

THE EXTENSION CONNECTION

Highlights from OSU Extension in Fairfield County

FEBRUARY, 2025



FAMILY AND CONSUMER SCIENCES

FAMILY AND CONSUMER SCIENCES

Wellness programs were offered through a variety of family and consumer science topics including Winter Wellness, Beating the Winter Blues, Meal Planning, Cooking Under Pressure, Slow Cooking, Developing a Spending and Saving Plan, Transferring Cherished Possessions, Mindful Breathing, and Live Healthy Live Well reaching 684 people in Fairfield

County. Community partners included Suicide Prevention Coalition of Fairfield County, Wagnalls Library, Fairfield District Library, Pickerington Library, Keller Market House and Fairfield Union High School.

COOKING BASICS

OSU Extension partnered with the Southeast Ohio Center for Independent Living to offer a 3-part cooking class series to 8 adults. Participants learned skills in using a kitchen knife, measuring

ingredients, and using appliances like the microwave, stovetop and oven. Participants also learned about the healthy food choices in MyPlate and how to access online libraries of healthy, low-cost recipes.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

**MATTER OF
BALANCE**

OSU Extension partnered with Central Ohio Area Agency on Aging and Fairfield County Senior Hub to teach an 8-week series to help older adults manage concerns about falling. Twenty-four adults completed at least 5 of 8 classes, and reported gaining confidence, strength and balance. Several adults reported an increase in activity level as well.



SNAP-ED UPDATES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Ed Program Assistants are teaching Fairfield County youth at Tussing, Gorsuch West and Medill elementaries. Students are learning about the basics of nutrition and trying healthy foods. They also completed training to learn about new resources and plans for teaching adults about nutrition in the community. Planning is underway for 2026 lessons and events.

AG & NATURAL RESOURCES

OHIO VIRTUAL BEEF SCHOOL SESSION 1

OSU Extension hosted UK Extension Economist Kenny Burdine during the first session of the 2025 Ohio Virtual Beef School. There were 23 in-person participants and 42 attended virtually. The presentation has been viewed more than 100 times on YouTube since.

FERTILIZER & PESTICIDE RECERTIFICATION

On February 10th, 76 fertilizer and/or pesticide applicators joined us for recertification training. The next training is scheduled for Thursday, March 13th.

OWL PROWL

Over 35 participants joined Carrie Brown and OSU Extension Wildlife Specialist, Marne Titchenell, for a January Owl Prowl at Coyote Run. This family-friendly event featured a presentation, owl craft, raptor pellet dissection, and owl call hike.

Ohio Nature Education even brought three live owls to round out the experience.

FARM ACCOUNTING WORKSHOP

OSU Extension hosted Farm Management Field Specialist, Bruce Clevenger, for a 2-day farm accounting workshop. Computers and Quicken software were provided for participants as they explored options for keeping farm business financial records.

FAIRFIELD COUNTY MASTER GARDENERS

In 2024, forty-five Master Gardener Volunteers gave back 2,927 hours at \$31.80 (Points of Light Volunteer organization, May, 2023) for a value of give back of over \$93,000 to a variety of Fairfield County non-profit groups. While recognizing the value of the give-back is important, the value of knowledge gained, friendships shared and making a difference in community is immeasurable.



4-H YOUTH DEVELOPMENT

45 camp counselors (29 returning, 16 new) have been selected to help plan programs and lead campers for the upcoming 4-H camp season. Fairfield County offers 4 different camps to our members hosted at Alley Park in Lancaster as well as Tar Hollow State Park.

7 new Junior Fair Board members were selected to join a team of returning board members for a total of 30 board members and 3 junior advisors. As they begin their year, they are reviewing Junior Fair rule and award changes that workflow to the Senior Fair Board for the upcoming fair.

54 youth completed the Junior Achievement Form (ages 9-13) and 40 youth completed the Ohio 4-H Achievement Form (ages 14-18). These forms are representation of the 4-H member's cumulative 4-H experiences. Members will be recognized for their award accomplishments and trip scholarships at our 4-H Achievement Program in April. Additionally, 59 Ohio 4-H Achievement Forms from 27 teens were forwarded to the state level be reviewed and considered for the Ohio 4-H Achievement Award. State 4-H Achievement Award winners will be announced by April.



THE OHIO STATE UNIVERSITY
EXTENSION

fairfield.osu.edu

CFA ES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity