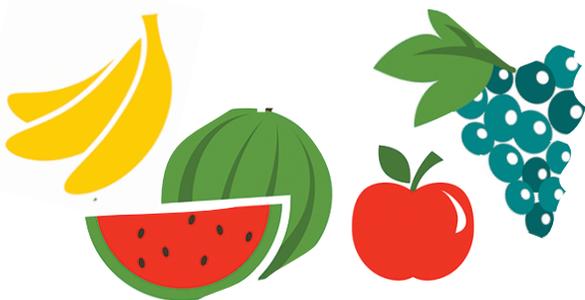


HEALTHY, SAFE & SUSTAINABLE FOOD FOR ALL

A healthy diet provides sufficient, safe, and nutritious foods. Healthy eating can reduce the risk of disease and improve wellbeing, but many people do not have access to or cannot afford healthy foods. Plus, food production faces many challenges. Climate change, pests, and diseases threaten to reduce yield and quality. Research and Extension projects are helping address these challenges and make healthy, sustainable diets affordable and accessible.

RESEARCH IMPACTS: New growing practices, better pest and disease management, food safety advances, and breeding efforts have increased the yield, quality, and nutritious value of vegetable crops. Scientists have also found ways to waste less water during irrigation.

EXTENSION IMPACTS: Programs have raised interest in and access to produce. In Texas, over 1,000 kids now like vegetables after building gardens at school and eating what they grew. In Missouri, the "Seeds that Feed" program gives out vegetable seeds and training on how to grow them to food pantry clients.

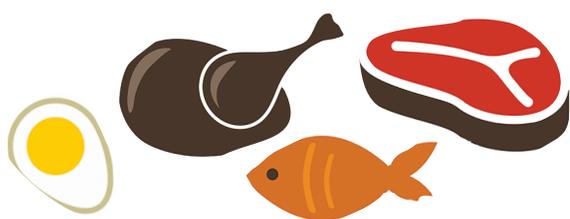


RESEARCH IMPACTS: Advances in automated pruning and harvesting, pest and disease management, and breeding have led to greater energy efficiency and higher fruit yields. Scientists have also designed packaging and storage methods that extend fruit shelf life and prevent spoilage and food safety issues.

EXTENSION IMPACTS: Programs have raised interest in and access to produce. For example, low-income families in the "Farms to Food Banks" program now eat more fresh fruit.

RESEARCH IMPACTS: Breeding new grain varieties that can tolerate extreme weather and better pest and disease management have led to higher yields. One multistate team has even found ways to manipulate the capture and release of CO₂ during photosynthesis to help regulate global warming while also increasing crop growth. Other researchers have recommended better ways to store grains to prevent toxic molds.

EXTENSION IMPACTS: Programs have raised interest in and access to whole grains. In Washington, D.C., programs have increased whole grain consumption among older adults.



RESEARCH IMPACTS: Research-based management practices and breeding efforts have resulted in higher yields of high-quality meat, fish, and eggs. Scientists have also improved the ability of cattle and other livestock to withstand heat and other impacts of climate change. Other research has reduced odor and greenhouse gas emissions from livestock facilities and protected water from manure runoff.

RESEARCH IMPACTS: Research-based breeding efforts have led to dairy cattle that produce more milk.

EXTENSION IMPACTS: A multistate research project found ways to inform and motivate parents to increase calcium consumption among their children and protect them from bone diseases.



EXTENSION IMPACTS: Multiple projects have shown people across the country the value of healthy diets and helped them make healthier choices. In rural Appalachia, recipe sampling, signage, and product placement in grocery stores has encouraged more people to buy healthy foods. Other programs demonstrated healthy recipes and portion sizes to senior citizens. Colleges nationwide are using the "Get Fruved" program to increase healthy food choices on campus and improve eating habits among students.