

# **Seminole County Oklahoma Cooperative Extension Service**

Providing Oklahomans with research-based information and education through a statewide system of county offices staffed by Educators in the following program areas:

**Agriculture and Natural Resources**

**Community Development**

**Horticulture**

**Family and Consumer Sciences**

**4-H Youth Development**

**Oklahoma Nutrition Education Program**

**Expanded Food & Nutrition Education Program**



## **Annual Report 2010**



## **Seminole County Cooperative Extension Service Staff**

### **Travis Hanks**

Extension Educator  
County Extension Director  
4-H Youth Development  
Agriculture

### **Megan Baughman**

Extension Educator  
Family and Consumer Sciences  
4-H Youth Development

### **Pam McGehee**

Oklahoma Education Assistant  
Oklahoma Nutrition Education

### **Jenny Miller**

Extension Secretary

## **To Contact us:**

**Location:**

110 S. Wewoka Avenue  
Courthouse, 2<sup>nd</sup> Fl  
Wewoka, OK 74884

**Email:**

travis.hanks@okstate.edu  
megan.baughman@okstate.edu  
pam.mcgehee@okstate.edu  
jen.miller@okstate.edu

**Phone:** 405-257-5433

**Fax:** 405-257-3211

**Website:**

<http://oces.okstate.edu/seminole>

# **Seminole County Cooperative Extension Service**

The Oklahoma Cooperative Extension Service is the outreach arm of the Division of Agricultural Sciences & Natural Resources, Oklahoma State University. Our mission is to bring skills and research based information in the areas of Agriculture, Horticulture, 4-H and Youth Development, Family and Consumer Science and Community Development to help solve local issues of concern.

This is achieved through formal and informal classes, seminars, newsletters, news articles, columns, one on one consultation and a variety of other methods in all of the subject matter areas we work in.

## **Agriculture**

Agriculture in Seminole County accounts for approximately \$19,875,000 dollars of agricultural products sold each year on 1172 farms and ranches. Extension provides research based information, technology and services to farmers and ranchers in the area of crops, pasture management, cattle, fruits and vegetables.

Here in Seminole County, we have regular consumer horticulture seminars presented throughout the year on a variety of subjects along with regular cattle related seminars presented in conjunction with the Seminole County Cattleman's Association. We also conduct a Master Cattleman class yearly that provides a more intense learning experience for local cattlemen. The Extension Office publishes an Agriculture Newsletter that can be signed up for at the county office in addition; there are regular columns in county newspapers.

## **4-H and Youth Development**

4-H in Seminole County is alive and well. The 4-H program has reached at least 1,304 youth this last year through school enrichment, club meetings, citizenship programs, community service projects and leadership activities at county, district and state levels. Seminole County 4-H is represented by 514 members, 14 certified volunteers and 13 clubs. Our goal over the next year is to increase membership within existing clubs and start new clubs in communities that do not currently have one. Within all of these activities, our ultimate goal is to develop future leaders for our communities.

## **Family and Consumer Science Programs**

The OSU Extension Service provides educational programs to individuals through educational news articles, news letters, learning workshops and events. As a FCS Educator, building a strong network with community services and organizations is an important part of meeting the needs of families and individuals in the community, as well as, staying up-to-date on current issues families face. The main focuses of educational programs in Seminole County are based on needs identified through a community advisory council. Over the past several years, efforts have included programs in Character Education, Parenting Issues of discipline and guidance, Marriage Education, and Nutrition. However, FCS programs cover four main areas and all are addressed at the community level: Family Resiliency, Nutrition Health and Wellness, Family Economic Well Being and Adult Leadership.

## **Community Development**

In the area of Community Development, the Extension Office serves as a link between communities and OSU supplying help with impact studies, needs analysis, business retention and expansion, business plans and other needs that county businesses and local governments can use to make good decisions, and base future plans upon.

The Seminole County Extension Office also offers free one-on-one consultation in all program areas. Whether by phone, walk-in or if needed, a site visit to better identify a problem, we are there to help. If the Seminole County OSU Extension Office can help with your needs, give us a call at 405-257-5433, visit us at 110 S. Wewoka Avenue, Courthouse, 2<sup>nd</sup> Floor, Wewoka OK or check out our website at: <http://oces.okstate.edu/seminole/>

### **Oklahoma Nutrition Education (Grant Funded)**

Oklahoma Nutrition Education (ONE) belongs to the family of programs offered by the OSU Extension Service. ONE provides weekly nutrition lessons with one-to-one visits in homes or groups within the neighborhoods. Topics cover food safety, food budgeting, meal planning, shopping, meal preparation skills and basic nutrition education. Federal food assistance program participants, as well as low-income seniors, are eligible for this program. Seminole County is fortunate to have a strong network of organizations and businesses that pool resources to support this program. Hands-on cooking with simple, nutritious recipes is offered to each participant.

The long-term program provides in-depth nutrition and physical activity education for families committed to improving their health through life-style changes. It requires a minimum of 16 lessons and six to eleven months of participation. The short-term program provides focused intensive education for mobile families or families enmeshed in change. These families gain survival skills to meet their specific nutrition and resource management needs. It requires a minimum of six lessons and two to five months of participation. Each participant receives a certificate upon completion of the program.

### **Oklahoma Expanded Food and Nutrition Education Program (EFNEP) (Grant Funded)**

Research shows that healthy eating habits developed in children can last a lifetime. To guide these habits, Community Nutrition Education Programs (CNEP) provides long-term nutrition education to low-income families and youth in 44 Oklahoma counties. Working through county Extension offices, EFNEP provides nutrition education to youth in third and fourth grades of qualifying schools.

Teaching paraprofessionals, known as Nutrition Education Assistants (NEAs), educate third and fourth grade students through a curriculum that consists of six lessons per grade. The EFNEP curriculum reflects the key nutritional and physical activity messages of the United States Department of Health and Human Services and United States Department of Agriculture *2005 Dietary Guidelines for Americans* and *MyPyramid Food Guidance System* including the importance of hand washing and eating breakfast everyday, as well as appropriate and healthy snacking. Each lesson is based on age appropriate knowledge and behavior objectives cross-referenced to the Oklahoma State Department of Education Priority Academic Student Skills for Health and Safety Education.

The Oklahoma Cooperative Extension Service utilizes matching funds to bring federal grant dollars to administer the program. County governments contribute to the success of CNEP by supporting a fully staffed county Extension office. Last year, more than 16,100 Oklahoma youth participated in interactive learning experiences.

**FORMAL AGRICULTURE AND HORTICULTURE EDUCATIONAL  
OPPORTUNITIES OFFERED IN SEMINOLE COUNTY  
2010**

<b>Ag, horticulture, telephone, office, farm visits, etc</b>	<b>Contacts</b>	<b>698</b>
<b>Mass Media</b>	<b>Contacts</b>	<b>170,500</b>

**Production Agriculture/Horticulture Seminars Presented/Conducted**

- Estate Planning Workshop
- Weed and Brush Control Demonstration
- Master Cattleman Program (6 classes)
- Organic Farming Workshop
- Pesticide Disposal Pick Up Site
- Master Cattleman Summit
- Pasture Weed Control
- Seminole County Farmers Market Association
- Embryo Transfer and AI Field Day
- Licensed Managed Feeding Operation updates Training for Tyson Foods Inc.
- Trich Meeting for Cattle Producers
- Farmers Market Meeting
- OSU Goat Boot Camp
- Agro-security Planning
- Pond Weed Control
- Pasture Fertility Manual
- Trich/Anaplasmosis Meeting
- Drilling Mud Application Workshop
- Coordinated Cattle Producers Annual Banquet

**Publications**

- Publish a production agriculture newsletter, 6-8 times yearly
- Write weekly columns for Seminole Producer, circulation of approximately 5,500

**FORMAL FAMILY & CONSUMER SCIENCE EDUCATION AND HOME  
AND COMMUNITY EDUCATIONAL OPPORTUNITIES OFFERED IN  
SEMINOLE COUNTY  
2010**

**Nutrition Education, Family Issues, Home &  
Community Education, etc  
Mass Media**

<b>Contacts</b>	<b>591</b>
<b>Contacts</b>	<b>78,916</b>

**Nutrition Education/Family Issues/Home & Community Education Seminars Presented/Conducted**

- Sewing Workshop
- Farmer's Market Food Demonstrations
- Healthy Oklahoma
- Co Parenting
- Family & Consumer Science Newsline
- Health Rocks
- The Power of Color
- Taught/Hosted 10 HCE Educational Workshops
- Emergency Preparedness workshop
- High school Financial Planning with alternative schools
- Parenting classes for expecting mothers
- Coach program to help empower older adults to shop eat and cook
- HCE Advisory Responsibilities
- Food Safety Programs
- Growing Strong Bodies
- Healthy Oklahoma Program
- Job Readiness
- Table Etiquette

**Publications**

- Publish a production FCS newsletter, 12 times yearly
- Write weekly columns for Seminole Producer, circulation of approximately 5,500

# FORMAL 4-H, YOUTH DEVELOPMENT, AND SCHOOL ENRICHMENT EDUCATIONAL OPPORTUNITIES OFFERED IN SEMINOLE COUNTY 2010

## 4-H Membership

- 514 members
- 14 certified, active 4-H volunteers
- 13 clubs

**4-H, Youth Development, School Enrichment  
Mass Media**

**Contacts 1,304  
Contacts 5,900**

## 4-H/Youth Development/School Enrichment Seminars/Activities Presented/Conducted

- County Land Judging Team
- County Livestock Judging Team
- Organize the Seminole County Land Judging Contest
- School Enrichment Seminole-Chick Embryo
- School Enrichment Seminole - AITC Horticulture
- Youth Pork Quality Assurance Course
- Seminole County Junior Livestock Show
- County Rally/Speech Contest
- District 4-H Speech Contest
- Multi County 4-H Summer Camp
- Achievement Banquet
- County 4-H Share-The-Fun Contest
- District 4-H Share-The-Fun Contest
- 4-H Roundup
- Seminole County Leadership Lock-In
- District Horse Show
- District 4-H Leadership Conference
- Southeast District 4-H Science Museum Lock-in
- 4-H Summer Day Camp- Robotics
- 4-H Summer Day Camp- Sewing
- Youth Cooking School (Grow it, Fix it, Eat it)
- Seminole County Fair
- Seminole County Leadership Team
- Summer Camp
- State 4-H Horse Show
- 4-H Shooting Sports Air Rifle Team
- 4-H Cowboy Camp
- District 4-H Livestock Field Day
- High School Financial Planning
- Health Rocks

# FORMAL NUTRITIONAL EDUCATIONAL OPPORTUNITIES OFFERED IN SEMINOLE COUNTY 2010

## **Oklahoma Nutrition Education (Grant Funded)**

Oklahoma Nutrition Education (ONE) belongs to the family of programs offered by the OSU Extension Service. ONE provides weekly nutrition lessons with one-on-one visits in homes or in group settings within the county neighborhoods. Federal food assistance program participants, as well as low-income seniors, are eligible for this program. Seminole County is fortunate to have a strong network of organizations, businesses, and individual volunteers that pool resources to support this program. Hands-on cooking and simple nutritious recipes are offered to each participant. The short-term program provides focused intensive education for mobile families or families enmeshed in change. These families gain survival skills to meet their specific nutrition and resource management needs. The program requires a participant to complete eight core lessons within two to five months consisting of:

<i>MyPyramid (Food Guide Pyramid)</i>	<i>Plan, Know What's for Dinner</i>
<i>Shop, Get the Best for Less</i>	<i>Shop for Value, Check the Facts</i>
<i>Fix It Safe (Food Safety)</i>	<i>Fix It Fast, Eat at Home</i>
<i>Making Smart Breakfast Choices</i>	<i>Choosing More Fruits &amp; Vegetables</i>

The long-term program provides in-depth nutrition and physical activity education for families committed to improving their health through life-style changes. It requires the eight core lessons plus up to an additional twelve lessons and six to eleven months of participation. Each participant receives a certificate upon completion of the program.

## **Oklahoma Expanded Food and Nutrition Education Program (EFNEP) (Grant Funded)**

Research shows that healthy eating habits developed in children can last a lifetime. To guide these habits, Community Nutrition Education Programs (CNEP) provides long-term nutrition education to low-income families and youth in 44 Oklahoma counties. Working through county Extension offices, EFNEP provides nutrition education to youth in third and fourth grades of qualifying schools. Teaching paraprofessionals, known as Nutrition Education Assistants (NEAs), educate third and fourth grade students through a curriculum that consists of six lessons per grade. The EFNEP curriculum reflects the key nutritional and physical activity messages of the United States Department of Health and *My Pyramid Food Guidance System* including the importance of hand washing and eating breakfast every day, as well as appropriate and healthy snacking. Each lesson is based on age appropriate knowledge and behavior objectives cross-referenced to the Oklahoma State Department of Education Priority Academic Student Skills for Health and Safety Education. Depending on the grade level, lessons presented include topics such as:

<i>Getting to Know MyPyramid</i>	<i>Hurray for Whole Grains</i>
<i>Fantastic Fruit &amp; Various Veggies</i>	<i>Magnificent Milk</i>
<i>Breakfast Builds Better Brains</i>	<i>Play it Safe: Fight BAC</i>
<i>What Happens to the Food We Eat</i>	<i>Label Logic</i>
<i>Start Your Day with Breakfast</i>	<i>The Food Safety Danger Zone</i>
<i>Healthy Choices for Snacks &amp; Eating Out</i>	



The Oklahoma Cooperative Extension Service utilizes matching funds to bring federal grant dollars to administer the program. County governments contribute to the success of CNEP by supporting a fully staffed county Extension office. Last year, more than 30,100 Oklahoma youth participated in interactive learning experiences. This program is in its third year in Seminole County and reached 856 third and fourth graders this past school year.

The **Community Nutrition Education Program (CNEP)** is a voluntary program for adult participants of federal assistance programs as well as impoverished youth in qualifying schools and communities.

**Oklahoma Nutrition Program (ONE) Program**

<b>Status of Adult Participants</b>	<b>Number of Participants</b>	<b>Direct Contacts</b>
Completed	47	
Continuing	5	
<b>Total</b>	<b>52</b>	<b>148</b>

**Expanded Food & Nutrition Education Program (EFNEP)-School Based Program**

Number of <b>schools</b> taught in	<b>12</b>
Number of <b>classes</b> taught (3 <sup>rd</sup> & 4 <sup>th</sup> grades)	<b>45</b>
<b>Total number of students reached</b>	<b>856</b>