

Meeting Local Needs In 2014



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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 to program implementation and evaluation of outcomes, the council represents the issues and people of the county.

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

- Economic Development
- Health and Well Being
- Food and the Environment
- PK-12 Youth Outreach

Fremont County ISU Extension and Outreach

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

Lynda Cruickshank Alan Ladd
Extension Council Chair Regional Director

Economic Development

Fremont County ISU Extension and Outreach is proud to be an active member of **Fremont County Economic Development Corporation (FREDCO)** and **Missouri, Iowa, Nebraska, Kansas (MINK) Missouri River Corridor, Inc.** Staff also serves on the steering committee for **Keep Iowa Beautiful: Hometown Pride**, a county wide-project in its second year of organization.



Each of these entities is committed to improving the quality of life in Fremont County.

County Extension offices also serve as the local link to the **Center for Industrial Research and Service (CIRAS)**. In 2014, Global Storm Shelters, LLC, located in Sidney, benefited from working directly with CIRAS.

Health and Well Being

Fremont County ISU Extension and Outreach is proud to be the link to living healthier lifestyles.

Each year, hundreds of clients receive research-based information from Fremont County staff members through our participation in local **health fairs**. Our focus is to offer simple ways to increase activity levels and eat nutritionally-rich meals.

Fremont County ISU Extension and Outreach is pleased to continue a long-standing tradition of teaching **Bread in a Bag** to 4th graders. This program promotes eating whole grains for optimal health and demonstrates "field to plate," a critical concept in understanding the health and economic benefits of choosing local foods. In 2014, 75 youth participated in the program.

My Plate is another program presented in Fremont County schools. This educational opportunity promotes healthy food choices through hands-on activities. Besides using the USDA's "My

Plate” model, Extension educators also demonstrate **Rethink Your Drink**. Through this presentation, the sugar content of various bottled drinks is demonstrated, leading audience members to choose water over other options. Over 50 youth and adults were supported in their efforts for healthier lifestyles through the My Plate and Rethink Your Drink programs this year.

Fremont County ISU Extension and Outreach continues to partner with **Growing Strong Families**, a parent-education program. This in-home program provides monthly visits to families with children ages 5 and under, and focuses on healthy lifestyles, child development and literacy. Twenty-two families are currently enrolled in Growing Strong Families.

Food and the Environment

From conservation education and agriculture workshops to food preservation and horticulture resources, Fremont County ISU Extension and Outreach serves as the link to research-based education as it relates to food and the environment.

Fremont County ISU Extension and Outreach supports the Iowa Department of Agriculture and Land Stewardship (IDALS) by hosting **Private and Commercial Pesticide Applicators’ Trainings (PPAT/CPAT)**. Through these classes, hundreds of participants are offered the most up-to-date research regarding the use of pesticides and herbicides, as well as best practices for protecting both the environment and farm yields.

Each year, Fremont County ISU Extension and Outreach provides **Food Safety Quality Assurance (FSQA) training** to all 4-Hers participating in meat or dairy animal

projects. FSQA is designed to help youth better understand their responsibility to produce safe, consumable products.

Fremont County ISU Extension and Outreach participates in multiple annual events that foster **environmental protection and preservation**. As featured presenters at events hosted by the Department of Natural Resources (DNR), we embrace the opportunity to talk about water and soil conservation and how the practices of reducing, reusing and recycling have a positive impact on the environment.

Additionally, Fremont County ISU Extension and Outreach is proud to be the local link for such state-wide resources as **ServSafe**, a food safety program for restaurant workers, **AnswerLine**, a telephone hotline for questions relating to home and family, and **HortLine**, a telephone hotline specializing in lawn, garden and landscaping questions.

PK-12 Youth Outreach

4-H remains the biggest and brightest program offered by Fremont County ISU Extension and Outreach with over 160 members. 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, is organized into four traditional clubs.

Fremont County also has one special interest club--Fremont County Fletchings. Its focus is **safety and education of shooting sports (SESS)**.

Additionally, Fremont County boasts an active **Clover Kids** organization for youth in grades K-3. Clover Kids participate in hands-on lessons designed to build various life skills.

Popular county-wide 4-H events include **Waubonsie Horse Camp**

and **Junior Overnight Camp**. In 2014, 70 youth participated in these overnight camping opportunities.

Every 3 years, eligible 4-Hers are invited to attend **Citizenship Washington Focus (CWF)**, a civic education trip to the nation’s capital. Being able to provide this trip is a major source of pride for Fremont County, as evidenced by an annual Cherry Pie fundraiser that profits \$15,000-20,000 each year through local support.

In the summer, staff members lead the **4-H County Council**, a group of senior members appointed for their leadership skills, in hosting multiple **day camps**. This year’s efforts impacted nearly 60 area youth.

In support of the Governor’s **Science, Technology, Engineering and Math (STEM)** Initiative, the development of STEM skills is integrated into all youth programming. It is believed that mastering STEM skills will better prepare youth for the jobs of the future.



... and justice for all

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