

2014 County Highlights

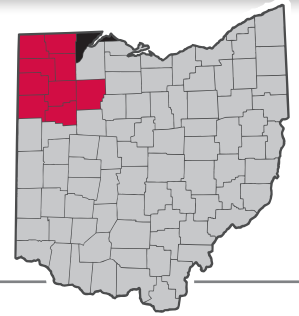


LUCAS County

MAUMEE VALLEY EXTENSION EDUCATION AND RESEARCH AREA

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STRENGTHENING FAMILIES AND COMMUNITIES

- **Expanded Food and Nutrition Education Program (EFNEP):**

This program teaches a research- and evidence-based series of nutrition lessons to limited-resource families with children in their home. Graduates of EFNEP significantly increased their knowledge and improved their behaviors in diet quality, food resource management and food safety. Many participants who completed the program reported being able to make their food resources last throughout the month more often. EFNEP graduates also reported increases in their physical activity, and in their fruit and vegetable consumption. In 2014, a youth component was also added to EFNEP.

- **Supplemental Nutrition Assistance Program Education (SNAP-Ed):** In addition to EFNEP, SNAP-Ed was also provided to Lucas County families. Families learned to make significant behavior changes in eating more fruits and vegetables, and in utilizing MyPlate for food choices.

- **Mindful Extension:** Lucas County Extension was one of seven pilot sites in Ohio for a new four-week worksite wellness program called Mindful Extension. Seven Lucas County participants completed the pilot. Additionally, 13 Family and Consumer Sciences educators attended a one-hour session on mindfulness as part of a daylong in-service. All reported an intention to use the information to improve health and well-being.

- **Food Safety:** In 2014, five food safety classes were offered, most specific to home food preservation. Over 40 participants attended the classes, and over 30 consumer phone calls and email questions were answered. Questions

ranged from “what to do when the freezer dies” to “how to can salsa.” Five pressure canners were also tested for safety.

- **Real Money, Real World:** Between the end of 2013 and the middle of 2014, 350 Lucas County students participated in Real Money, Real World. Students gained knowledge about managing a monthly budget, earning enough money to care for children and choosing a career that will support them financially.
- **Sun Safety:** Five sun safety demonstrations using DermaScan were provided in 2014. Over 200 individuals viewed the sun damage done to their skin, and 80 percent stated that they would use sunblock or a sun-safe hat in the future.
- **Local Foods:** Extension’s Local Foods Team bridges programming between agriculture and natural resources and family consumer sciences. Work continued on the Innovative 2013 grant, “County Extension’s Involvement with Local Food Councils” and on-going work with Northwest Ohio Local Food Council. Work included the formation of a steering committee, a hoop house tour to Cuyahoga County, and the promotion of local foods at community events across the county. OSU Extension was instrumental in helping organize Local Food Week, August 8–18.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- **Master Gardener Volunteers:** Twenty-eight Master Gardener Volunteers were trained in 2014, bringing the total count to 285. The volunteers contributed over 9,000 hours of their time, which represents a value of over \$168,000.



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Master Gardener Volunteers participated in such programs as Toledo Botanical Garden, Toledo Area Metroparks, Toledo Zoo, and Toledo GROWs Community Gardens. Master Gardener Volunteers and staff also answered over 2,750 horticulture calls, both through our hotline and while attending various public events.

- **Ohio Certified Volunteer Naturalist (OCVN) Program:** There are 66 active volunteers who accumulated 3,588 hours of volunteer and advanced training hours valued at \$68,000. Our Ohio Certified Volunteer Naturalists have volunteered at Toledo Area Metroparks, Wolf Creek YMCA, Black Swamp Conservancy, Magee Marsh, Kitty Todd Nature Preserve, Toledo Zoo, The Olander Park System, Toledo Museum of Art, Nature's Nursery, Black Swamp Bird Observatory, Irwin Prairie, Toledo Public Schools, and The Rain Garden Initiative.
- **4-H Clubs:** Approximately 375 youth enrolled in our 4-H Clubs, and 376 youth from clubs and schools participated in our 4-H youth development Mini Garden program. Seventeen youth were eligible to showcase their 4-H projects at the 2014 Ohio State Fair evaluation judging.
- **4-H CARTEENS:** This is a traffic safety education program for first-time juvenile traffic offenders. The program is offered in conjunction with the Lucas County juvenile court and the Ohio State Highway Patrol. One unique aspect of CARTEENS is that teens serve as the planners and facilitators for the CARTEENS sessions. The teens gain valuable leadership experiences ranging from public speaking skills, research skills for educational resources, and skills to develop educational lessons from those resources.
- **STEMming It All Together in the Glass City:** Supported by a 4-H Foundation grant to continue our partnership with The Ohio State University Young Scholars Program, a new STEM initiative emphasized science. Youth participated in various science projects that included experiments with a windmill, the development of their own electrical speakers and water quality tests in the city of Toledo. These experiential learning opportunities were reinforced when 28 youth and 11 adult volunteers and parents took a field trip that included a science cruise to Ohio State's Stone Lab.
- **Shooting Sports:** Lucas County has shooting sports programs in archery and gun safety. Clinics and workshops that included hands-on instructions and activities, performing proper equipment safety checks, proper handling of a bow and arrow, whistle commands, proper shooting techniques, and actual target shooting were conducted. Our gun safety program continues to grow and has formed a partnership with Progressive Fishing

Association, holding their meetings at their indoor range, where kids learn basic gun safety skills.

- **Agriculture and Horticulture Labor Education Program:** The focus of this program is Hispanic labor in Ohio agriculture. Most activities focus on specialty crops, but some also include dairy, greenhouse and nursery industries. Successes included monthly meetings and positive collaborations with agencies that serve growers and migrant labor. Examples of successes include two Growers' Breakfast Meetings, an agency Pre-Season Conference and the Annual Farmworker Appreciation Day for laborers and their families. Since October 2013, the Agriculture and Horticulture Labor Education Program team has been a member of the Ohio Department of Health's Rules Review Committee looking at revising and updating rules for operating agricultural labor housing.

Lucas County receives \$383,219 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.