

# 2015 County Highlights

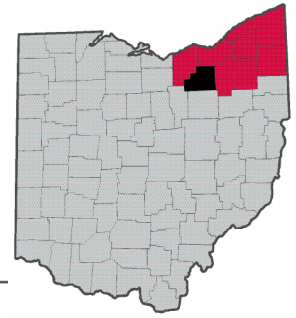
## Medina County

### Western Reserve Extension Education and Research Area

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#### PREPARING YOUTH FOR SUCCESS

- The OSU Extension signature program Real Money, Real World serves as a practical and eye-opening experience for youths throughout the county. In Medina County, seven middle schools participated, where all eighth graders in each school experienced the financial fair in 2015 with the help of parent and community volunteers, giving the youth the chance to see what is involved in earning, spending and managing money.
- More than 300 adult volunteers donated time and talents to help 4-H members ages 5 to 18 develop lifelong skills. Each gives about 250 hours, for a total of more than 80,000 hours, valued at \$1.4 million. Research shows that youths belonging to clubs and having a relationship with a significant adult are more likely to develop a positive self-image and lead productive lives.
- Fifty-four community and activity-based 4-H Clubs welcomed 280 new members in 2015.
- Over 1,300 Medina County youth and their parents/guardians participated in Quality Assurance Training and Horse Safety Training. Quality Assurance Training teaches young people best management practices when raising livestock that enters the food supply. Horse Safety Training teaches safety aspects of riding, including wearing a helmet.
- Sixty-four children ages 5 to 8 participated in group learning activities for three days at the 4-H Cloverbud Day Camp, "What's the Weather." Led by 34 4-H teen counselors, children gained awareness of the importance of cooperative learning.
- Seventy youth ages 9 to 13 along with 30 4-H teen counselors attended Kelleys Island 4-H Camp, "The Sky's the Limit." This camp is an overnight camp, for four days and three nights, during which youth participated in various activities including seining, exploring glacial grooves, team-building, canoeing, recreation, archery and more. Youth also experienced a visit from COSI on Wheels and participated in a Water Windmill Challenge grant-funded activity.

- Over 200 teens participated in 4-H CARTEENS in 2015. CARTEENS attendees learned about driving safely and making wise decisions.
- OSU Extension Master Gardener Volunteers taught three monthly "Preschoolers in the Garden" programs, teaching 45 children and their parents about seeds, bulbs and plants.
- OSU Extension Master Gardener Volunteers taught 24 children and their parents about gardening at "Playdate in the Dirt."

#### STRENGTHENING FAMILIES AND COMMUNITIES

- Food preservation programs were offered throughout the county on seven occasions in various locations to a total of 102 consumers. These programs were open to the public and shared information on safe food preservation practices including the canning, freezing and drying of fruits, vegetables and herbs. Participants also learned resources to find tested and reliable information with regard to preserving food at home to minimize the risk of foodborne illness.
- OSU Extension offered pressure canner testing services to 15 people in 2015. To ensure safe home canning, pressure canner gauges were tested to see whether they read accurately. The Medina County Extension office addressed consumer concerns for those with questions related to food safety and preservation.
- Email wellness challenges reached 147 community members, encouraging healthy habits amid their busy lifestyles. Those taking part in the challenge logged their fruit and vegetable intake every day, with a goal of getting five servings per day. They also logged their daily physical activity, aiming for a goal of 30 minutes five days a week.
- In partnership with the county's WIC and Job and Family Services, Medina County's Supplemental Nutrition Assistance Program Education (SNAP-Ed) program offered two six-week cooking and nutrition programs during which participants learned important concepts for preparing healthy and budget-friendly meals for their families. A total



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of 24 low-income adults participated in this program as part of their involvement with Jobs for Ohio Graduates. Their participation promoted self-sufficiency and a healthy lifestyle. Participants have reported that the program has had a tremendous impact on them and has promoted positive behavior change. Vitamix sponsored the second six-week series and allowed their head recipe developer to serve as the culinary instructor for Cooking Matters in Medina County.

- The Medina County OSU Extension Family and Consumer Sciences educator delivered a four-part series on the USDA's MyPlate guide to residents at the Medina County Home, where participants learned about food groups, portion sizes and healthy choices.
- Medina County SNAP-Ed added five new sites in 2015, including four Head Start preschools and The Oaks Family Care Center.
- SNAP-Ed reached 130 Head Start preschool children with research-based curricula. The programming taught the children about MyPlate, healthy eating and food sampling, while including physical activity in each lesson.
- SNAP-Ed is working with school-aged children involved in the Medina County Police Athletic League at Garfield Elementary and children at Lodi Family Center. More than 75 youth experience hands-on education about nutrition, healthy snack choices and physical activity.
- Providing weekly and monthly nutrition programming to adults receiving SNAP benefits, SNAP-Ed is working in locations including Medina County Job and Family Services, Lodi Family Center, Medina County Community Services Center, and Community Action. Reaching over 300 families, each lesson covers topics within the dietary guidelines. Topics include MyPlate; increased consumption of fruits, vegetables, and whole grains; food preparation; and strategies for stretching food dollars.

## ENHANCING AGRICULTURE AND THE ENVIRONMENT

- Medina County Extension held Pesticide Applicator Recertification for privately licensed applicators. Fifty-eight participants learned ways to control pests, focusing on responsible product use to ensure the health of people and the environment.
- Medina County Extension offered newly required Fertilizer Applicator Certification Training to 51 fertilizer applicators of 50 acres or more to comply with new legislation aimed at reducing nutrient runoff into Ohio's waterways.

- A pond clinic was offered to 47 attendees. The clinic included lectures, hands-on training, and live demonstrations on pond weeds, water testing, algae, fish management, nuisance pond wildlife, and pond aeration.
- The *Agriculture and Natural Resource Newsletter* was sent monthly to over 300 subscribers with information on upcoming events and timely news on home, yard, and garden; livestock; crops; pasture; and ponds.
- The Septic Systems for Homeowners Program taught 48 attendees how to maintain their septic systems properly.
- A six-week program entitled "Annie's Project" trained 17 female farmers about farm finances, taxes, farm resources, marketing, stress management, communication and family-life balance.
- Thirty-three Master Gardener Volunteers volunteered over 1,160 hours in 2015, contacting over 1,000 adults and youth during programs and volunteer opportunities, valued at over \$26,700 in services. Master Gardener Volunteers staffed a weekly hotline from April through October, helping more than 75 callers, walk-ins and e-mails with home, yard and garden questions.
- The Medina County Extension Agriculture and Natural Resources educator fielded over 400 phone calls on topics related to ponds, insects, gardening, agriculture and wildlife.
- Displays, demos and fact sheets were distributed at Medina County Earth Day, "What's the Buzz," Medina Library's Bee Festival, Bee Culture's Pollinator Day, Medina Fair, and Fall Foliage Tour in partnership with Medina County Parks, Rocky River Watershed Council, *A.I. Root & Bee Culture Magazine*, Medina Library, and the Soil and Water Conservation District.

**Medina County receives \$62,296 in federal funding for nutrition education for low-income people, thanks to Extension's local-state-federal partnership.**