

2015 County Highlights

Delaware County

Heart of Ohio Extension Education and Research Area

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STRENGTHENING FAMILIES AND COMMUNITIES

- For the Children is a monthly 2.5-hour court-mandated parenting education program for couples going through a divorce or dissolution whose children are under 18. One hundred ninety-five parents completed the program. Program evaluations indicated that 85 percent of participants felt more prepared to co-parent.
- While attending Supplemental Nutrition Assistance Program Education (SNAP-Ed) in Delaware County, participants learned to select fruits and vegetables, select whole grains, and select low-fat dairy products for a healthy diet. They also learned to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. This information was learned at 283 direct education programs held in cooperation with the Delaware County Department of Job and Family Services, nonprofit social services agencies, low-income housing sites, congregate meal sites of the senior nutrition program, and youth programs at Woodward Elementary and Head Start. Over 60 percent of the participants indicated that they now use MyPlate and food labels to make healthier food choices. Over 66 percent of the adults are now eating at least one kind of fruit and vegetable for different colors each day, and 66.7 percent of the youth indicated they now eat breakfast.
- Basic budgeting skills were increased through five sessions for 33 Delaware County Department of Job and Family Services clientele. Nine participants in the Getting Ahead program also increased money management skills through a budgeting class.
- Nutrition information is critical for good health. Forty-seven participants gained knowledge of nutrition and food preparation at the Ready, Set, Grow! Workshop. Sixty-seven JEGS employees increased awareness on sugar content of sweetened beverages at a health fair.
- Food safety was promoted through two sessions at Kroger Marketplace. Three food preservation programs were

conducted for 68 adults. All indicated that their knowledge and skills increased in safe methods of canning and freezing foods. Twenty-three adults increased knowledge on food safety at a training session.

ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Ohio ranks in the Top Ten states for direct-to-consumer food marketing sales. Producers view direct marketing as an alternative market outlet to increase their income while consumers see it as a means of gaining access to fresher, healthier, higher quality goods at lower costs. Delaware County Extension partnered with local organizations to conduct three workshops, delivering information to over 95 farmers to help them enhance their family farm operation through direct marketing of local foods.
- Delaware County Extension conducted an eight-week New and Small Farm College program with 39 participants of a variety of interests. The program taught participants how to set goals, how to plan, and how to budget. Participants also learned where to find resources if they choose to start a farming operation. Ninety-seven percent of the participants stated they learned information that would be an economic benefit to their farming operation.
- Forty-two farm businesses that attended Delaware County Pesticide Applicator Recertification were recertified for their Ohio Department of Agriculture pesticide licenses. One hundred percent stated that they are more aware of best-use practices on the farm in relation to the safety of themselves and their staff and families.
- Delaware County Extension also conducted two Fertilizer Applicator Certification Trainings (FACT) in 2015. In these meetings, we certified 175 Delaware County growers to apply fertilizer. Ninety-nine percent of the participants stated that they are more aware of fertilizer issues in Ohio. We also assisted with five additional FACT meetings within the Heart of Ohio EERA.



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- In collaboration with NRCS, SWCD and Ohio Christmas Tree Growers Association conducted a Christmas tree production and marketing field day at a local Delaware County producer's operation. Forty-two total attendees learned valuable aspects of growing and marketing Christmas trees. One hundred percent of the attendees found the field day a value to their operation.
- Delaware County Master Gardener Volunteers shared research-based information to the public through the Master Gardener Volunteers Helpline, gardening seminars and workshops. Over 18,000 households were reached. Also, nine new Master Gardener Volunteers were trained in 2015. Programs like Ready, Set, Grow!, a vegetable garden workshop, and Community Garden Kids Club reached over 400 adults and youth throughout Delaware County. In all, Master Gardener Volunteers donated over 7,550 hours to Extension-sponsored programs and a variety of community projects such as community gardens, where the volunteers donated over 300 pounds of produce to the People In Need (PIN) food pantry in 2015. The volunteer contribution represents a total economic impact of \$153,230 to Delaware County.

transportation, childcare and other monthly expenses. This hands-on program reached over 750 Delaware County students, and nearly 80 percent believed the program gave them a better idea of what is involved in earning, spending and managing money.

- Rockets Away! and ChickQuest—4-H school enrichment programs—use science, engineering and technology to provide hands-on curriculum in classrooms. ChickQuest reached 300 Delaware County third graders, and Rockets Away! reached 180 Delaware County fifth graders.
- Quality Assurance Training uses an interactive approach to training youth in the proper handling, treatment and recordkeeping for animals that will be used for food. This year, 322 youth and 58 advisors attended Quality Assurance Training, where they learned to recognize the importance of providing a quality product to meat processors.

Delaware County receives \$35,189 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.

PREPARING YOUTH FOR SUCCESS

- Delaware County supported 56 4-H Clubs, involving almost 1,200 youths, ages 5 to 19, and 315 adult volunteers. Volunteers contributed over 20,000 hours of time to teach youth life skills—representing an economic value of over \$400,000 to Delaware County.
- Delaware County 4-H Camp helps build critical life skills for both campers and youth counselors by stressing teamwork, communication and leadership. One hundred forty-two youth, ages 9 to 16, attended Delaware County 4-H Camp at 4-H Camp Ohio. Ninety-six percent of the campers reported learning how to be responsible for themselves and their things while at camp. A 10-year-old camper wrote, "I learned to give everyone a chance (and) to respect others for their differences".
- In cooperation with Delaware County juvenile court, first-time teen traffic offenders get powerful lessons through the 4-H CARTEENS auto safety program. About 86 percent of the teen participants indicated their opinion on following speed limits changed for the positive, and 70 percent had an at least moderate change of opinion on the need to eliminate distractions while driving. Four hundred thirty-three teens attended a CARTEENS session.
- Real Money, Real World gives students an awareness of how income and life choices affect lifestyle. Participants experience life at age 27 and paying for housing,