

# 1999 ANNUAL PROGRAM REPORT

## WSU COOPERATIVE EXTENSION CLARK COUNTY

---

### About Cooperative Extension

*Origin.* The Smith-Lever Act of 1914 gave each land-grant university a mandate to extend results of research and experience based knowledge to the people of each state to improve the quality of their lives and enterprises. This Act created a unique partnership of federal, state, and local governments to bring non-credit, practical education to people using the expertise and resources of this nationwide network that is Cooperative Extension.

#### *Washington State University Cooperative Extension*

- ◆ Helps people develop leadership skills and use research-based knowledge to improve their economic status and quality of life.
- ◆ Emphasizes holistic and systems approaches.
- ◆ Builds the capacity of individuals, organizations, businesses, and communities, empowering them to find solutions for local issues.
- ◆ Addresses critical issues in developing programs.
- ◆ Focuses on prevention.
- ◆ Collaborates with government, industry, community organizations, and others.
- ◆ Provides high accessibility.
- ◆ Values the indigenous knowledge of our constituents.
- ◆ Recognizes the commitment of our volunteers.

---

Douglas M. Stienbarger, Chair



## Acknowledgements

WSU Cooperative Extension wishes to acknowledge the role of our primary partner, Clark County. Extension recognizes this partnership as critical and unique in bringing non-formal life-long learning opportunities to the residents of Clark County.

## Non-Discrimination Policy

Cooperative Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Cooperative Extension office. If special accommodations are required for Extension events, call W.S.U. Cooperative Extension Clark County at 360-254-8436 at least two weeks prior to an event.

**TABLE OF CONTENTS**

**TABLE OF CONTENTS ..... I**

**1999 HIGHLIGHTS ..... 1**

**OVERVIEW ..... 1**

**GENERAL PROGRAM SUPPORT ..... 1**

*General Office Staff. .... 1*

*Green Thumb Work Training..... 2*

**YOUTH DEVELOPMENT..... 2**

    4-H CLUBS..... 2

    GROW CART PROGRAM IN SCHOOLS..... 3

    JUVENILE JUSTICE - FIRST TIME YOUTH OFFENDERS..... 4

    YOUTH DEVELOPMENT PROGRAM PARTNERSHIPS..... 4

**AGRICULTURE & NATURAL RESOURCES (ANR)..... 4**

    WSU FOOD & FARM CONNECTIONS TEAM (FFCT)..... 4

*Harvest Celebration..... 4*

*Farming West of the Cascades Publication Series..... 5*

*Web Site..... 5*

    HORTICULTURE..... 5

*Commercial Horticulture..... 5*

            Business of Horticulture..... 5

*Master Gardeners Volunteer Program..... 5*

            4-H Support..... 5

            Answer Clinics..... 6

            Speaker’s Bureau..... 6

            Demonstration Gardens..... 6

            Special Projects..... 6

    ANIMAL SCIENCES ..... 6

*Dairy and Other Animal Species ..... 6*

            4-H Youth Support..... 7

            NW Dairy Shortcourse..... 7

            Regional Small Farm Workshop..... 7

            Special Projects..... 7

*Livestock Advisor Volunteer Program..... 8*

            SW Washington Horse Symposium..... 8

            Winter Livestock School..... 8

            Workshops..... 8

            General Outreach..... 8

*Watershed Steward Volunteer Program..... 9*

*Master Composter / Recycler Program..... 9*

    AGRICULTURE & NATURAL RESOURCES PARTNERSHIPS ..... 10

<b>FAMILY LIVING &amp; CONSUMER SCIENCES</b> .....	<b>11</b>
CLOTHING, TEXTILES, AND FOOD PRESERVATION .....	11
<i>Master Clothier Volunteer Program</i> .....	11
<i>Extension Homemakers Program</i> .....	11
<i>Master Food Volunteer Program</i> .....	11
<i>Home Based Business Education</i> .....	12
FAMILY NUTRITION EDUCATION PROGRAM.....	12
FAMILY & CONSUMER SCIENCES PARTNERSHIPS.....	13
<b>ENVIRONMENTAL INFORMATION COOPERATIVE</b> .....	<b>14</b>
<i>Purpose</i> .....	14
<i>Staff</i> .....	14
PROGRAMS.....	14
<i>K-16 Educational Outreach</i> .....	14
<i>Community Outreach</i> .....	14
<i>EIC Resource Library at WSU Vancouver</i> .....	15
EIC PARTNERSHIPS.....	15
<b>APPENDIX A: ORGANIZATIONAL CHART</b> .....	<b>ERROR! BOOKMARK NOT DEFINED.</b>

## 1999 HIGHLIGHTS

- ❖ Extension trained 160 volunteers during 1999 in six program areas.
- ❖ 700 volunteers worked over 28,000 hours (equivalent to 13.7 full time staff) valued at \$445,000 based on \$14.83/hr established by the Independent Sector Value of adult American volunteers.
- ❖ Staff and volunteers provided educational services to over 70,000 people through workshops, conferences, clinics, individual consultations, web pages, phone calls, email, and other educational methods.
- ❖ The *Environmental Information Cooperative* (a unique six agency partnership) provided environmental education to over 10,000 students and teachers in Clark County.
- ❖ County funding helped Extension leverage \$82,900 in grant and fee for service funds, in addition to \$25,000 worth of in-kind services.

## OVERVIEW

This report summarizes 1999 programming efforts within the Washington State University Cooperative Extension Clark County office. These summaries explain the major aspects of each program area as well as the extensive array of partnerships that Extension develops to implement programming.

During 1999, the longtime office Chair (Director) transferred to another WSU position and was replaced on an interim basis with an Extension Educator from within the office until a new Chair started in February 2000.

**Volunteer Programs.** Extension trains volunteers in various subject matter areas, providing 25 to 70 hours of instruction. Extension expects trainees to attend all training sessions in order to “graduate”. Volunteers agree to return a certain number of hours in educational projects conforming to the educational goals of each Extension program area. Current volunteer programs include: *Master Gardeners, Master Composters, Livestock Advisors, 4-H Club Leaders, Watershed Stewards, and Master Clothiers.*

## GENERAL PROGRAM SUPPORT

- ◇ Over 11,000 phone calls from the public were fielded during 1999.
- ◇ 2,439 Publications were sold through the Extension office.
- ◇ 7,000 Publications and fact sheets were provided free of charge to the public.

**General Office Staff.** Three full-time staff members support all program areas with various levels of assistance. This encompasses routine clerical work, budgeting, web page work, brochure design, desktop publishing, public contact, and other duties.

**Green Thumb Work Training.** Extension continues to provide work training for a reception position from the national Green Thumb work training program. In return for training each participant in basic office skills, the office receives the services of this half-time staff person. Participants must be over 55 years of age and meet certain income requirements. Each participant generally remains for six months to one year. This program provides essential public contact support for Extension at a minimal cost to Clark County while also providing needed job skills and experience to participants.

## YOUTH DEVELOPMENT

The youth development program comprises two primary areas: 4-H and the Grow Cart program. Staff consists of an Extension Educator and two half-time Program Coordinators. Both programs promote activities that develop life skills in youth. ***Volunteers in this program provided 7,200 hours of volunteer service and worked with over 5,100 youth during 1999.***

### 4-H CLUBS

Youth participate in clubs based on youths' interests in particular subjects. Nearly 1400 youth are enrolled in 134 clubs under the leadership of 360 volunteer leaders. Extension provides both *new leader* and *character education* training. Clubs include:

*Animal Sciences* (livestock, dogs, cats, guide dogs, llamas, etc.);

*Expressive Arts* (photography, performance, etc.);

*Family Living* (clothing, food preparation, etc.);

*Mechanical Sciences* (computers, small engines, aerospace, etc.);

*Plant Sciences* (gardening, beekeeping, entomology);

*Environmental Stewardship* (water resources, geology, earth savers, etc.).

Through mentoring by 4-H leaders, these programs teach youth life skills such as responsibility, planning, goal setting, decision-making, and evaluation of their projects. These programs foster leadership, team work, problem solving, self-confidence, caring, and sharing.



- ▷ Implemented a new club for six behaviorally challenged youth through the recruitment of a leader from the Children's Home Society.
- ▷ 220 youth from SW Washington attended the annual *camping program* where older youth learn to mentor younger children. Activities stress leadership development.

- ▷ *4-H in Action*, the annual recruitment drive held in May 1999, drew 450 youth and adults and helped recruit 66 new leaders in 1999.
- ▷ Provided leadership training for 56 leaders, 66% of whom felt they increased their knowledge during training.

### **GROW CART PROGRAM IN SCHOOLS**

This program utilizes plant growing to develop positive life skills in K-8 children. Activities such as these may also reduce stress and violence in children. Students learn how all life is co-dependent. The Grow Cart curriculum reached 2,800 students through the teaching efforts of 74 teachers and 30 Master Gardeners in 17 schools in Clark County.

- ▷ Teachers report that their students learned to take responsibility for living things, gaining basic skills, and improving math skills.
- ▷ A shoebox sized grow cart was utilized in a special summer day camp sponsored by Vancouver Parks and Recreation and 4-H to teach 84 youth aged 6 to 12. The youth expressed pride in the nurturing of plants.
- ▷ A Camas volunteer secured a \$1,700 grant from the Fred Meyer Memorial Trust to purchase equipment necessary to use the grow cart curriculum in outdoor raised beds for a fourth grade class.



"In learning to plant things, I feel we learn about helping each other. We work together - no fighting. It makes me feel good to start something that will be alive."  
- *Student*

**JUVENILE JUSTICE - FIRST TIME YOUTH OFFENDERS**

While not yet operational in 1999, this program was organizing to offer first-time youth offenders 8 to 11 years of age an opportunity to relearn and reinforce acceptable behaviors through a community gardening project.

An Advisory Board was formed to solicit ideas on how to proceed with this program and met 10 times in 1999 before arriving at the idea of a Community Service Garden Club where youth would do community service by working in this garden under the guidance of mentors. The Clark County Offenders Industries Program agreed to collaborate with this program. It is hoped that hands-on work will lengthen youths' attention span and help build self-esteem.

**YOUTH DEVELOPMENT PROGRAM PARTNERSHIPS**

Educational School District #112
Vancouver School District
Battle Ground School District
Evergreen School District
Camas School District
La Center School District
Washougal School District
Clark County Parks and Recreation
Vancouver Parks and Recreation
Master Gardener Foundation
Vancouver Housing Authority
Battle Ground libraries
Battle Ground Alternative School

Camas Family Resource Center
SW Washington Medical Center
Clark County Solid Waste Program
SW Clean Air Agency
American Red Cross
State Grain Inspector
School Employees Credit Union
Talk About Trees
Clark County Juvenile Justice Diversion
City of Vancouver Neighborhood Assoc.
Vancouver libraries
Clark County Corrections - Maybry Center

**AGRICULTURE & NATURAL RESOURCES (ANR)**

Extension faces the challenge in the near future of developing programming that meets farmers' changing needs as agriculture in Clark County transitions from commodity based wholesaling to value-added, specialty niche farms selling directly to the consumer or retailer.

**WSU FOOD & FARM CONNECTIONS TEAM (FFCT)**

The *Food and Farm Connections Team* consists of 29 faculty and staff, mostly in Western Washington, dedicated to enhancing sustainable community food and farm systems through education, research, and partnerships. Both Clark County Extension ANR faculty participate in this team which helps local agriculture through regional initiatives and projects.

**Harvest Celebration.** The FFCT spearheaded the first annual Harvest Celebration Day on October 2, 1999 that included eight counties (King, Pierce, Skagit, Clark, Clallam, Kitsap, Snohomish, and Mason). Each county organized tours and open houses of area farms,



festivals, banquets/dinners featuring locally produced food prepared by local chefs, music, dances, and other events to celebrate local agriculture, local farmers, and food. This event drew 10,000 people onto 60 farms and helped “reconnect” these residents with local farmers. In Clark County, 500 people visited eight stops.

***Farming West of the Cascades Publication Series.***

The FFCT is building a series of Extension publications centered on farming in areas west of the Cascade Mountains.

**Web Site.** The FFCT is in the process of building a site to serve farmers with an emphasis on niche and value-added farming. The site also features a calendar listing local, regional, and national events of interest to area farmers. The site can be found at <http://foodfarm.wsu.edu/>.

## **HORTICULTURE**

### ***Commercial Horticulture***

The one faculty member in commercial horticulture worked directly with almost 200 commercial horticulture operations including berries, Christmas trees, greenhouse production, ornamentals, and direct marketing operations. Questions often involve looking at alternative agricultural systems that provide a higher return. In addition, the horticulture faculty oversees the Master Gardener volunteer program.

***Business of Horticulture.*** Started in 1995, this annual series of workshops aim to provide those interested in farming with ways to remain profitable in our region. Small acreage farmers and landowners participate in workshops that explore specialty production, value-added processing, and direct marketing. From lavender to Christmas trees to organic herbs, this workshop series has proved popular, attracting 175 participants in 1999.

### ***Master Gardeners Volunteer Program***

This program currently supports over 300 volunteers who serve residents of Clark County, and each year trains 30 to 45 additional volunteers. However, in 1999 there were 57 graduates. This program works closely with the Master Gardener Foundation of Clark County which was formed by master gardeners (MG) to help support this program.

***Volunteers provided over 19,000 hours of time and interacted with over 38,000 members of the public in 1999.***

***4-H Support.*** MGs provide technical support to the 4-H Grow Cart Program combined with financial support from the MG Foundation. MGs also serve as judges for horticultural activities within 4-H.

**Answer Clinics.** MGs provide answers to horticultural questions involving insect identification and problems, plant cultural and disease problems, and plant identification (e.g., weeds, poisonous plants). MGs hold regular clinic hours in the Extension office year-round. Special clinics are offered at other events: the *Home & Garden Idea Fair*, farmers' markets in Vancouver and Battle Ground, the *Clark County Fair*, local nurseries, neighborhood associations, and in a Camas Safeway.



**Speaker's Bureau.** Master Gardeners serve as speakers for Garden Clubs, Granges, youth groups, business groups, church groups, Neighborhood/Home Owner Associations, and local nurseries. The topics most frequently covered are ground water protection, pesticide safety, the safe handling of garden equipment, seed saving, disease resistant varieties of plants materials, home food supplies, landscaping, overwintering bulbs, container gardening, and cover crops.

**Demonstration Gardens.** Volunteers assisted with several demonstration gardens including: *Fort Vancouver National Historic Site Garden* that shows seed saving and the plants grown at the Fort during the 1840s; *Kaiser Permanente Garden* that demonstrates poison plants in a Kaiser Permanente poison prevention garden; *Wildlife Botanical Gardens* that demonstrate the use of Northwest native plants in addition to gardens which display fruits and vegetables that attract wildlife; an *edible landscape garden* at the Clark County Fairgrounds; and an integrated pest management garden.



### **Special Projects**

- ▷ Formed a new alliance with Clark County Public Utilities to educate the public on the appropriate plants to use under power lines.
- ▷ Funded (through the MG Foundation) two small grants to community college horticultural students.
- ▷ Worked with the *Vancouver Housing Authority* to implement a 'self-sufficiency' fundraiser that helps young people get off public assistance and into jobs and homes.
- ▷ Assisted the Clark County Farm Foresters in their annual forest tree sale.

### **ANIMAL SCIENCES**

#### ***Dairy and Other Animal Species***

Although the number of dairies has decreased in the region, dairy sales have increased almost \$12 million during the last decade to over \$72 million. Clark County dairies

contribute 20% (\$14.2 million) of these total farmgate sales. Other animal species have increased to over \$40 million in farmgate sales, with Clark County accounting for \$12 million of this amount.

Covering six counties in SW Washington, the faculty member in animal sciences works with dairies on many issues: management efficiency, herd health, labor, breeding, feeding, forage, food safety, water quality, and animal rights. Through work with dairies, farmers have reduced the incidence of disease in their herds as well as reduced non-point pollution.

**4-H Youth Support.** Extension provided support to Clark County 4-H youth in animal science clubs where youth learn animal management, fitting and showing skills, and other practical skills that teach discipline, responsibility, self-confidence, better communication, and leadership 4-H Support.

**NW Dairy Shortcourse.** The annual NW Dairy Shortcourse attracted 129 dairy farmers from the region to explore methods for improving farm management to increase their profitability. Over 85% of the participants stated that they would incorporate at least part of what they learned into their farm operations.

**Regional Small Farm Workshop.** Eighty-four people attended this set of workshops that explored marketing and business management for both animal and horticultural operations.

### **Special Projects**

- Extension hosts a listserv on goat management with over 800 members, 60% of which said they had used information from the listserv to improve their management techniques.
- *Dairy Day* tours for schools attracted 1,980 students, teachers, and parents in Clark County to local dairies to experience first-hand where milk comes from.



## Livestock Advisor Volunteer Program

The *Livestock Advisor Program* trains volunteers to work with small scale farmers who raise various animal species. Typically, the program provides 60 hours of instruction to trainees in return for volunteer service within their local communities. Trainees are provided instruction by both WSU and local experts in areas such as: species management; agriculture in the global environment; agriculture and local community; facilitation skills; water quality and land management; and farm management. **Over 40 volunteers provided 1000 hours in educational service to over 6,500 people during 1999.**

**SW Washington Horse Symposium.** The Annual Horse Symposium, sponsored by Extension, Livestock Advisors, Clark County Executive Horse Council, and the Whole Horse Institute, drew over 175 participants from Washington and Oregon this year to hear speakers on many subjects relating to horse purchase, maintenance and care, and managing land. One participant sent in photos to show how he had changed his land management practices to reduce runoff.

**Winter Livestock School.** This annual conference aims to instruct both beginning and experienced small farmers on a variety of animal species raised in Clark County. Speakers presented on a variety of topics from small scale enterprise development to subsistence raising of animals to reducing the impact on our environment. This event drew 135 participants in 1999.



**Workshops.** Livestock Advisors arranged workshops for both the general public and more advanced training for themselves.

- ▷ Pasture Management
- ▷ Wells and Septic Systems
- ▷ Lambing Management School
- ▷ Farrowing School
- ▷ Fencing
- ▷ On-Farm Composting
- ▷ Equine Massage



**General Outreach.** Advisors also participated in activities at various events.

- ▷ *Clark County Fair Educational Booth* - Collaboration with the Clark County Cattle Producers and the Clark Conservation District.
- ▷ *Touring Farms* - Advisors bring animals to schools and other events to bring about an awareness of the role of animals in agriculture and the importance of supporting our local farmers. This is used to help raise money to fund educational activities for the group.

## NATURAL RESOURCES

### ***Watershed Steward Volunteer Program***

The *Watershed Steward* program trains volunteers who return their hours by working on both implementation and educational projects that proactively work with Clark County residents in protecting and preserving watersheds from the effects of non-point pollution, such as erosion and other runoff from development, residential, and agricultural sources. Public education remains a primary tool in efforts to mitigate the effects of these and other activities on the county's watersheds. Endangered Species Act (ESA) listings and remedies, along with the County National Pollution Discharge Elimination System (NPDES) permit system, underscore the need for increased educational efforts in this area. This program promises to significantly leverage the time of both Extension and Clark County in providing educational opportunities in environmental stewardship to the general public.

The first training, in Fall 1999, trained 17 volunteers in the basics of riparian vegetation, native plants, ecology, monitoring, stormwater, water quality, agricultural practices, composting, relevant laws and regulations, integrated pest management, and other subjects.

### ***Master Composter / Recycler Program***

The Composting and Recycling Program is carried out in direct partnership with Clark County's Department of Public Works to decrease the volume of solid waste that enters landfills or must be shipped elsewhere. The *Master Composter/Recycler Program* trains volunteers to work with homeowners to better compost organic debris that would otherwise enter the solid waste stream. Typically, the program provides 45 hours of instruction to trainees in return for an equivalent 45 hours of volunteer service within their local communities. ***In 1999, 71 volunteers provided almost 1,000 hours in educational service to over 7,000 people.***

Staff and volunteers provided outreach to both the general public and students in various forums:

- ▷ Ten Backyard Composting Workshops;
- ▷ Neighborhood Association presentations;
- ▷ Home & Garden Idea Fair booth;
- ▷ Pomeroy Herb Festival booth;
- ▷ Clark County Fair booth;
- ▷ Four Community "Wormshops";
- ▷ Two *Worms Go To School* presentations for teachers;
- ▷ "Wormshops" for six classrooms;
- ▷ Teacher workshop at La Center High School;
- ▷ Composting displays at the Winter Livestock School, 4-H events, and the Lacamas Lake Watershed Festival.

In promoting composting of organic materials, over 300 compost cages were distributed and 77 composting bins sold or given away during the year. Staff also responded to 2,300 information requests.

*Demonstration sites.* Three compost demonstration sites were maintained during 1999: at the Center for Agriculture, Science, and Environmental Education (CASEE) in Brush Prairie; at H & H Wood Recyclers in Orchards; and at the Michael Servetus Universalist Unitarian Fellowship site in Vancouver. The latter site was vandalized in mid-year and needs to be rehabilitated.

**AGRICULTURE & NATURAL RESOURCES PARTNERSHIPS**

Hough Elementary School	Oregon State University Extension
King Elementary School	WSU Vancouver
Pleasant Valley Elementary School	WSU Research & Extension Unit
Harney Elementary School	Clark Conservation District
Clark County Department of Public Works	Vancouver School District
Clark County Indoor Play Park	Clark County Fair
Vancouver Downtown Association	SW WA Llama Association
Hough Foundation	Head Start
Clark County Dairy Goat Association	Amazia Veterinary Clinic
Clark County Cattle Producers	Vancouver Housing Authority
Clark County Pork Producers	SW WA Health District
Hoyt Arboretum (Portland)	Clark County Farm Foresters
Interstate Rock	Portland Exposition Association
Shorty's Nursery	Clark County Weed Board
Department of Fish & Wildlife	Hearty Plant Society of Oregon
Clark County Public Utilities District	Camas Safeway
Vancouver Farmers Market	Battle Ground Farmers' Market
Specialty Nursery Association Clark County	Vancouver Botanical Garden
Fort Vancouver National Park	Elks Club
Rain or Shine supply house	WA Department of Ecology
Clackamas Community College	USDA / NRCS
Clackamas County Extension	Portland Community College
Wilco Farmers	Columbia County Extension
Oregon Department of Agriculture	OR Association of Conservation Districts
Portland St. College	

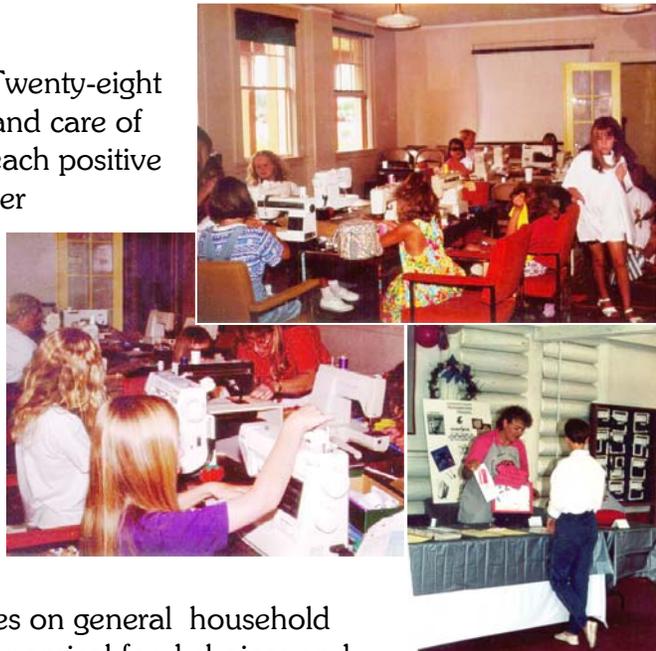
## FAMILY LIVING & CONSUMER SCIENCES

### CLOTHING, TEXTILES, AND FOOD PRESERVATION

**Volunteers in these program areas provided over 1,400 hours of service to 4,500 people** in Clark County.

- Supported 4-H through training clothing judges for the State Fair Commission and training 4-H Leaders and youth in clothing and textile subject areas, such as the *Make It With Wool* project.
- Provided 11 clock hours of training to 85 middle and high school teachers in the Pacific Northwest, 22 of whom teach in Clark County. Subjects included activities for children in food and textiles, as well as how to market home economic programs to children and school administrators.

**Master Clothier Volunteer Program.** Twenty-eight new volunteers trained in 1999 on the fit and care of clothing, identifying textiles, and how to teach positive life skills through sewing. Volunteers deliver information and teach hands-on sewing classes to both adults and youth. Many class attendees participate to update their skills in order to supplement their income through home-based businesses. Many participants are place-bound parents with children.



**Extension Homemakers Program.**

This program trains volunteers who deliver education to their local communities on general household management, especially as it relates to economical food choices and preparation, and clothing. Volunteers have taught families in the Vancouver Housing Authority neighborhoods and clients of the Ridgefield Food Bank. Volunteers also provided significant support to the Clark County Fair in organization and superintendent duties. Extension Homemakers raise funds with which they buy equipment for their programs. They also provide scholarships to low income students for a summer camp experience.

**Master Food Volunteer Program.** Nine volunteers trained in 1999 in food safety and food handling, including topics such as e-coli contamination and pressure canning. Volunteers answered phone questions from over 3,000 consumers, as well as conducting two testing clinics for pressure canner lids.

- Three interactive food preservation workshops drew 56 participants.

- Volunteers worked with the SW Washington Health Department and Fred Meyer to promote safe handling of food following the outbreak of e-coli at Battle Ground Lake, encouraging people to use food thermometers when cooking meat and demonstrating importance of hand washing.

**Home Based Business Education.** This small program works with other subject areas to help educate people interested in small business startup and management. Presentations included those to the Winter Livestock School and Rural Development Conference intended to help small scale animal operations look at potential commercial applications, as well as to area bankers and small-scale food producers interested in marketing products. 4-H youth participated in related workforce preparation activities which focused on pricing, marketing, quality control, customer service, and presentation skills.

### FAMILY NUTRITION EDUCATION PROGRAM



This federal, grant funded program through the USDA teaches food stamp recipients and their children healthy nutrition, food buying and preparation, and food safety and handling. This may range from classes to materials aimed at parents on feeding children, nutritious food selection, and how to budget food stamp dollars. Children learn about making healthy choices using the Food Guide Pyramid, creating healthy snacks, safe food handling, and proper handwashing techniques. In

teaching these skills, participants learn self-esteem and self-confidence that fosters their personal growth. **Staff in this program reached 1,300 children and 974 adults in 1999.** This program also reaches into communities that are often underserved, such as immigrants, African-American, Hispanic, and others.

This program includes events such as:

- *Pyramid in Practice*, a seven-part series to third graders on making healthy food choices;
- *Summer Cooking Camp* where children learned about handwashing in food preparation, kitchen safety, and preparing meals;
- Newsletters on nutrition and food to children's parents outlining possible family projects;
- *GloGerm* programs that emphasize handwashing for children;
- Materials for parents such as the *Parent Letter* and the *Handwashing Chart*;
- Training for Head Start cooks in food safety and sanitation;



- ▷ *Ready to Learn* series of classes for adults on nutrition, food handling and storage;
- ▷ *Cultural cooking* tailored to specific cuisines at the Vancouver Housing Authority;
- ▷ Teen parenting classes for proper child nutrition.

A parent survey conducted in the spring of 1999 demonstrates how the progress this program facilitates in the lives of those it touches.

<b>Desired Outcomes</b>	<b>Before Program</b>	<b>After Program</b>
My child is making good food choices when selecting his/her own snacks.	8%	96%
We wash our hands before eating.	88%	100%
We eat more than one kind of fruit and vegetable each day.	80%	92%
We have tried a new food and/or a new recipe from the class.	0%	72%
We use the Food Pyramid when deciding what to feed the family.	4%	84%
We read food labels to choose more nutritious foods.	56%	88%

"I gained a lot on budgeting, not only my food dollars, but my time, and the shopping skills are still with me. I am now the manager of the flower department, I am no longer on food stamps or welfare and I am teaching my daughter the skills I learned."

-- *Former Program Participant*

**FAMILY & CONSUMER SCIENCES PARTNERSHIPS**

WIC (Women, Infants, and Children)
Battle Ground Food Bank
SW Washington Health Department
Elahan House (mental health)
Habitat for Humanity
Coats & Clark store
Caton CPA
Fred Meyer, Safeway, McDonalds
George Schwary Graphics
Utah State University
Clark County Department of Social & Human Services
YWCA
Hancock Fabrics
WinCo
Clark College

Battleground School District
Evergreen School District
Vancouver School District
Lewis & Clark High School
Warm & Natural Store
Taie Silk
Daisy Kingdom
WSU Small Business Development Center
Vancouver Housing Authority
Salvation Army
Early Childhood Education Assistance Program
Safe Choice shelter
Open House shelter
Salvation Army
Vancouver food banks

## ENVIRONMENTAL INFORMATION COOPERATIVE



**Purpose.** The Environmental Information Cooperative (EIC) comprises a truly unique partnership among six organizations: Clark County, the City of Vancouver, Clark Public Utilities, WSU Vancouver, WSU Cooperative Extension, and the SW Clean Air Agency. Each organization provides a budget and/or in-kind services to the EIC. Formed 10 years ago, the EIC coordinates and implements the delivery of environmental education from each partner. K-12 students are the primary audience in Clark County, although business, other educators, and the general public also benefit from EIC programs. The EIC develops educational programs mutually beneficial to the partnering agencies to minimize the duplication of services and maximize the use of resources.

**Staff.** In 1999, a full-time educator was hired to work with the EIC Director to strengthen the capacity of the EIC.

### PROGRAMS



**K-16 Educational Outreach.** In many areas, EIC leads in the development, coordination, and delivery of classroom presentations as well as educator training activities that address state education reform, education standards, curriculum changes and adoptions. ***EIC programs reached 5,500 students, 415 teachers, and 1,860 members of the general public during 1999.***



Student educational programs included Earth Action Day, Nature Mapping, Groundwater Protection, Recycle Relay, River Rangers, Stewards of the Environment Student Conference, and the Volunteer Service Fair. The EIC provided *teacher training* in Care for Air, Exploring Environmental Issues, Habitat Environmental Education, Nature Mapping, River Rangers, Salmon Go To School, SMART Air Quality workshops, Worms Go To School, Project WET, Project Learning Tree, and WSUV MIT workshops.

- \$20,500 in grants secured for programming.
- Coordinated the *Columbia River Watershed Festival* for 980 students and 73 teachers.

**Community Outreach.** EIC community outreach focused on the current issues surrounding salmon recovery. Programs included the Barnes & Noble Salmon program, Earth Action Day, WSUV library services, Salmon 101 for the Media, the Metro Education Resource Fair,

Home & Garden Fair “Fashions for a Healthy Earth”, Groundwater Protection seminar, Watershed Stewards training, and two WSUV Natural Resource Conservation Classes.

- ▷ Coordinated *Earth Action Day* for 200 volunteers
- ▷ Sponsored *Make a Difference Day* for over 100 participants

**EIC Resource Library at WSU Vancouver.** The EIC sports an environmental materials resource library located within the Washington State University Vancouver campus library. The EIC collection comprises written materials, videos, and internet links and access. In 1999, the collection totaled 1,750 books, videos, and curricula that could be located through the library’s on-line catalog. The EIC distributed seven issues of the newsletter *Greenlines* to teachers and the general public, as well as copies of fact sheets, lists of community resources, bibliographies, flyers, booklets, and other materials.

- ▷ Loaned 2,100 items
- ▷ Distributed over 27,000 print items
- ▷ Responded to over 2,700 inquiries
- ▷ Provided 278 in-person consultations

**EIC PARTNERSHIPS**

Community Volunteer/Stewardship groups
Directors of Volunteer Programs Association (DVPA)
Environmental Education Association of Washington (EEAW)
Evergreen Fisheries Park Advisory Board
Habitat Environmental Education Liaison Program
Waste Reduction Education Advisory Committee (WEAC)
SW Washington Forward Thrust (SWIFT)
City of Vancouver
Clark Public Utilities
SW Air Pollution Control Authority

Educational School District #112
Partnerships for Elementary Science Education (PESE)
Washington Library Media Association (WLMA)
Partnerships in Education Center (PIE)
Partnerships for Environmental Education Resources & Services (PEERS)
Metropolitan Regional Parks & Greenspaces
Clark County
WSU Vancouver
WSU Cooperative Extension