Food Safety & Nutrition

- Teaches low income 3rd & 4th graders healthy food selection and physical activity
- Reached 8000 students and parents.
- 500 students participated in after school program on food selection and preparation.
- Sent weekly newsletter in English, Spanish, and Russian for six weeks to the parents of 870 3rd grade students.
- Changes in Student/Parent Behavior
  - 55% consume more fruit and vegetables
  - 38% better understand the connection between nutrition and health
  - 38% of parents make food selections with their children
  - 54% more students can identify appropriate serving sizes
  - 61% more students wash their hands regularly to prevent illness

Diabetes Education

- 530 participants - 366 with diabetes or pre-diabetes (2004-2005) in partnership with Joslin Diabetes Center at the Harvard Medical School
  - 48% with high glucose levels improved blood glucose, cholesterol, and blood pressure in three month follow-up

- Cooking Two-Gether - 30 parent/child teams learned healthy food selection & food safety.
- Teen Parents Eating Well - 15 teen moms learned healthy food selections, basic meal planning, food preparation, and shopping skills.
- Eat and Play for Health - 29 high school students provided health, nutrition and physical activity lessons to 80 middle school students.
- Family Resource Centers - 80 families learned benefits of healthy eating and physical activity

4H - Food Safety & Nutrition

- 4th grade Hazel Dell class learns about planting, growing food, and nutritional benefits of fresh garden foods in partnership among Clark County Public Works, Boys & Girls Club, Hazel Dell Neighborhood Association, Burgerville, and others.
### Youth Development

- 1441 Youth in 120 clubs practiced life skills, leadership, and citizenship
- 350 adult mentors donated 52,500 hours to promote positive youth development
- 4-H Youth donated 1500 hours of community service to Clark County
- 4-H Clubs donated $6400 (average 2004-2005) to local families, charities, and causes
- Over 60% of youth participants improved in teamwork, decision-making, communication skills, working with diverse peoples, and taking responsibility
- 117 young offenders worked 860 community service hours in food bank garden
- 36 mentors gave 672 hours to foster social reintegration of young offenders
- Average of 2850 pounds of produce (2004-2005) donated to local food bank serving 600 families per month
- Staff supervises practicum experience of graduate students who provided free mental health counseling services to 1300 low income clients since 2004
- Students learn how deficits in the childhood environment negatively effect adult functioning
- Students guide clients to reduce intergenerational transmission of negative effects.

### Support Local Agricultural Businesses

- Farm Finder web site - [http://smallfarms.wsu.edu/farms/BuyDirect.htm](http://smallfarms.wsu.edu/farms/BuyDirect.htm)
  - Connects local consumers to local direct marketers
  - Promotes economic diversity, keeps more food dollars in the local economy
  - Provides multiplier effects within the local economy
  - Helps maintain local farms, green/open space, & working landscapes
- Sustaining the Pacific Northwest - Food, Farms, & Natural Resource Systems newsletter - [http://csanr.wsu.edu/InfoSources/#newsletter](http://csanr.wsu.edu/InfoSources/#newsletter)
  - 13 issues downloaded 33,580 times (2003 - 2006)
- Annual Harvest Celebration attracts 1000 residents to local farms
- “How-To” garden nursery web site ([http://gardencenternursery.wsu.edu/](http://gardencenternursery.wsu.edu/))
  - Nursery business one of fastest growing agricultural sectors
- Annual Small Farm School attracts over 100 participants
- Workshops on Christmas tree and ornamental production
- 230 youth learned how to raise higher quality animals for Junior Livestock Sale
- Fewer disqualified animals and higher income at the Junior Livestock Sale
Partner with Clark County Clean Water Program and Clark Conservation District
246 participants at 10 workshops & 3 tours learned Best Management Practices
Five 12 week Living on the Land Series graduated 157 since 2003
Of 130 graduates surveyed from the first four classes, 99 responded:
- 81% thought the class was a good use of their Clean Water fee
- 86% shared what they learned with at least 1067 other people
- 55% of those with wells had them tested as a result of class
- 56% of those with septic systems inspected them as a result of class
- 47% tested their soils
- 75% implemented 226 best management practices

Partner with Clark County Clean Water Program
Trained 41 new volunteers in 2005
Stewards provided 2520 hours of service with 4930 educational contacts
376 participants at 21 workshops and presentations learned about raingardens, rain barrels, streamside property management, and other topics
Staffed booths at 11 community events with 3414 educational contacts
Involved 222 non-Stewards in 12 restoration projects
320 volunteers reached 20,000 people through answer clinics, garden centers, event booths, Vancouver Farmers Market on appropriate pesticide/herbicide use, xeriscaping, native plant use, and environmentally friendly horticultural practices
65 new volunteers trained annually