

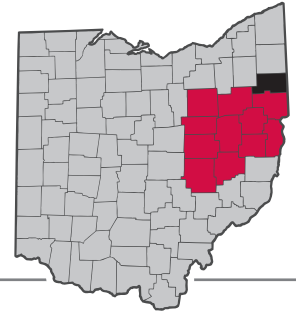


MAHONING County

CROSSROADS EXTENSION EDUCATION AND RESEARCH AREA

490 South Broad Street, Canfield, Ohio 44406-1604

Phone: (330) 533-5538 mahoning.osu.edu/



STRENGTHENING FAMILIES AND COMMUNITIES

- The Mahoning County Family and Consumer Sciences educator conducted three 6-week, online **Live Healthy, Live Well eChallenges** with over 221 adults during the past year. Over 82% of participants report adopting one or more of the recommended practices that might help reduce their risk of developing chronic disease, and in post-challenge surveys 95% report either maintaining or losing weight. A new study shows a health insurance savings of \$2.38 per month by employees who participate.
- The **Mahoning County Family Nutrition Summer Youth Food and Fitness Program** conducted 98 educational programs at summer feeding sites with 1,005 children during the summer of 2013. These children receiving free breakfasts and lunches learned a different nutrition, food safety or physical fitness lesson each week.
- The **Family Nutrition Program** in Mahoning County has taught 2,143 direct contacts in over 62 programs in the areas of MyPlate, dairy, fruits and vegetables, whole grains, food shopping and food safety.
- Our **Good Natured Garden Partners Program** trained 15 adult volunteers to work with 84 youth on vegetable production in underserved areas of Youngstown.
- **Community Vegetable Garden Trainings** throughout the city of Youngstown attracted 158 urban farmers and community garden leaders who improved their production skills throughout the season.
- Three **fruit tree pruning clinics** taught 109 gardeners about improving fruit production and reducing disease pressure.

- Improving the landscape starts with proper pruning. Four **landscape pruning clinics** were held, during which 121 landscape company employees and area gardeners refined their skills and learned new techniques.
- Working with 11 Mahoning County community partners, OSU Extension's **Expanded Food and Nutrition Education Program (EFNEP)** enrolled 116 adults, impacting 407 family members. It costs less than \$210 in grant dollars to reach one EFNEP family with 3 to 6 months of intensive, practical nutrition education classes.

PREPARING YOUTH FOR SUCCESS

- Mahoning County 4-H continued to impact at-risk youth in urban neighborhoods through the **National 4-H Mentoring Program**, supported by a grant from the Office of Juvenile Justice and Delinquency Prevention. Working on homework, going on field trips, and spending a week at camp, 95 youth were assisted by 24 mentors. Youth increased their social and family living skills by 40%, according to parent surveys.
- Over 1,100 youth ages 5–18 were members of **Mahoning County 4-H** in 2013. Twenty-one new volunteers were trained to help run the county 4-H program, bringing the total of trained 4-H volunteers to 292. Five new 4-H Clubs, including one club that was established through a partnership with Youngstown schools, brought the total of 4-H Clubs to 64.
- Through training, 18 4-H teens gained leadership skills and applied those skills as **4-H Camp Counselors**. These teens served as counselors at 4-H Day Camp for 24 4-H

Cloverbuds ranging in age from 5 to 8 and at 4-H Resident Camp for 102 youth ranging in age from 9 to 14.

- In cooperation with the Mahoning County Juvenile Court, 12 4-H teens served as peer instructors to teach traffic safety classes through **4-H CARTEENS**. Using such strategies as driving simulators to teach about the dangers of texting and driving, the teens taught safe driving skills to 98 juvenile traffic offenders.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Twenty-two area farmers learned to be “MarketReady” as part of **Restaurant Week** in the Mahoning Valley. The farmers stated they were better poised to work with restaurants and make direct sales.
- Sixteen area farmers participated in Mahoning County’s **Sheep, Goat and Beef Cattle Production and Management programs**, focusing on improving genetics, managing forages and improving the health of livestock.
- Twenty-nine area farmers and school lunch coordinators gathered for a daylong program called **Farm to School** where they learned the benefits of using local foods in schools. They learned how to prepare meals from local foods as well.
- The benefits and challenges associated with the shale gas industry in the Mahoning Valley was the focus of our **Shale and You program** where 57 area landowners learned about the Do’s and Dont’s for their own situations.
- The highest agriculture income in the county comes from dairy production; thus, a **Critical Dairy Farm Policy Update** was held where 17 area farmers learned about nutrient management, dairy farm benchmarking, dairy check-off and more.
- The Food Safety Modernization Act requires a better understanding of **produce safety**. We provided training for 52 local growers, improving their skills in the four areas of requirements: water, soil amendments, good handling practices and traceability.
- Twenty-five new volunteers were trained as **Master Gardener Volunteers and Ohio Certified Naturalist Volunteers**. In addition to these new volunteers, 65 seasoned volunteers offered their time to answer thousands of consumer questions through our weekly clinic; lead community events; teach technical sessions; and provide general service to the community.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- Fourteen new farmers were trained to obtain a new license and 70 area farmers were recertified in the area of best practices for their Ohio Department of Agriculture (ODA) **pesticide licenses**.
- Over 1,250 individuals receive either our **horticulture or agriculture email newsletters** nearly every week to update them on current news and information that impacts their business and personal situations.
- Forty-two participants attended **ServSafe food safety training and certification programs**, learning the dangers of foodborne illness, preventing cross-contamination and utilizing time and temperature control effectively. They also learned about cleaning, sanitation and pest management. Participants taking the standardized exam passed with an average score of 93%. Participants are now National Restaurant Association-certified in ServSafe, and Ohio Department of Health-certified in Food Protection.
- The majority of foodborne illness cases can be traced back to improper food handling and preparation. In 2013, 84 food service workers attended **ServSafe Level 1 Food Certification** classes. As a result of attending the program, 100% of the participants achieved certification and indicated they had learned new information.
- With the increasing number of Asian restaurants and Mandarin-speaking people in the restaurant and food service industry, a **Level 1 Mandarin Food Safety Program** has been developed. Twelve Asian restaurant owners and employees have successfully completed the class.

Mahoning County receives \$108,310 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.