

## Oklahoma Nutrition Education (Grant Funded & SNAP-ED)

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:

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

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:

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

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. This program is in its ninth year in Seminole County and reached 796 third and fourth graders this past school year and 59 adults.

**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

Status of Adult Participants	Number of Direct Participants	Contacts
Completed	27	
Dropped	21	
Continuing	11	
<b>Total</b>		<b>59</b>

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

Number of schools taught in	9
Number of classes taught (3 <sup>rd</sup> & 4 <sup>th</sup> grades)	34
<b>Total number of students reached</b>	<b>796</b>

### EFNEP—Adult Based Program

Status of Adult Participants	Number of Direct Participants	Contacts
Completed	1	
Dropped	4	
Continuing	0	
<b>Total</b>		<b>5</b>

**T**he 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 12827 NS 3650, Wewoka OK or check out our website at <http://oces.okstate.edu/seminole>.

Or Facebook at <http://www.facebook.com/semcoosu>



### The 4-H Pledge

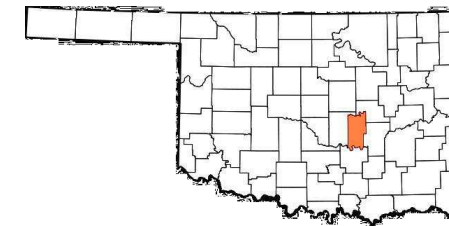
I Pledge:

*My head to clearer thinking,  
My heart to greater loyalty,  
My hands to larger service, and  
My health to better living,  
For my club, my community, my country  
and my world.*



**Seminole County  
OSU Extension  
Center**

# Annual Report 2014



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

## Seminole County Cooperative Extension Service Staff

### **Coy McCorkle**

Extension Educator  
County Extension Director  
4-H Youth Development  
Agriculture

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Oklahoma Education Assistant  
Oklahoma Nutrition Education  
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**Phone:** 405-257-5433

**Fax:** 405-257-3211

### **Website:**

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

### **Facebook:**

<http://www.facebook.com/semcoosu>



## **Agriculture**

Agriculture in Seminole County accounts for approximately \$18,562,136 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.

### **FORMAL AGRICULTURE AND HORTICULTURE EDUCATIONAL OPPORTUNITIES OFFERED IN SEMINOLE COUNTY 2014**

Ag, farm visits, telephone,  
in office, horticulture, etc.      Contacts 863  
Mass Media                                      Contacts 181,500

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

- Coordinated Cattle Producers Annual Banquet
- Farmers Market Meeting
- Cool Season Forage Tour
- Cattle handling Demonstration
- Pasture Weed Control
- Pond Weed Control
- Seminole County Farmers Market Association
- Eastern Oklahoma Beef Cattle Summit
- Reproductive Strategies in Beef Cattle
- Pecan Management for Home Owner
- Raised bed and container gardening
- OHCE Bug Control
- Tax planning Meeting
- Drought Meeting
- Forage and Crop Management Program
- Cow Calf Boot Camp
- Meat Goat Boot Camp
- CAFO / LMFO Training
- PRIDE program with Seminole Main Street
- Seminole Co Ext Centennial Celebration
- Producer IFMAPS project
- PEDv update / bio-security program
- Gardening Social

### **Publications**

- Write columns for Seminole Producer, circulation of approximately 5,500.

## **Family and Consumer Science Programs**

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. The Seminole County FCS programs were focused on these top three needs of Seminole County that were identified as Health, Risky Behavior, and Jobs/ Employment.

### **FORMAL FAMILY & CONSUMER SCIENCE EDUCATIONAL AND HOME AND COMMUNITY EDUCATIONAL OPPORTUNITIES OFFERED IN SEMINOLE COUNTY 2014**

Nutrition Education, Family Issues,  
Home & Community Education, etc      Contacts 1,691  
Mass Media    Contacts 88,796  
Social Media    Contacts 15,059

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

- Prepared & delivered Co-Parenting
- Leader Lessons
- 1,2,3,4 parenting
- Active Parenting Now
- Canning Workshop with Hughes County
- Farmers Market
- Adult sewing
- Teach Fitness Gram
- Arthritis Exercises classes
- Making Sense of Money Management
- Tickled pink health fair
- Active Parenting of Teens

### **Publications**

- ◆ Publish a production FCS newsletter
- ◆ Write columns for Seminole Producer, circulation of approximately 5,500



## **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 425 members, 14 certified volunteers and 14 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.

### **FORMAL 4-H, YOUTH DEVELOPMENT, AND SCHOOL ENRICHMENT EDUCATIONAL OPPORTUNITIES OFFERED IN SEMINOLE COUNTY 2014**

4-H, Youth Development,  
School Enrichment                                      Contacts 1,694  
Mass Media    Contacts 27,500

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

- 4-H Roundup
- 4-H Shooting Sports Teams
- 4-H Summer Day Camp- Photography
- 4-H Summer Day Camp- Sewing
- Achievement Banquet
- County 4-H Share-The-Fun Contest
- County Rally/Speech Contest
- District 4-H Share-The-Fun Contest
- District 4-H Speech Contest
- District Horse Show
- High School Financial Planning
- Livestock Judging Contests
- Animal Science Field Day
- School Enrichment -Chick Embryo
- Seminole County Fair
- Seminole County Junior Livestock Show
- Seminole County Leadership Lock-In
- Seminole County Leadership Team
- SE Dist. FCS Field Day
- State 4-H Horse Show
- Summer Camp
- Youth Skill Day and Food Showdown
- Youth Cooking School
- Youth Pork Quality Assurance Course
- 4-H summer day camp—wildlife/fishing
- 4-H Horse club
- 4-H Dog Club
- 4-h Sewing Club
- Oklahoma and Tulsa State Fairs

