

The Extension Connection

Highlights from OSU Extension in Fairfield County

January | 2017



The entrance to the AGmazing Agri-Center at the 2016 Fairfield County Fair.

ENGAGED OHIOANS, VIBRANT COMMUNITIES

Through the cooperative efforts of the Fairfield County Fair Board, OSU Extension in Fairfield County, Fairfield Soil and Water Conservation District, and Fairfield County Farm Bureau, the **AGmazing Agri-Center** was part of the 166th Fairfield County Fair. More than 20,000 visitors toured the building which was filled with information from food safety to growing fruits and vegetables to creating a wildlife habitat. Featured activities included an apple tasting event in cooperation with the Ohio Apple Growers Association, the Fairfield County Cattlemen's Chili Cook-off with assistance from the Ohio Cattlemen's Association, and the 4-H Legacy Breakfast to benefit the Fairfield County 4-H Endowment fund. Fairgoers could also see woodworking, electrical, and welding projects from local FFA Chapters, and learn about the decision-making skills needed to raise a market hog project from the 4-H Commodity Challenge. Special event speakers engaged visitors on a variety of topics, from Current Agricultural Use Value (CAUV) with the County Auditor to the Unleashed Canine 4-H Club demonstrating "Dogs at Work and At Play".





Ohio State University Extension booth



Jr Fair crop display



Local FFA chapter project displays



Apple tasting

IT'S AG-MAZING!

More than 20,000 visitors toured the AGmazing Agri-Center at the 2016 Fairfield County Fair, which was filled with information from food safety to growing fruits and vegetables to creating a wildlife habitat. Enjoy the photos of the various displays and activities on this page. See page 1 for more information about this incredible cooperative effort to showcase the many aspects of agriculture in Fairfield County!



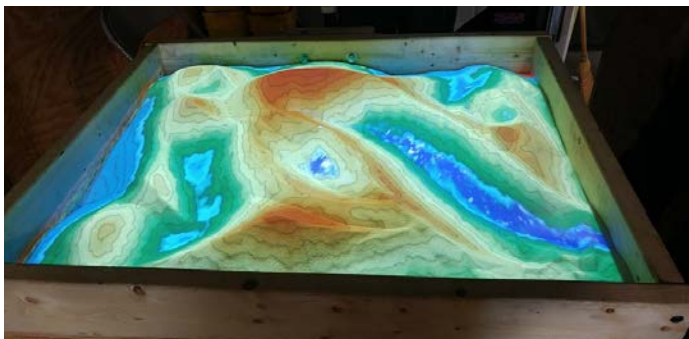
Commodity Carnival challenge



Chili Cook off



Fun for kids of all ages!



Soil and Water Conservation's Augmented Reality Sandbox to learn about land forms and watersheds



HEALTH AND WELLNESS

More than 13,200 Fairfield County residents participated in one of 684 classes taught by Extension's **Supplemental Nutrition Assistance Program Education (SNAP-Ed)**. In post-program evaluations, 80% of adult participants reported confidence in making one positive change to their lifestyle, 71% of teen participants reported eating at least one kind of fruit and vegetable daily, and 83% of youth participants reported doing things to be active most days of the week.



*SNAP-Ed staff teaching programs in the community.
Clockwise from top right: K-3 school programming, summer food youth programming, and Basics of Cooking adult programming*

WHAT IS SNAP-ED?

The Supplemental Nutrition Assistance Education Program (SNAP-Ed) is a free nutrition education and obesity prevention program serving low-income adults and youth. It is funded by the Food Nutrition Service (FNS) branch of the United States Department of Agriculture (USDA).

SNAP-Ed operates in 52 states and territories, and its focus audience is individuals and families eligible for the Supplemental Nutrition Assistance Program (formerly known as food stamps).

SNAP-Ed facilitates voluntary adoption of healthy food and physical activity choices and other good nutrition-related behaviors. Kacie Funk and Diane Sommers lead OSU Extension SNAP-Ed programming in Fairfield County.

Crunch Out Obesity

Fourth graders improved their health and fitness through **Crunch Out Obesity**, a 6-week program during physical education class. Students learned how to use an exercise ball and were given their own ball and a training guide to use at home with their families. Extension provided education on healthy behaviors. 63% of students reported implementing positive changes such as increased physical activity, reaching or maintaining a healthy weight, and having more energy.



REAL MONEY REAL WORLD

521 youth in grades 7-12 participated in hands-on budget management and decision-making in Extension's **Real Money, Real World financial education program**. 78% of participants reported this program gave them a better idea of what is involved in earning, spending, and managing money.



81% reported thinking about how their spending impacts other opportunities and choices, while 85% reported thinking about how their spending impacts other people. Students are understanding the connection between education and income as 74% plan to get more education or training after high school.

Banking and other community professionals facilitate the various financial "stations".



PROGRAMS TEACH JOB AND LIFE SKILLS FOR FUTURE CAREERS

Youth raising and exhibiting market swine, beef, and lamb in Fairfield County had the opportunity to participate in "real world" **livestock production programs** which offered hands-on experience regarding the importance of added market value traits and that product quality is satisfying and safe to the consumer. The market barrow Muscle Quality and Performance (MQP) contest, the Beef Performance and Carcass Quality contest, and the Lamb MQP contest each taught participants and their families the importance of livestock growth, performance, and carcass characteristics.



Barrow MQP live evaluation

More than 100 participants and their families involved in the barrow and lamb contests participated in follow-up learning sessions conducted by faculty of the OSU Animal Science Department. Participants were able to visually appraise their animals' carcasses while in the meat cooler. In total, 81 youth completed projects in market swine, lamb, or beef quality and performance.



OSU Swine Specialist Dr. Steve Moeller explains the harvest, evaluation, and scoring process to Barrow MQP exhibitors and their families at the OSU Meat Lab.

THRIVING ACROSS THE LIFE SPAN

OSU Extension programming reaches people across their life span, from the very young to older adults, and everyone in between. In schools, organized groups, or community settings, OSU Extension engages people through a variety of program areas (see red sidebar), meeting them wherever they are in their lives.

In Fairfield County, 112 older adults participated in one or more of nine **presentations regarding aging issues and available community resources**. Surveys indicated 75% of participants gained new information and 62% planned to make a positive change based on information learned in the Extension program.



The Fairfield County Fair is a highlight of the year for the community. This cherished event involves a significant number of OSU Extension staff, volunteers, and youth. In 2016, 900 4-H members developed valuable life skills by completing 2,297 **4-H projects** for exhibit at the Fairfield County Junior Fair. These projects include livestock and other animals, clothing, cakes/pies/candies, horticulture, and many miscellaneous topics. Projects are displayed throughout the fairgrounds.



Market lamb show



Miscellaneous projects and clothing



Cake judging



Spectators enjoying a 4-H club booth display

Extension for YOU

OSU Extension engages people to strengthen their lives and communities through research-based educational programming....

Family and consumer sciences (FCS) gives people the knowledge, skills and tools needed to make healthy, informed choices. FCS professionals teach and promote safe food practices, better nutrition, better finances and better relationships – helping people acquire the knowledge and skills to make smart decisions in these areas.

4-H is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19, helping kids “learn by doing” through hands-on activities. 4-H members learn valuable lessons in leadership, communication and collaboration while increasing their knowledge in math, science, technology and a variety of other topics.

The Agriculture and Natural Resources team provides Ohioans resources and educational programs focusing on profitable and sustainable agriculture, a clean environment and proper stewardship of Ohio's natural resources.

Extension's Community Development programs aim to engage people in strengthening their organizations, communities and ultimately social, economic, civic and environmental conditions to improve the quality of life in Ohio.



SUSTAINABLE FOOD SYSTEMS

Five Fairfield County agricultural businesses were toured by 97 participants during the **2016 Local Foods & Farms Tour Series**. Topics ranged from growing grapes for wine production, solar farm operations, and growing and marketing vegetables and fruits. Evaluations showed 84% of respondents increased their knowledge of local foods and 98% of respondents would recommend local foods farm tour programs to others.

DID YOU KNOW?

A Fairfield County Local Foods Guide is available for download on our website at

<http://fairfield.osu.edu/news/local-foods-guide-now-available>

Participants learn about growing produce and operating a Community Supported Agriculture (CSA) program from Josh and Lynne Schultz of Schultz Valley Farms.

4-H in the classroom....

Elementary and middle school classrooms across Ohio are becoming more and more involved in Science Alive 4-H School Enrichment programs. Students in the programs develop valuable Science, Technology, Engineering, and Math (STEM) skills as they participate in a variety of hands-on activities that bring science concepts to life. Science Alive programs enhance existing classroom science units and complement required national and state academic standards.

What can we learn from a chick? The **ChickQuest** enrichment program challenges youth to use science, engineering, and technology to investigate the life cycle of an embryonic chicken egg.

From monitoring living eggs to observing fluffy chicks, these lively activities pique curiosity, encourage collaboration and communication, and provide young scientists with unforgettable experiences.

ChickQuest in action! Setting chicken eggs with a 1st grade classroom in Pickerington



WE ARE EXTENSION...

Ohio State University Extension brings the knowledge of the university directly to you. We fulfill the land-grant mission of The Ohio State University by interpreting knowledge and research developed by Extension and other faculty and staff at the Ohio Agricultural Research and Development Center, Ohio State main campus, and other land-grant universities – so Ohioans can use the scientifically based information to better their lives, businesses and communities.

The Extension system is the world's largest non-formal educational system. Extension's hallmark is programming delivered by professionals to address the needs of the local community while also addressing state, national, and global issues. Our practical educational programs combine the needs of local citizens and communities with new research and technical information.

Building better lives, better businesses and better communities since 1914...

With sharing knowledge as our primary mission, communications are obviously a high priority for us. To accomplish that we use a variety of tools including a website where timely information is updated nearly every day, electronic newsletters, weekly local radio shows, Facebook where we enjoy more than 1000 friends and followers, and weekly newspaper columns. In all, **more than 200,000 pieces of electronic and print information are distributed annually to the residents of Fairfield County.**



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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<http://go.osu.edu/cfaesdiversity>.

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