

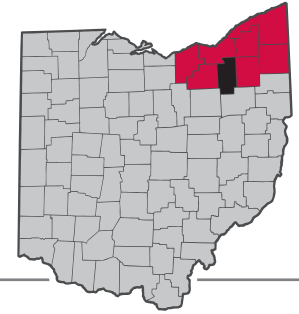


SUMMIT County

WESTERN RESERVE EXTENSION EDUCATION AND RESEARCH AREA

2525 State Road, Suite 250, Cuyahoga Falls, Ohio 44223

Phone: (330) 928-4769 summit.osu.edu/



STRENGTHENING FAMILIES AND COMMUNITIES

- The **Expanded Food and Nutrition Education Program (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 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. Each lesson includes a food tasting to encourage healthy food choices and healthy recipes. Participants also receive weekly educational enhancements that encourage skill implementation outside the classroom.
- Working with 13 Summit County community partners, OSU Extension EFNEP enrolled 352 adults, impacting 1,587 family members. Of participants, 92% showed improvement in one or more nutrition practices such as making healthy food choices, preparing food without adding salt, reading nutrition labels or have children eat breakfast; 83% demonstrated acceptable food safety practices such as thawing and storing foods properly; and 83% showed improvement in one or more food resource management practices such as planning meals, comparing prices, using grocery lists or not running out of food.
- The benefits of EFNEP extend into the community. It costs less than \$210 in grant dollars to reach one EFNEP family with 3 to 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 to \$17 due

to the delayed onset of nutrition-related chronic diseases and conditions among participants.

- Community Partners for EFNP include Youth Build, Summa Health Care, Growing Hope Summit, Twinsburg Neighborhood Association, Akron Urban League, Akron Public Schools, Peachtree, S.P.A.R.K, Greenleaf, Barberton Headstart, St. Barnabas School, Barberton Parks and Recreation, Oriana House, AMHA Edgewood Village, Minority Health Community Roundtable, Barberton Schools, Highland Square Library, H.M. Life Northfield, Habitat for Humanity, Kent State University, University of Akron, First Apostolic Church, Burmese Teen Group, The Chapel, Firestone Park YMCA, Barberton Farmer's Market, North Hill YMCA, Urban Vision (Refugee Group), Lake Anna YMCA and ASCA Foster Grandparent Group,

PREPARING YOUTH FOR SUCCESS

- The **EFNEP youth program** works with students in kindergarten through twelfth grade, providing a series of six sessions to improve skills in basic nutrition, food safety, physical activity and resource management. The EFNEP youth program enrolled 1,732 youth in kindergarten through eighth grade.
- **School enrichment programs** primarily in the Akron and Coventry School Systems involve close to 2,000 students annually. Currently, those educational experiences involve hands-on teaching in the areas of force and motion (rocketry and Newton's Laws of Motion), biological growth and development (chick embryology) and plant science (school gardens). Thanks to funding by the Ohio Soybean Council,



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

EMPOWERMENT *through* EDUCATION

extension.osu.edu

@DirKeithSmith

35 additional area teachers were trained and received equipment to bring the chick embryology program into their classrooms.

- The traditional **4-H Club** program continues to offer participants and their families learning opportunities in a wide variety of subject matters including animal sciences, food and nutrition and a growing body of STEM (science, technology, engineering and math) related projects. Over 100 screened, trained and approved volunteers offer countless hours in support to benefit our nearly 350 youth in 38 4-H Clubs. Summit County 4-H member participated in statewide opportunities. Several have been selected for youth leadership positions on 4-H advisory committees. One of our Ohio State Fair qualifiers took home two first-place awards, and a group of our youngest members participated for the second year in a row in the Cloverbud (engineering) Challenge.

Additionally, Summit County Extension is developing an invasive plant curriculum that can be used by a variety of audiences including Master Gardener Volunteers, OCVNs, park districts and the green industry.

Summit County receives \$142,637 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- **Master Gardener Volunteers**, trained by OSU Extension, help Extension share research-based horticultural information with the community through workshops, community gardens and one-on-one consultation. Summit and Medina counties joined forces in 2013 to train 26 new Master Gardener Volunteers. Thirteen new volunteers in each county will graduate in 2014. In addition to delivering educational programs to the public, Master Gardeners in Summit County coordinate a horticultural hotline one morning per week and attend local farmer's markets where they answer the public's gardening questions.
- In spring 2013, Summit County Extension, in partnership with the Conservancy for Cuyahoga Valley National Park, trained 24 new **Ohio Certified Volunteer Naturalists (OCVNs)**. Once trained, OCVNs volunteer with a variety of local organizations including Metro Parks Serving Summit County and Cuyahoga Valley National Park. Similar to Master Gardener Volunteers, OCVNs must volunteer in an educational capacity.
- Invasive species are a growing threat to ecosystems all over the world. Fortunately, through precautionary measures, people can help reduce and prevent the spread of invasive plants. In Summit County, Extension educators and Master Gardener Volunteers are busy educating the community about the **threat of invasive plants**. Education has focused on training consumers to identify problematic plants and choosing more sustainable plants for their home gardens. Over 20 invasive plant and native gardening programs were offered to the community and local garden clubs in 2013.