

**Family and Consumer Sciences
Program Highlights – May – August 2009**

Bay County

Marjorie Moore

- Nutrition & Food Safety provided a four hour nutrition in-service for the Early Education and Care teachers and staff.
- Trained two Community Health Center staff members on the Take Charge of Your Diabetes Train-the-Trainer Program. The center targets individuals below poverty. The first series of classes will begin in the Fall.
- Taught two Food Safety and Quality Programs during this period reaching eleven managers/food handlers. The average score was 85%.
- Collaborated with the 4-H agent on a one-week cooking school day camp program reaching 29 youth. A very good resource used in the camp was a video titled Kitchen Safety by Learning Seed. The video shows a kitchen as a workplace filled with potential danger. It also shows how to handle knives, prevent shocks, childproof a kitchen, avoid burns, and preventing food borne illness.
- Taught two Managing in Tough Times classes to County Employees and one class for the general public reaching 29 individuals.
- Taught one four-hour session SafeStaff Food Safety Program to the council on aging staff.
- Collaborated with the 4-H agent on a one-week Money Mysteries day camp program. Thirty youth were enrolled in this camp.

Escambia County

Pam Allen, Dorothy Lee and Angela Hinkle

- Promoted partnership between WIC in the Escambia County Health Department and the Escambia County Extension office with the WIC foods cookbook during program showcase session at CYFAR conference in Baltimore, MD. (Pam Allen-CED, Dorothy Lee-FCS agent, Angela Hinkle, EFNEP agent)
- Graduated County Supervisor Training course. (Angela Hinkle)
- *Funny Money Makes Sense* library program for Town of Century. (Dorothy Lee)
- First Annual Blueberry Jamboree featuring all things blueberry and bluegrass. (Pam Allen – CED, Angela Hinkle-EFNEP Agent, Dorothy Lee-FCS Agent, Libbie Johnson-Agriculture Agent, Beth Bolles-Horticulture Agent)
- **Managing in Tough Times** at Solid Waste Department. (Angela Hinkle & Dorothy Lee)
- *Pack It to Snack It* library program for town of Century featuring a healthy snack box to decorate, fill, and take. (Angela Hinkle)
- Alzheimer's Caregivers in-service, nutrition education program (Dorothy Lee)
- *Cordova Mall Hurricane Expo*-sharing hurricane activities and information for children (Dorothy Lee & Angela Hinkle)
- Presented *Cooking Healthy for 1 or 2* for Escambia County employees. (Dorothy Lee)

- Presented program on *Go Green Eco-Friendly Household Cleaning* for Habitat for Humanity. (Dorothy Lee)
- Presented “Food Preservation Update” for Brownsville Reclamation Association. (Dorothy Lee)
- *Surviving Until Sundown* day camp Fishing, Hobo meals, bats, decomposers (Beth Bolles-Horticulture Agent, Andrew Diller-Marine Agent, Carrie Stevenson-FYN Agent, Dorothy Lee-FCS Agent, Libbie Johnson-Agriculture Agent, Angela Hinkle-EFNEP Agent)
- Continuing Education credits for Health Department (WIC) employees Education included Demonstration Garden, Extension Services, Managing in Tough Times, and Sea Turtles. (Beth Bolles, Angela Hinkle, Libbie Johnson, Dorothy Lee, Andrew Diller)
- Presented “Portion Control for Healthy Lifestyles” for TOPS program (Dorothy Lee)
- Continuing Adult EFNEP programs - Non-Secure Programs, WISE women's recovery, Pregnancy Resource Center, Health and Hope Clinic, Waterfront Mission. (Angela Hinkle)

Gadsden County

Elizabeth Gorimani

- Just completed 5 sessions of the first time homebuyers classes. Had 50 enrolled and 36 attended all classes.
- Finished working with 4-H summer day camps: Solar cooking(Cooking under the Sun), Food Fun & Fitness camps. We had 4 day camps scheduled with 75 youth participating.
- Started working back at the WIC clinic with the part time EFNEP program assistant.
- Getting ready for the school year with the FNP Program.

Jackson County

Joan Elmore

- Conducted Homebuyers classes in May, June and August for Rural Development. 24 attended the workshops.
- In collaboration with the Master Gardeners, presented a Canning and Freezing workshop with 56 attending in May. Pressure and water bath canning were the main thrust.
- Taught the second part of the required bankruptcy education to 10 people from May – August.
- Hosted the first “Protecting Your Money” conference in June. Dr. Michael Gutter spoke on the stimulus package, guest speaker from Jones Investment spoke of “What now to do with your Money” and I spoke on “Managing in Tough Times” to 65 participants.
- Helped 12 people review their credit reports and corrected mistakes.
- Helped 15 people from the Protecting Your Money workshop with setting up a budget.
- Authored an article on Credit for the district Family & Consumer Sciences on-line newsletter, *Living Well In the Panhandle - Solutions for your Life*.

Leon County

Betty Miller, Jo Shuford-Law, Heidi Copeland

- Betty's County Extension Director responsibilities have included preparing the Extension County Budget and participating in the County Commission Budget Workshops. Leon County Extension remains fully funded in the proposed FY2010 budget that will be finalized following the budget hearings scheduled September 9 and 22.
- Betty taught eight parenting classes at Bethany Family Apartments for families experiencing homelessness and for Sisters in Sobriety at DISC Village in Woodville.
- Betty, Heidi, and Jo authored articles for the district Family & Consumer Sciences on-line newsletter, *Living Well In the Panhandle - Solutions for your Life*.
- Jo, Heidi and Betty continued collaborating with other FL and GA agents to author/edit 6 Tallahassee Democrat articles.
- Heidi collaborated with Tracy to teach the 4-H Sewing Day Camp for 11-13 year-olds. She also taught 105 campers at 4-H Camp Cherry Lake
- Bethany Family Apartments residents (55 educational contacts) attended 4 money management classes taught by Heidi.
- The end of the Walking through Florida – a Leon County Wellness program was celebrated with a luncheon at the Leon County Extension Office. A total of 82 teams of 4 registered for the 8 week challenge. Eight health updates were written and posted on-line.
- In collaboration with FSU, Heidi taught 4 wellness classes to 80+ employees of Department of Business and Professional Regulation.
- Small Steps to Health and Wealth (SSHW™) has been the focus of 4 classes Heidi conducted for Fringe Benefit Management Company (65 students). She also set-up a SSHW™ table top display for Citizens First Wellness day.
- Through a continued partnership with FSU and DOE Jo trained 6 Dietetic Interns. Once trained, the interns taught a series of 4 nutrition classes (Mooove to No/Low Fat Dairy & Fruits & Veggies – More Matters to approximately 100 limited resource youth at 2 local elementary schools (Woodville & Hartsfield).
- As the demand for EFNEP is “snowballing” the Program Assistants (PA) participated in a 3-part session on stress management – to assist them with their families who are under tremendous stress. The classes will also benefit the PAs.
- Jo focused on Spring into Action – Get Moving and Mooove to Low/No Fat Dairy for 129 older adults attending 2 rural Senior Days educational events in Miccosukee and Woodville.
- Betty attended 2 Extension pre-conferences of the 15th Generations United International Conference in Washington, D.C. Jo attended the 42nd Annual Conference for the Society for Nutrition Education in New Orleans. Heidi will be attending the National Extension Association of Family & Consumer Sciences Annual Meeting. All 3 FCS agents will be attending EPAF.

Okaloosa County

Elaine Courtney

- Money Matter\$ project underway, thanks to Program Enhancement Grant. Have scripted, filmed and edited (with 4-H Agent Jennifer Heady, Michael Gutter) short videos on money topics. Hosting videos on internet (community television channel <http://cvctv.info>, you tube, facebook, my space). Please visit our website and view our videos and PLEASE evaluate. <http://okaloosa.ifas.ufl.edu/moneymatters.shtml> Will be presenting results at NEAFCS in Birmingham.
- Teach “Buying an Auto” every 2 weeks for the First Term Airman Class at Eglin AFB.
- On My Own-Money Adventures programs held June-July 2009 with 86 youth ages 14-17. Challenging but worthwhile. Received funding to conduct programs from Workforce Development Board, summer youth programs.
- Family Nutrition Program—hired 2 new PA’s (Okaloosa & Walton) and have been busy this summer training and updating curriculum materials.
- Financial Management Focus Team action group for Managing in Tough Times/downsized—this is a great resource that you’ll be hearing more about. Financial calculators, worksheets and more: <http://fyces.ifas.ufl.edu/toughtimes/index.htm> Serving on NEAFCS National Nominating Committee.
- Working with HCE—annual Country Store fundraiser in June, preparation for Holiday Showcase, and state conference.
- Completed “Teach Children to Save” project with children making 228 deposits into savings accounts. Total deposited: \$13,811.86.
- Committees are beginning work on the 2010 Eco-Nomic Living Expo and America Saves Week.

Personal—spent 2 weeks in Alaska in May!

Wakulla County

Shelley Swenson

- 10 participants were involved with our first Recycouture Day Camp where they learned basic sewing techniques while remodeling a garment through their closets or from a thrift store. Body image, self esteem, and unleashing one’s creativity was included in the 1 ½ day event.
- 37 participants learned about healthy lifestyles, gardening and nutrition at our second Pizza Camp. A trip to a local vegetable farm allowed the kids to learn from where the ingredients on their vegetable pizza came. Composting, planting a pizza shaped garden, and a review of MYPRYAMID through a full size floor model with plastic foods placed according to its group and nutritional value was included.
- Work has been done to better coordinate the food pantries in the county through a county-wide committee. A church-sponsored garden provided produce to all of the food banks throughout the growing season while Extension provided nutrition information and recipes to accompany to fruits and vegetables.
- A grant was received by NEAFCS to organize a multi-state conference on Small Steps to Health and Wealth™ to be coordinated for this fall.

- Educational programs were provided for the D.O.E. Summer Feeding Program where nutrition and healthy lifestyle principles were taught to over 30 children.
- Our EFNEP personnel worked extensively with our EFNEP schools providing a 6 week series to children in the first grade.
- Wakulla County has been fortunate to have had 2 Dietetic Master level interns for a 4 week community-based learning experience. One did a series in a non-EFNEP elementary school, health fair booths, and both did programs at our Senior Citizen's Meal Site.

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Walton County

Kendra Zamojski

- NW District received a grant from NEAFCS to work on Small Steps to Health and Wealth has a multi-state project with Alabama and Georgia
- I am planning to attend the National conference in Birmingham.
- Wrapped up a successful day camp season: Outdoor Adventures, Money Adventures, Kids in the Kitchen
- I am working on developing some farmers' markets and other local food initiatives.

Washington/Holmes County

Judy Corbus

- Taught a four-hour beginners canning class at the Washington County Community Canning Center in June. A total of 14 attended the class, which included hands-on practice canning green beans and potatoes and blueberries.
- Taught a three-day 4-H Sewing Day Camp for beginner and advanced sewers. A total of 11 4-Hers made pillows, pajamas, and bears, some of which will be donated to the local health department to distribute to children receiving immunizations.
- Assisted with a two-day 4-H Cake Decorating Day Camp.
- Served as Booth Coordinator for the 53rd Annual Panhandle Watermelon Festival, Chipley.

Personal Enjoyed a two-week vacation with my parents in July to visit my sister in Savannah, Georgia and extended family in Kentucky and West Virginia.