

IOWA STATE UNIVERSITY

University Extension



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Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Crawford County a better place to live. You'll be amazed at what we do.

Shirleen Jepsen
Extension Council Chair

Coletta Weeda
County Extension Education Director

Healthy People

Crawford County Extension invests in the health of the residents of the county in many ways.

Spend Smart. Eat Smart.

This ISU Extension Web site helps people learn more about their food-shopping practices, and the changes they could make to save money and eat healthier. A variety of options and interactive activities are available, including short food preparation how-to videos.

www.extension.iastate.edu/foodsavings



Recently, 53% of site users rated it "excellent." 53% used the cost of food at home calculator option. 85% increased their understanding of substituting time or knowledge/skills

to save money at the supermarket. 88% increased their food-buying skills. 83% increased their ability to identify and include nutritious foods in the family diet.

Building Better Families.

Healthy Meals in a Hurry and Spend Smart Eat Smart were offered as part of a Building Better Families Program. The programs were targeted to child care providers but also open to the general public. The Healthy Meals program taught participants how to plan and prepare healthy meals in advance, for quick meals later. The Spend Smart Eat Smart program helped participants identify ways they could save money on food, but still eat healthy. Providers learned strategies for menu planning, shopping, storing and preparing food.

Healthy Environments

Pesticide Applicator Training

Farmers are exposed to many hazardous chemicals when working on and around farming operations.



Greg Gronau, Doyle Slavik, Shirleen Jepsen, Mike Pardun, James A. Miller, Juli Nelson, Deb McKeown, Deb Garrett, Jennifer Griffith

Crawford County Extension Council

Every Iowa county has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Youth Development
- Financial issues – personal, family, and farm
- Healthy Lifestyles



We connect you to Iowa State University.

We are your local link to make connections

for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all

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[Pesticide Applicator] continued

Crawford County hosted two Private Pesticide Applicator trainings for local farmers. The pesticide applicator training provides learning opportunities for farmers to use chemicals responsibly, keeping themselves safe as well as the environment. Private Pesticide Applicator Training was conducted by Mark Licht, Field Agronomist.

Tree Planting/Trimming Workshop.

Crawford County Extension partnered with the Denison Arbor Committee to host an afternoon of hands-on learning about trees. The participants learned about selecting the right trees to match the site conditions, proper planting techniques for success, as well as long-term maintenance for healthy trees. Participants used different tools for pruning and practiced on trees in Yellow Smoke Park.

Healthy Economies

Cow/Calf Workshop

The cattle industry is an important part of the agricultural economy in Crawford County. With competition for grain and the competition for pasture land and hay ground, cattle feeding has become a challenge for area producers. ISU Extension partnered with Amazing Energy, LLC and Dunlap Livestock Auction to address these issues. Cow/calf producers learned how they could incorporate ethanol co-products in low cost cow rations.



Producers gained knowledge about winter cow rations, such as using baled corn stalks with protein dense products, and co-product handling

techniques with minimal new equipment cost. Amazing Energy addressed the group on the different ethanol co-products available to cattle producers from their facility.

Managing Tough Times

www.extension.iastate.edu/toughtimes

The economic downturn affects many Iowa families. ISU Extension designed web sites and resources to help families, businesses and communities tackle tough times today and tomorrow. Blog conversations, "ask an expert,"-a variety of options are available to find answers and information any day, any time of day.

4-H Makes a Difference in the Lives of Youth

A 2008 study, conducted by ISU Extension Youth field specialists and county extension staff, surveyed 508 randomly selected 4-H members in Iowa and found that 4-H positively impacts youth's citizenship, leadership and communication skills.



When polled, 80% of 4-H club members indicated an increase in their citizenship skills, 72% reported an increase in leadership behavior and practices, and 73% indicated an increase in their communications skills.

Crawford County Shooting Sports

This is the second year for youth to learn in Crawford County Shooting Sports 4-H program. Youth are trained in archery, rifle, shotgun, muzzleloader and wildlife skills. Youth report being safer and more responsible in the use of firearms.