



ISU Extension in Fremont County

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ISU Extension and Outreach provides educational opportunities for economic development, food and the environment, health and well-being, and K-12 youth outreach. We meet local needs, so Fremont County can be an even better place for the next generation.

Jeffrey Johnson
Extension Council Chair

Alan Ladd
Regional Director

Economic Development

As part of Fremont County ISU Extension and Outreach's commitment to strengthening the county we serve, we seek to partner with other entities committed to the same. Local partners include:

- **Fremont County Economic Development Corporation (FREDCO)**
- **Missouri, Iowa, Nebraska, Kansas (MINK) Missouri River Corridor, Inc.**
- **Keep Iowa Beautiful: Hometown Pride**

Together with Hometown Pride, Fremont County ISU Extension and Outreach offered **Grant-Writing 101**. The result was the receipt of thousands of grant dollars for community improvements.

We also worked cooperatively with the Fremont County Board of Supervisors to offer **Township Trustee Training**. This class is designed to create stronger communities through stronger local leadership. All 13 townships were represented.

County Extension offices serve as the local link to the **Center for Industrial Research and Service (CIRAS)**. In 2015, 23 Fremont County companies benefited from working directly with CIRAS.

Health and Well-Being

Growing Strong Families (GSF), an Extension-supported program, plays a huge role in introducing basic health and well-being principles to young families through in-home visits and monthly group meetings. Twenty-nine families with children ages 5 and under benefitted from this program in 2015.

County Extension Staff

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Parent Educator

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Fremont 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:

- Economic Development
- Food and the Environment
- Health and Well-being
- Youth Outreach

Fremont County ISU Extension and Outreach embraces numerous opportunities to participate in **health and community fairs**. Through these formats, hundreds of clients are presented research-based information designed to encourage increased activity, healthy diets, and a strong mental state.

MyPlate and **Bread in a Bag** are two educational opportunities presented in classrooms of Fremont County schools annually to promote healthy lifestyles.

My Plate encourages healthy food choices through hands-on activities using the USDA's "My Plate" model.

Bread in a Bag, a Fremont County tradition, touts the benefits of consuming whole grains and demonstrates the economic benefits of choosing local foods.

In 2015, 111 Fremont County youth participated in My Plate and Bread in a Bag.

Food and Environment

Fremont County ISU Extension and Outreach continues to offer research-based information and educational opportunities related to agriculture and the environment, just like it did when it was founded 97 years ago. We are proud to be the local link for such state-wide resources as **ServSafe**, a food safety program for restaurant workers, **AnswerLine**, a hotline for questions related to home and family, and **HortLine**, a hotline specializing in lawn, garden and landscaping questions.

Each year, Fremont County ISU Extension and Outreach provides **Food Safety Quality Assurance (FSQA) training** to all 4-H'ers participating in meat and dairy animal projects. FSQA emphasizes the producer's role in supplying safe

consumable products.

The Iowa Department of Agriculture and Land Stewardship (IDALS) utilizes the local presence of ISU Extension and Outreach by offering **Private and Commercial Pesticide Applicator's Training (PPAT/CPAT)** through county Extension offices. Through these classes, hundreds of participants are introduced to best practices that offer protection for both the environment and the producers' yields through the use of herbicides and pesticides.

PK-12 Youth Outreach

4-H, a national organization that empowers youth in grades 4-12 to reach their full potential by working and learning in partnership with caring adults, carries out its mission through community clubs.

A new Fremont County 4-H club was chartered this fall. Riverton-Fisher serves the communities of Riverton and Farragut and is one of 5 traditional 4-H clubs in the county.

Each 4-H club also hosts a **Clover Kids** chapter for youth in grades Kindergarten-3rd. Clover Kids, dedicated to providing monthly learning opportunities with a focus on **Science, Technology, Engineering and Math (STEM)**, continues to enjoy rapid growth in Fremont County.

Fremont County ISU Extension and Outreach supported 1 special interest club last year. The Fremont County Fletchings club focuses on **safety and education in shooting sports (SESS)**.

In 2015, twenty-nine Fremont County 4-H'ers participated in **Citizenship Washington Focus (CWF)**, a civic education program in Washington, D.C. Attendees reported increased awareness of U.S. History,

Government and Citizenship.

Last year, 60 youth participated in **Junior Overnight Camp** and **Waubonsie Horse Camp**. These overnight camping opportunities make the most of their extra-long format by offering a variety of workshops and activities with built-in time for relationship development.

Babysitting Class is offered every other year by Fremont County ISU Extension and Outreach. Fourteen youth took advantage of the opportunity to learn how to be effective babysitters, equipped with the skills needed to ensure the safety of their charges. Seventy-eight percent of those also became certified in **First Aid and CPR**.

Other youth outreach efforts and their impacts include:

- **Daycamps** (56)
- **Stranger Danger** (91)
- **Where Does Garbage Go?** (55)
- **Water Conservation** (98)
- **After School STEM programming** (23)
- **Pint-Sized Science** (35)



... and justice for all

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