

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 Delaware County a better place to live. You'll be amazed at what we do.

Roger Lake

Extension Council Chair

Healthy People

Focus on Food Safety, Nutrition

Food safety and nutrition impacts everyone. Employees from local grocery stores, restaurants, schools and care facilities continue to participate in **SafeFood**®, a food safety and sanitation course offered through Iowa State University Extension.



Cindy Baumgartner, Nutrition and Health Program Specialist teaches the SafeFood® course, based on the National Restaurant Association Educational Foundation's ServSafe™ program. It provides food service workers with a better understanding of their role in preventing food borne illnesses and precautions to take to minimize risk. The course is loaded with practical information and food handling practices designed to keep food safe in their establishments.

Along with food safety, local ISU Extension programming stresses

nutrition. **Team Nutrition** focuses on wellness and healthier meal options with the goal of healthier school environments. Maquoketa Valley Schools' Director of Food Service, Karelene Sellner, attended a Team Nutrition "Chef Workshop" to learn how to make school meals healthier and more visually appealing. Baumgartner follows up on the training by discussing goals and providing overall assistance. Since starting Team Nutrition, Maquoketa Valley has increased the variety of fresh fruits available, expanded offerings of seasonal vegetables on their salad bar, and incorporated more whole grain flour into baked goods. As a result, Team Nutrition has improved daily options and quality of meals for the students and staff at Maquoketa Valley.

Healthy Economies

Budgeting & Financial Education

Delaware County Extension helped more than 150 families this year take control of their financial budgets through classes, workshops and by providing resources to those needing financial management guidance.

One opportunity, the **Planning to Stay Ahead Budgeting Workshop** held in November 2008, was a free course designed to help people understand their spending and how to manage their personal finances.



Members of the Delaware County Extension Council. Front row: (L-R) Ed Poynor, Bruce Nieman, Brian Pralle, David Zumbach. Back row (L-R): Kelly Jared, Roger Lake, Julie Hackbarth, Patty Conrad. Not pictured: Roger Helmrichs

Delaware 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:

- Agriculture
- Families Health & Financial Well-being
- Community Economic Stability
- 4-H



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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Helping Producers Manage Tough Times

Pig Cents for the Future provided research-based assistance for many facing tough choices in the poor economic conditions that are taking its toll on the pork industry. The program, one of only two offered statewide in September 2009, provided an outlook on the industry as well as tips and options for maintaining economic stability. Breakout sessions led by swine and financial experts addressed legal questions, contract issues, production improvements, supply networks and more.



Healthy Environments Getting Everyone Involved

This year the Delaware County Master Gardeners created an educational site when they constructed raised garden beds at Manchester's Good Neighbor Home (nursing home) and The Meadows (assisted living facility). Funded by a Fit for Life grant, Delaware County's Foundation for the Future funds and Master Gardener resources, they used the gardens with nearly every age-group. Both the produce and the lessons raised in the garden beds 'fed' elderly residents and children attending Kids' Café, a local summer meal program.

Master Gardeners also shared the resources – and the fun – with additional workshops, youth activities and informational sessions during the



Delaware County Fair. A very active group of over 50 members, the local Master Gardeners dedicate hundreds of hours in education and service to the community each year.

Celebrating 90 Years in Delaware County



4-H Programs Target Growth

Celebrating its 90th anniversary this year, Delaware County's 4-H Community Club program provides numerous opportunities to over 330 youth and their families annually. In addition, the Extension Office presents the Farm Safety Day each spring for preschool-aged children and assists with the Farm Safety Day held each fall for all seventh graders in the county. These initiatives reach hundreds of additional students each year.

Training Prepares Tomorrow's Leaders Today



In partnership with West Delaware Schools, selected youth participate in "Ricochet" leadership training. The program is a 4-H curriculum and includes a day-long workshop, followed by ongoing support. "Ricochet" meets the leadership development needs of middle school youth in engaging ways, utilizing creative educational games and activities to address five dimensions of leadership — information, attitude, communication skills, decision making and stress management. "Ricochet" is another way ISU Extension 4-H Youth Development teaches skills that kids can use now as well as when they become adults. Students in the program share lessons learned with their peers, reaching students in grades 4-8 at West Delaware.