



MONTGOMERY County

MIAMI VALLEY EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- **Supplemental Nutrition Assistance Program Education (SNAP-Ed)** connected with 1,711 adults and seniors who attended at least one of 145 individual SNAP-Ed classes offered at 35 sites throughout Montgomery County and Dayton. As a result of these sessions, 90% made positive significant changes in their overall selection of healthy foods, meal planning, food shopping, food safety and activity level.
- **Expanded Food and Nutrition Education Program (EFNEP)** enrolled 403 low-income adults and 659 youth impacting 1,808 people in participants' families. Of participating adults, 69% completed an average of seven lessons to graduate. Lessons taught knowledge, skills, attitude and behavior changes to achieve nutritionally sound diets, food prepared in healthy ways, economical food budgets and food safety. Adults also learned better methods to manage their food budgets and access supplemental food resources. Of the graduates, 82% improved in one or more nutrition practices such as using Nutrition Facts labels to make food choices, reducing the use of salt in food preparations and considering healthy food choices for their families. Of graduates, 74% improved food resource management practices such as planning meals in advance, comparing prices when shopping and using a grocery list to shop. Fewer than 29% ran out of food before the end of the month; 48% showed improvement in one or more food safety practices (thawing and storing food properly); and 39% increased their physical activity.
- After providing 72 phone consultations, one **food safety class** and **three food preservation classes** were offered. Of

participants, 100% reported learning new information that they plan to use.

- **Successful Co-Parenting** reached 235 divorced/separated parents and agency representatives. Participants reported that they had increased awareness of the impact of divorce and separation on their children. OSU Extension facilitates regular meetings of the **Parenting Education Dialogue Circle** in which 35 agencies and parent and youth educators share programs, knowledge and gaps in service in our communities.
- **Universal Design** is home design to increase the convenience and comfort of the home for all ages and abilities. More than 2,871 individuals viewed displays and learned about modifications at three Montgomery County events, at the Farm Science Review and at one multi-state conference.
- More than 1,173 individuals in Montgomery County participated in OSU Extension displays on finances, nutrition, parenting and mindful stress reduction at two **Employee Health Fairs**, one **Job Fair** and the **Ohio Treasurer's Office Smart Money Conference**. Financial management education efforts for families struggling due to job loss continued with the 5-County Solutions blog and website: **5countysolutions.osu.edu**.

PREPARING YOUTH FOR SUCCESS

- 4-H youth learn and practice **21st century workforce skills** such as thinking/problem solving, teamwork and leadership skills, communication skills, ethics, lifelong learning and technology use.



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- **4-H youth programs** touched the lives of 3,864 youth in Montgomery County. This included 447 youth in community 4-H Clubs; 122 youth with after school programs; 1,458 youth with 4-H in the Classroom; 659 youth in 4-H EFNEP nutrition programs; and 126 youth in overnight camping programs. An additional 1,076 youth participated in special interest 4-H programs such as Quality Assurance Training and Real Money, Real World financial education.
- The **Real Money, Real World** curriculum increased the awareness of 385 teens at Kiser Middle School, Oakwood High School and Germantown Middle School about the cost of maintaining a household and the relationship of education, jobs and money. Student comments included, “Who knew child care would cost so much? I’ll be spending my money more wisely. I’m saving for college now!”
- One hundred twenty-six **adult 4-H volunteers** worked directly with youth in community 4-H Clubs. Adult volunteers followed the essential elements of positive youth development, and they joined 64 youth volunteers in conducting community 4-H Club meetings and county 4-H educational events.
- Working effectively with youth, team building, and youth behavior management skills were taught to 35 teens who volunteered as **4-H Camp Counselors** for one week of 4-H Camp. Nine teens trained as Counselors-In-Training (CITs).
- Eighteen teens learned and practiced leadership and program planning and evaluation skills as members of the Montgomery County **Junior Fair Board**. These teens conducted livestock shows, special events and worked behind the scenes for over 300 youth exhibitors at the Montgomery County Fair.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- **“Tree-mendous Tree Day”** at Cox Arboretum taught over 500 Harold Schnell Elementary School youth and teachers about the benefits of trees and their relationship to the environment and to humans. The Montgomery County Agriculture and Natural Resources educator assisted in planning the program, and 22 Master Gardener volunteers staffed the teaching stations.
- **Pesticide Applicator Training** was held for 102 private applicators. Assistance was provided to two green industry workshops, providing commercial license recertification credits. These trainings are required for Ohio licensing recertification.
- **Master Gardener Volunteers** staffed the Home Horticulture Helpline at the local OSU Extension office between April and

October, responding to nearly 400 requests for information and assistance.

- One hundred thirty-nine youth and 103 adults received training in good agricultural production practices in regards to caring for their 4-H animal projects through three 4-H **Quality Assurance Training** seminars.

ADVANCING EMPLOYMENT AND INCOME OPPORTUNITIES

- The **“Vacant to Vibrant” Urban Agriculture Pilot Project** was in its fifth year in 2013. It focuses on economic viability, environmental sustainability and social responsibility. Two thousand four hundred fifty pounds of produce from these urban enterprises was sold to local restaurants and to the Second Harvest Program.
- Wesley Community Center and the Alaska High Tunnel sites hosted **youth education programs**, including an entrepreneurial experience at the Alaska site, for more than 40 youth ages 4–17. The Wesley site provides an intergenerational enterprise and is in an identified “Food Desert”.
- **Good agricultural practices (produce safety) training** was conducted for 10 producers participating in selling produce to local markets.
- The **Master Gardener Volunteer program** trained 17 adults in 50 hours of horticultural education and completed 50 hours of volunteer service. There were 135 returning volunteers who provided service to various projects and county residents throughout the year.

Montgomery County receives \$88,950 in federal funding for nutrition education for low-income people, thanks to Extension’s local-state-federal partnership.