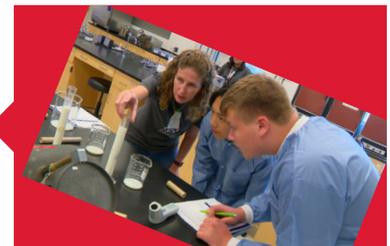


**Enhance the Health and Wellbeing of All Nebraskans** The health and wellbeing of Nebraskans is crucial for strong healthy communities, lower healthcare costs and better lives for all. Extension is addressing the challenge of childhood obesity by improving access to safe, nutritious food, and encouraging healthy decisions when it comes to eating and physical activity. Extension brings University research and resources to all Nebraskans through nutrition education for all ages, food safety training and connecting producers and farmers with local programs like farm to school. We are creating consumer confidence in our food system and nourishing the wellbeing of Nebraskans across

Nebraska Extension partnered with the Nebraska Department of Education to connect school staff & students to local, indigenous foods across the state.

## Food Science & Technology 2023 Youth Outreach

- Over 150 youth attended 10 Food Science & Technology camps
- “I had no idea how much [is] produced in Nebraska.”  
-Camp participant
- STEM concepts were experienced; especially, how food science can be transformational for Nebraska agricultural commodities



Double Up Food Bucks strengthened local food systems with a triple win: Nebraska families put more healthy food on the table, local farmers & grocers increased fresh produce sales, and both urban & rural communities experienced greater food security.



# 3,368

income-eligible families purchased fresh produce across 15 Nebraska counties using \$251,857 in earned “food bucks.”