

# The Extension Connection

Highlights from OSU Extension in Fairfield County

January | 2018



*Attendees enjoy a behind the scenes tour of the Bremen Produce Auction.*

## LOCAL FOOD/FARM PROGRAM HAS POSITIVE IMPACT

The 2017 **Local Food – Local Farm Program** continued in July with a Double Header day, beginning at the Bremen Produce Auction. Participants gained valuable insight into the organization and management of a small produce auction, as well as helpful how-to and safety tips about food preservation. Later in the day, a visit to the Berry Family Farm in Pleasantville introduced participants to pasture raised beef and other meats and what is required to sell meats directly to consumers. The local food/farm program series concluded in August with a visit to one of Fairfield County's oldest agricultural operations, Ochs Fruit Farm, a family run farm and enterprise since 1872. Educating the public about **Sustainable Food Systems** is critical in developing ongoing support for local producers. A total of 164 people from around and beyond Fairfield County participated in the local food/farm program series throughout the season. Post-program surveys indicate that ninety percent of responders purchase local foods, ninety-three percent substantially increased their knowledge, and ninety-nine percent would recommend the local food/farm program series to others. The fourth year of this program series will be offered in 2018.





# 4-H PROVIDES OPPORTUNITIES FOR YOUTH TO THRIVE!

4-H is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adults. In 4-H we are committed to helping young people develop skills that will help them succeed. We want to empower all youth to reach their full potential.

In 4-H, youth learn by doing projects that are designed to fit their needs at different ages. Through a variety of projects—from food and forestry to rockets and rabbits—4-H gives children and teens opportunities to learn life skills, practice them, and become confident in their ability to use them in the future. 4-H teaches young people how to meet their needs for belonging, mastery, independence, and generosity in positive ways.

4-H is a vibrant aspect of OSU Extension in Fairfield County. In 2017, fifty-seven traditional 4-H clubs and eighteen Cloverbud clubs served youth in the community, as well as additional clubs like Junior Leaders and Livestock Judging. Within these clubs, 1,398 4-H youth members developed valuable life skills by completing 2,074 4-H projects.

And the opportunities don't stop there! Youth have the chance to participate in and take on additional leadership roles at summer camps and with service activities, Junior Fair Board, Junior Leaders, and Fashion and Nutrition Board. Many youth lead activities and share their skills in their clubs, in the community and at the Fairfield County Fair, participate in conferences and trips, and so much more!



# IMPROVING HEALTH AND WELLNESS IN OUR COMMUNITIES

## Serving Food Safely

OSU Extension partnered with Training Achievement Partners to provide online training to fulfill a mandate from the Ohio Department of Health to educate and certify food service managers. Participants learned how to prevent foodborne illness and how to train employees in food sanitation. Twenty-nine people passed the online course. OSU Extension also offered proctored exams where 44 people achieved certification in food protection.

## Preserving Food Safely

Gardeners and other lovers of fresh produce are often interested in extending the season's bounty by learning more about home-preserving fruits and vegetables. In OSU Extension's home food preservation workshops, the science behind home food preservation is emphasized so that everyone who cans or freezes fresh fruits and vegetables understands why certain procedures must be followed precisely to ensure a high-quality, safe product that they and their family can enjoy. In 2017, OSU Extension in Fairfield County offered seven classes and workshops in food preservation, reaching 74 people. End of class surveys indicate that eighty percent of the audience made a positive change in planning to acidify tomatoes for safe canning, and that sixty percent made a positive change in planning to use a pressure canner to process low acid foods.



## Live Healthy, Live Well Fairfield County!

Ohio State University Extension Family and Consumer Sciences recognizes that more than 70% of all health care costs are related to unhealthy lifestyle choices. Further, more than 72% of Ohioans do not get proper nutrition, and 1 in 4 are physically inactive.

OSU Extension's **Live Healthy Live Well** program encourages healthful habits to improve participants' well-being, reduce the need for health care services, lower absenteeism rates at work and help control costs for employers. The program utilizes group face-to-face teaching and innovative approaches such as email wellness challenges, online programming and social media to distribute reliable, evidence-based health and wellness information to busy Ohioans. OSU Extension presented 24 classes reaching 202 adults on topics such as: slow cooking, planning healthy meals on a budget, healthy holidays, stress management and time management. Additionally, 18 programs reached 561 youth with the following messages: using MyPlate to achieve a balanced diet, choosing low-fat dairy and protein, increasing fruits and vegetables and being more physically active. Also 144 adults participated in two six-week email health challenges.

## The Supplemental Nutrition Assistance Program Education (SNAP-Ed) Nutrition Education for Youth

Did you know that every \$1 spent on nutrition education saves as much as \$10 in long-term health care costs? SNAP-Ed is a free nutrition education program serving low-income individuals eligible to receive SNAP benefits. SNAP-Ed has been introducing school children to new fruits and vegetables through workshops, classes, and activities at the Summer Food Program. In 2017, 14,078 Fairfield County youth were reached with SNAP-Ed programs. As a result of SNAP-Ed programming in our county, youth participants are:

- Using MyPlate to make healthy food choices - 91% of participants
- Drinking water instead of sugar-sweetened drinks - 87 % of participants
- Being physically active at least 30 minutes most days of the week - 91% of participants





## GOODBYES...

OSU Extension Fairfield County congratulated **Sue Suttles**, Program Assistant for 4-H Youth Development, on her retirement July 31, 2017. Sue was a great asset to our county programming efforts and contributed to the success of OSU Extension and Fairfield County 4-H. Her excellent programming and dedication to OSU Extension left a positive impact on many 4-H youth, volunteers, colleagues, and clientele over her 26 years of service. In addition to office and 4-H celebration tributes, a buckeye tree in Sue's honor was planted at Charles Alley Nature Park in Lancaster, a place Sue loves to spend her time and the location where 4-H Cloverbud Camp is held. Thank you and best wishes, Sue!



### CULTIVATING 4-H AWARENESS

Twenty-four older 4-H members utilized their leadership and public speaking skills by visiting elementary schools in Fairfield County to teach kids about the 4-H Youth Development Program, and encourage participation in 4-H. The 4-H awareness team presented information to a total of 832 kids, visiting Tollgate, Liberty Union, Fairfield, Berne Union, St. Bernadette, Violet, Bremen, and Amanda elementary schools.

*Kids learn about 4-H at Bremen Elementary*



## AND HELLOS...

On November 27 2017, OSU Extension in Fairfield County welcomed **Michael “Boone” Troyer** to our staff as a second Extension Educator with 4-H Youth Development. We are very excited to have Boone join our team in Fairfield County! You can read a brief biography from Boone below.



*Hello 4-H and Extension in Fairfield County! I would like to use this opportunity to introduce myself and give you some background information about my education and experience. At the age of 15 I began planning and implementing camp programs. I had an amazing mentor teacher that helped me start a program at my local high school that focused on bullying and drug prevention programs. This was an amazing start to my love for camp and out of school programs. As I transitioned into my collegiate years I competed as a DIV I pole vaulter claiming 14th in the Nation my sophomore season. I began coaching track for Ohio University while working with camp programs and after school programs in Athens, Ohio. During that time I worked with the Columbus Metro Parks Camps, Camp O'Bannon, Camp Ohio, and Kids on Campus. Through competing and working with camp programs from students with disabilities camps, juvenile detention center programs, and summer day and overnight camps I found a love for child programs, camp, and community outreach. With degree studies in Recreation programming, Physical Education, and Coaching Education I prepared myself for a career in camp and community outreach programs. In my last position I was the Director of child programs running a preschool, before and after school programs, 9 week summer camp program, and toddler classes. In this position I did all policy manuals, hiring, lesson outlines, licensing requirements, advertising, along with all administrative duties. I feel like my education and previous positions have prepared me to help make the best better!*

*I am excited to be a part of an amazing county and 4-H program. I look forward to working with all of you.*





# ENGAGED OHIOANS, VIBRANT COMMUNITIES

OSU Extension relies on volunteers for many of its programs. In all areas of Extension, dedicated volunteers share their time, skills, and expertise to help address the needs of our community. Here are a few examples:

## Volunteers help make 4-H possible.

Without 4-H volunteers the program would not have the mentors and leaders that Ohio's youth need in order to learn the new skills that 4-H has to offer. With each volunteer comes knowledge, experiences, and skills which can be taught to 4-H youth



and shared with the 4-H program "to make the best better." Volunteers have helped the 4-H program develop successful leaders, build young minds, and set the path for 4-Hers to take the world by storm. In 2017, OSU Extension in Fairfield County had 215 Club and Cloverbud volunteer advisors. More than half of these volunteers have served the 4-H program for fifteen years or longer!



## The OSU Extension Master Gardener Volunteer (MGV) program

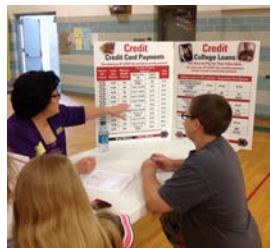
provides intensive training in horticulture to interested Ohio residents who then volunteer their time assisting with educational programs and activities for Ohio residents through their local OSU Extension county office. In 2017, 56 Fairfield County Master Gardener Volunteers donated 2,541 hours of volunteer service to a variety of projects including the Ag Center Landscape Renovation, Sherman House Gardens, Friends of Wagnalls "Adopt-A-Bed" program, Fairfield County Fairgrounds Entrance Garden, Fairfield



DD Opportunity Center Green Machine Gardeners and the Tranquility Garden at Fairfield Medical Center. According to the Points of Light Volunteer Management Organization the value of the volunteer commitment of service to the Fairfield County Master Gardener program is \$22.36 per hour totaling a "give-back" in excess of \$56,800.00 to Fairfield County.

## Volunteers are the heart of Real Money Real World success!

Real Money Real World provides young people the opportunity to learn basic money management practices in the classroom and then make lifestyle and budget choices through a spending simulation, similar to those adults face on a daily basis. Real Money Real World is a wonderful opportunity for community members to partner with Extension and local schools to provide a quality learning experience for youth. Because the spending simulation requires 14 booths staffed by adults, knowledgeable volunteers are key. Volunteers are often from local banks or other community leaders who are willing to share their time and expertise with the youth in their community by facilitating a RMRW booth during the spending simulation.



## 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.





*Ohio State University Extension booth*



*A job well done at the dog show!*



*The blender bike in action and infused water tastings*



*4-H Commodity Carnival*

## EXTENSION AT THE FAIR!

OSU Extension has an obvious presence at county fairs across Ohio and the Fairfield County Fair is no exception! From 4-Hers showing their animals and projects to Extension program exhibits and demonstrations in the 4-H Display Barn and the Ag-Mazing Building, Extension is a part of each day at the fair!



*4-H Fashion & Nutrition Board members with CFAES Dean Cathann Kress during the cakes, pies and candies judging*



*Fun kid activities offered by the aHa! Museum and Master Gardener Volunteers*



*Buyer poster contest for the livestock sale*



*Determined 4-Hers at the swine show*



*90.9 Interview with Jr. Fair Queens*



*Fox 28 Good Morning Columbus interview before sheep show*



*OSU Extension Aquaculture Specialist Jordan Maxwell shares information*

## 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

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information:  
<http://go.osu.edu/cfaesdiversity>.

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