

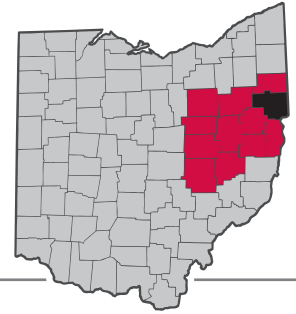


COLUMBIANA County

CROSSROADS EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- **The Expanded Food and Nutrition Education Program (EFNEP)** began serving Columbiana County in 2013 with two months of active programming. This additional programming brings \$35,000 in U.S. Department of Agriculture grant funding to the community. In just two months EFNEP was working with five Columbiana County community partners. EFNEP enrolled 30 adults into the program impacting 112 family members in Columbiana County. The program provided 22 adult classes in the community.
- EFNEP is a free program made up of eight lessons designed to help families with children make healthier choices. The lessons are research-based and are delivered with an interactive and hands-on approach. Participants increase skills in decision making related to nutrition, stretching food dollars, increasing physical activity, parenting, food safety and resource management.
- The benefits of the program extend into the community. It costs less than \$210 in grant dollars to reach one EFNEP family with 3–6 months of intensive, practical nutrition education classes. Preliminary results of a Cost Benefit Analysis in Virginia show that for every \$1 spent on EFNEP, there is a potential health care savings of \$2–\$17 due to the delayed onset of nutrition-related chronic diseases and conditions among participants.

PREPARING YOUTH FOR SUCCESS

- **Columbiana County 4-H** served 684 youth through 41 4-H Clubs. These youth were led by 184 volunteers serving

in a club or committee role. Twenty new volunteers were screened, trained and added to the program. As part of the 4-H program many youth raise livestock projects, and thanks to community support, raised \$434,994, selling 471 lots. The carcass steer project, a new project, was initiated this year through collaboration of the Beef Committee and the Extension office to allow the youth showing steers the opportunity to learn more about the carcass qualities of the animals they show.

- **4-H Experience Day** was held once again at the county fairgrounds to encourage elementary and middle school youth to join 4-H. Over 500 youth and teachers from area schools were in attendance. 4-H members were onsite to discuss their 4-H projects and why they are involved in the program. The STEM station continued this year to teach youth about how science, technology, engineering and math can be hands-on and fun; the youth learned how to make their own playdough this year.
- This summer for youth ages 5–18 Columbiana County hosted a new **4-H Day Camp** that was made possible by an Ohio 4-H Foundation Grant. STEM Camp allowed 12 youth the opportunity to explore fun, hands-on activities in the science, technology, engineering and math sector. The youth got to make bristlebots (toothbrush robots) and clean up a spill with them. They also got to work through the Rockets Away! project book and make bottle rockets and launch them at the end of the day. Youth expressed excitement in getting to participate in these activities and are interested in this type of camp to continue.

- Columbiana County 4-H Ambassadors also hosted a 4-H Day Camp for youth ages 5–8 in an effort to teach the youth about the importance of water. **Make A Splash with 4-H Day** gave 15 youth the opportunity to explore awesome ways to use water as well as spend a hot July day playing water games.
- The Columbiana County **Junior Fair Board** consisting of 24 youth from 4-H and FFA worked in collaboration with the 4-H Extension educator and the **Senior Fair Board** to plan Junior Fair events and assist the Senior Fair Board where it was deemed necessary. The group developed leadership, communication and time management skills in order to plan and implement activities before and during the fair. A new activity was added and run by the Junior Fair Board this year to expose Cloverbud-aged youth to showing animals. Pee-Wee Showmanship was offered to any youth under the age of 8 with the supervision of a 4-H or FFA member.
- Six **Quality Assurance Training** clinics and two test-out options were held in order to train 435 youth in the 10 good production practices for raising quality market livestock projects. Thanks to this training, consumers will be ensured that they are receiving the best possible product from the youth producers.
- In collaboration with the Senior Fair Board and the Turkey Committee, a new teen leadership award was created. The **Turkey Representative Program** was inaugurated in order to involve and award older youth in the turkey project. The youth who applied and were chosen gained skills in filling out applications, interviewing and being leaders and role models for others in the industry. Also created this year was the **Goat Ambassador Program**. Three Ambassadors were chosen from the applicants to serve as dairy, meat and pygmy goat ambassadors. The Goat Committee worked in collaboration with the Senior Fair Board and the Extension office to provide this program.
- **Real Money, Real World**, an OSU Extension signature program, was offered to a local school. Eighty-four eighth grade youth gained financial knowledge and participated in a real-life simulation to apply what they had learned in class. The simulation brought about many questions and comments as to how expensive it is to raise a family.
- **School enrichment programming** saw an increase over the past year. The Extension educator was able to teach in five school districts affecting over 150 youth. The Cloverbud curriculums, Choose and Tell Cards and STEM programs were used throughout the year along with the Real Money, Real World program to expose youth to 4-H programming and fresh experiential learning opportunities.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- A **Pesticide Applicator Recertification** training was held once again in Columbiana County. Residents were able to renew their pesticide certifications, which are vital for farmers to be able to use restricted sprays to improve crop health and weed control.
- A **soil test program** was utilized once again in order for residents to learn more about their soil makeup through testing done by Pennsylvania State University. Reports are sent directly to our clients.