

Extending Knowledge. Changing Lives



Fall 2023 QUARTERLY REPORT

Serving Clark County for more than 100 years

Washington State University Clark County Extension helps people put research-based knowledge to work, improving their lives, communities, and the environment.

To realize this mission, faculty and staff plan, conduct and evaluate research and experience-based educational programs. WSU Clark County Extension also employs the assistance of hundreds of volunteers and community partners and provides access to the resources available at Washington State University and the National Land

Grant University Extension System. Clark County Extension stays committed to providing impactful programming to support its residents. Extension staff provide both virtual and in-person education and support.

This quarter Extension programs reached approximately 15,782 community members.

To find out more about our current programs and events please contact us through email, phone or go to our website or social media outlets. Stay safe!



Kristine Perry
Interim Director and SNAP-Ed
Manager
Kristine.perry@wsu.edu
564-397-5718





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BY THE NUMBERS



Total Reach Fall Quarter 2023: 393

- 223 Youth
 Participated in
 Club Programs
- 68 Trained Adult Volunteers/ Mentors
- 3 Class series,66 participants
- 2 Workshops, 36 Participants





4-H Youth Development

"To Make the Best Better"

The mission of the 4-H Youth Development Program is to help young people grow into responsible, contributing citizens. To reach this goal, 4-H has developed educational materials that emphasize development of life skills in young people through fun, hands-on projects.

4-H Club Service Learning

4-H youth engage in service learning to meet community needs and participate in intentional learning, connecting youth to volunteer projects that create meaningful experiences for them and those they are serving. The 4-H rabbit club, Hoppy Tails, collected items for a children's shelter in Clark County. 4-H youth and their families collected and donated 15 grocery bags filled with socks, under garments, personal hygiene items, games, and art supplies to donate to youth in the community.



Missy McElprang
4-H Youth Development
Specialist, Faculty
missy.cummins@wsu.edu



4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.



4-H Youth Development

"To Make the Best Better"



Join 4-H
To join a club or
volunteer in Clark
County 4-H
please contact
Chantal Krystiniak
(564) 397-5737 or
chantal.krystiniak@w
su.edu in the WSU
Clark County
Extension office to
get started.



Healthy Habits Program

National 4-H Council and the Walmart Foundation developed the 4-H Healthy Habits program to teach skills in nutrition and food access to underserved, disadvantaged youth and families. 4-H Healthy Habits engages youth and their families to help establish sustainable, healthy habits for their families and communities. 4-H staff partnered with the Boys and Girls Club at Burton Elementary school to deliver programming to 25 youth. Participants learned about

nutrition science, prepared recipes, and participated in physical movement in fun, hands on activities.



"I have never made recipes before, I will make these for my family." - Youth participant

4-H and Clark County Juvenile Justice

As a prosocial activity for the holiday season, 4-H partnered with Clark County Juvenile Court's positive youth development team to offer a cooking workshop to youth involved with the justice system. Youth made spaghetti, meatballs, and a chickpea salad. They also decorated sugar cookies to share with their families and others in the community.



"I've never cooked before, this is fun!" -Youth participant

4-H is the nation's largest youth development organization.









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Total Reach Fall Quarter 2023: 36

3 classes, 36 participants



THE MUST-HAVE INGREDIENT FOR SAFE RECIPES = INSTRUCTIONS

When recipes contain food safety instructions, people follow them.1

Health, Wellness and Nutrition

The Health, Wellness and Nutrition Program is a community-based partnership that promotes health where people live, learn, work and play. Our science-based chronic disease prevention, and self-management interventions improve well-being and quality of life.

Recipes People Will Follow

Multiple studies show that when consumers follow recipes that incorporate basic food safety instructions, they significantly increase food safety behaviors. The www.saferecipeguide.org provides easy edits to any recipe to improve food safety practices.

The Safe Recipe Style Guide, created by food safety experts and honed by leading food journalists, is designed for use by recipe writers for all published materials, including cookbooks, social media, web sites, blog entries, newspapers and magazines, and industry promotional materials.

WSU Extension has conducted several local, state and national workshops to support individuals and organizations that distribute recipes to the public use this simple, yet highly impactful approach.



90% of people wash hands using recipes WITH safety instructions.



59%
of people wash hands using recipes
WITHOUT safety instructions.

Zena Edwards Food & Nutrition Faculty, zena_edwards@wsu.edu



Promote health where people live, learn, work and play.



Health, Wellness and Nutrition

Putting the Reseach into Practice

WSU Extension staff shared this research with the Clark County Food Bank to incorporate into their program recipes.



Handwashing prompt

Produce washing prompt

"We have moved to putting all of our recipes in a CCFB template – and as we add recipes to the template, we update with the safe recipes guidelines. So not all at once, but any new recipes we are printing/distributing we are updating with the guidelines.

It is hard to tell how many exactly have been updated, but probably 50+ recipes."



Alison Lauderdale Director of Community Programs | Clark County Food Bank

Source: 1, Journal of Food Protection 2016 Aug;79(8):1436-9, Recipe Modification Improves Food Safety Practices during Cooking of Poultry Maughan C, Godwin S, Chambers D, Chambers E IV.



To Learn more about the Safe Recipe Guide go to:

www.saferecipequide.org



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Total Reach Fall Quarter 2023:12.271

- 4 Outreach Events, 390 **Participants**
- 5 Workshops, 663 **Participants**
- 11,118 Participants Reached through Policy, Systems and Environments **Initiatives**
- 703 Social Media "likes"



WSU Clark County SNAP-Ed is a proud provider for the **Washington State SNAP-Ed** and helps local residence with food insecurity increase access to healthy meals.



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

The goal of SNAP-Ed is to improve the likelihood that families who are eligible for SNAP benefits can make healthy food choices within a limited budget and choose a physically active lifestyle.

Dishing Up Delicious Soup for Evergreen **Schools Families**

SNAP-Ed has developed strong relationship with Evergreen Public Schools FCRCs. They regularly attend food pantries organized by FCRCs and distributes flyers with resource information suitable for families in need. In addition, they provide food demonstrations with recipes of food served. All materials are translated into Spanish and Russian.

One food sample offered was savory squash soup. Participants were delighted to discover a simple way to use their winter vegetables. Since the squash ingredient in the recipe was interchangeable with other vegetables, like pumpkin or zucchini, a lot of comments were received about using leftover pumpkins from Halloween. In the end, the recipes not only guided families to eat healthy, but also encouraged a reduction in their family food waste.





SNAP-Ed staff Grazina providing food tasting

Kristine Perry SNAP- Ed Manager Kristine.perry@wsu.edu



SNAP-Ed Nutrition Programs focus on providing dietary quality, physical activity and food resource management for low-income adults and youth.



SNAP-Ed Nutrition

Supplemental Nutrition Assistance Program

Teaming with Green Neighbors for Scrappy Cooking

SNAP-Ed partnered with Clark County Public Health Green Neighbors Program for a "Scrappy Cooking" workshop and food demo at Vancouver Regional Library and Bridgeview Resource Center this fall, to share information on how to prevent food waste. The focus on preventing food waste in economically challenged areas, where resources are crucial, is timely. During the event, SNAP-Ed shared strategies like understanding best-before dates, promoting meal planning, and conscious food shopping on a budget. They also emphasized utilizing leftovers through a savory pancake recipe demo and advocated for food donation, and encouraging composting to reduce methane gas emissions from landfills was also discussed but the focus was on preventing food waste in the first place.









SNAP-Ed, Vancouver Farmers Markets and other community organizations partnered with the City of Vancouver for a Wellness Fair specifically for Spanish speakers. This fair offered valuable resources like health care information, fitness activities and information on state benefit programs around food security. SNAP-Ed tabled and handed out Produce Match and Market Match flyers and gave out Spanish children's books on vegetables and gardening. SNAP-Ed had a Spanish speaking Coordinator to communicate other available resources like fresh food pantry locations. This event signified a commitment to the health and well-being of all residents, irrespective of their cultural or linguistic backgrounds.





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Total Reach Fall Quarter 2023: 218

10 Class series, 218 **Participants**





EFNEP Program

Expanded Food and Nutrition Education

The Expanded Food and Nutrition Education Program (EFNEP) is a federal nutrition program for low-income parents and youth that focuses on healthy eating, food safety, physical activity, and saving money on groceries. Classes are currently offered online and in-person.

Meet Simon Our New EFNEP Educator!

The EFNEP Program is very excited to announce we have a new Nutrition Educator who will be supporting adult education on the team, Simon Desmet-Bacon.

Simon enjoys flying RC planes, birding, and hiking. He is excited to start the Eating Smart Being Active (ESBA) classes in winter quarter. ESBA is a free 9-week group series for anyone looking to get active, save on groceries, and start eating a more balanced diet. In each class, there is a short cooking portion as well as a group workout. Every class is jam-packed with lots of great knowledge and fun times.



Sara Peitzmeier **EFNEP Manager** sara.peitzmeier@wsu.edu



Assisting limited resource families in acquiring the knowledge, skills, attitudes, and changed behavior necessary to maintain nutritionally sound diets.



EFNEP Program

Expanded Food and Nutrition Education

Youth Education Classes

This quarter EFNEP educator, Scotty started off the 2023-2024 school year with our youth series of nutrition classes at Truman, Roosevelt, and Washington Elementary within the Vancouver Public School District. Although the adult classes this quarter were pushed back into the new year the impacts of EFNEP continue.



Making a Difference One Family at a Time

Mary is a mother of five young children, all under the age of 10. She attended EFNEP lessons at a recovery shelter she is living at while working to get back on her feet financially. When she started classes, Mary believed that she could not afford to eat healthy meals and had little confidence in her ability to cook.

Throughout the class series, Mary learned lots of ways to save money while shopping at the grocery store, including how to use unit pricing to compare different items, using grocery store online apps on her smartphone, clipping coupons, and buying store-brand foods.

She also learned how healthy and cheap dried beans were compared to the meat she usually based her meals around. Although Mary was a little timid about cooking in front of her classmates at first, she gained the skills and confidence she needed to feel comfortable cooking a wide variety of healthy meals for her and her children.

By the end of the class series, Mary was cooking without recipes and improvising her dishes. She and her kids are now eating meat only two days a week, having switched their main protein source to beans and peas, and saving over \$50 a week. Mary feels healthier, her kids are doing better in school, and they have made a giant leap towards their financial independence.







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Total Reach Fall Quarter 2023: 491

- 7970 Master Gardeners volunteer hours
- 30 Outreach Events, 114 **Participants**
- 8 Workshops, 296 Participants
- 81 Answer Clinic Calls
- 2635 Social Media





Master Gardener Program

Community Horticulture and Natural Resource Stewardship

The Master Gardener program engages university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental stewardship education.

WSU Extension Master Gardeners receive over 60 hours of training and give back a minimum of 50 hours of volunteer service to become certified Master Gardener Volunteer Educators. Once certified. Veteran Master Gardeners continue their education and their volunteer service by providing at least 35 hours of service and continuing education each year.

Supporting Lacamas Prairie Natural Area

The Lacamas Prairie Natural Area in East Clark County is Washington's best surviving remnant of the dwindling ecosystem known as Willamette Valley wet prairie. It once covered more than 1 million acres along the Willamette and Columbia rivers. It is home to the largest population of Bradshaw's lomatium, an endangered perennial herb, as well as to five other rare plant species.



Erika Johnson Master Gardener Coordinator erika.d.iohnson@wsu.edu



Engaging university-trained volunteers to empower and sustain diverse communities with relevant, unbiased, research-based horticulture and environmental



Master Gardener Program

Community Horticulture and Natural Resource Stewardship

They meticulously tracked germination rates, watered them through the summer and planted out the young plants the following spring and fall. Summer visits to the site included weeding, and, in the fall, seed collecting. During one visit to the prairie, a group of volunteers was rewarded with the sighting of slender billed, white-breasted nuthatch - a bird becoming increasingly rare in our region.

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Of the contribution of Master Gardeners, Mr. Abbruzzese, states, "In terms of the biodiversity impact, the master gardeners have been really helpful over the years in helping collect native seed, propagate several native species of plants and plant them in the prairie. This addition of hundreds of native plants has really helped restore an area that was largely dominated by invasive grasses and other invasive plants. By propagating and planting these native plants, the they have greatly helped

improve the floral biodiversity at the site which will help improve the biodiversity of animals, like pollinating invertebrates, small mammals, and other herbivores."





Master Gardener Program

Answer Clinic

Tuesday and Wednesday • 10 A.M. to 2 P.M. Thursday and Friday • 11:30 A.M. to 3 P.M.

Hours for walk-in clients:

We are back in-person but you may wish to call and confirm that we are staffed – 564-397-5711.

Email us your question at mganswerclinic@clark.wa.gov

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Total Reach Fall Quarter 2023:143

- 1 Workshop, 95 **Participants**
- · 1 Outreach Event, 30 Participants
- 18 Technical Assistance to Farmers
- 312 Social Media "Likes"





Program Purview, Impact Potential:

Our program develops and delivers research and education relevant to an agricultural community of ~2500 commercial farms operating across 125K acres within Clark, Cowlitz, and Skamania Counties. Approximately 75% of these farms and acreages lie within Clark County; 53% of our soils are classified as agricultural, and our soil productivity ratings and density of farm businesses (3.14 farms/sq. mi.) are the highest in the state.

Extension Research Benefits to Farmers

Clark Extension Reseach on rose stem girdler at the Heritage Farm benefitted raspberry growers statewide and internationally. The research results were presented to 91 attendees at the Washington Small Fruit Conference in November, 16 sites in British Columbia were scouted to make sure that this pest has not yet moved into Canada's principal raspberry production region.

The Heritage Farm continues to help leverage regional and national resources to benefit Clark County stakeholders. An agreement with the caneberry breeding program USDA-ARS in Corvallis was made to bring two newly developed raspberry cultivars to our raspberry research and demonstration plots at Heritage Farm. These cultivars are pertinent to Clark County growers because they are targeted for fresh market sales and u-pick operations, which are increasingly common here.



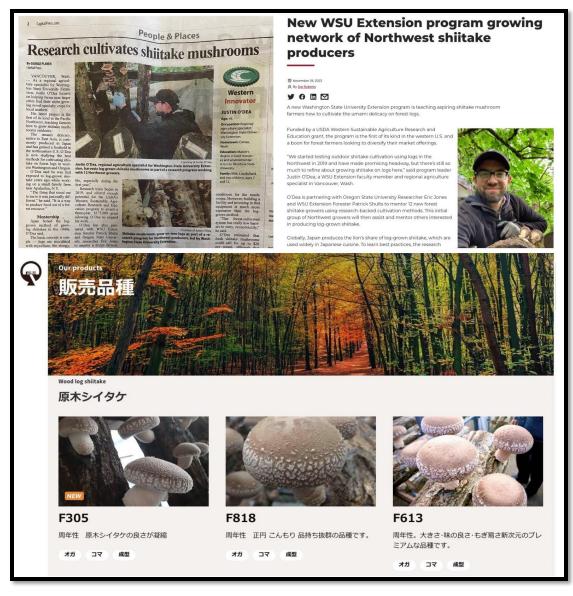
Justin O'Dea Regional Agricultural Specialist Faculty justin.odea@wsu.edu



The ANR program conducts locally relevant applied research in the fields of agriculture and natural resource sciences.



SW WA Commercial Agriculture Program



Mushroom Research Spotlighted

The Clark Extension Agriculture three-year \$175K grant-funded project on forestgrown shiitake production, made new connections between Japanese spawn developers and US spawn producers. This will lead to Pacific NW shiitake growers having access to new Japanese shiitake strains that otherwise would have remained unavailable. The shiitake research at the Heritage Farm and projects throughout the region also gained media coverage through WSU's CAHNRS News and the Capital Press.

Select program highlights, Quarter 4, 2023: Top left, right- Our research efforts at the Heritage Farm and throughout the region gained press coverage in the Capital Press and WSU's CAHNRS News in Q4.

Justin O'Dea, Project Lead, WSU Clark County Extension
IN 2021 THE WSU FOOD SYSTEMS DOCUSERIES CREW SET OUT
FOR THE PORTLAND, OR AND SEATTLE, WA-METRO AREAS TO
TALK WITH FARMERS FIRST-HAND ABOUT THEIR EXPERIENCE
FARMING IN AN URBANIZING REGION.





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Total Reach Fall Quarter 2023:1966

- 1 Workshop, 25 Participants 15 2 Acres Impacted
- · 2 Outreach Events, 108 Participants
- 3 Technical Assistance to Small Acreage and Farmers
- · 1830 Small Acreage Educational Video Views





Small Acreage Program

Land-based Economic Development and Stewardship

The Small Acreage program provides educational workshops and other outreach to county residents on animal, land and water stewardship, such as: mud and manure management, fencing and pasture management, and other water quality topics unique to rural land. The Small Acreage Program works in partnership with Clark County Public Works Clean Water Program.

Well and Septic System Maintenance Workshop

This workshop gives Clark County residents the opportunity to not only learn how to maintain their wells and septic systems, but individuals with conventionally gravity-fed septic systems may get certified to self-inspect their own system every-other time their inspections are due. This can be a cost savings of around \$100 for residents saving the cost of hiring a professional inspector. This workshop also help residents learn how to protect their family's health and keep their systems well-maintained, which ensures longterm cost savings. These workshops provide residents practical ways to help keep our watersheds clean.



Well and Septic System Maintenance Workshop at the Heritage Farm Presenter: Sean Hawes of Clark County Public Health

Terry Koper Small Acreage Coordinator terry.koper@wsu.edu



Supporting local land caretakers through education, marketing support, and statewide program implementation.

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Total Reach Fall Quarter 2023: 264



Community Gardens

Supporting Local Agriculture

The community garden provides a place for community members to grow food for themselves and their families. There are 88, 20ft by 20ft plots. It is the most diverse program here on the farm. We have families from Botswana, Korea, Thailand, Mexico and many of the Eastern European countries. This pesticide free, year-round community garden is highly sought after.

Abundant Harvest for Community Gardeners

It is hard to calculate the exact amount of produce grown in the community garden. But data gathered from gardens is they grew anywhere from 25 to 150 Lbs. of produce per plot. With 88 plots this estimates approximately 5,720 lbs. and valued at \$28,542.

Share the Harvest to Feed Hungry Families

The Community Garden supported the SNAP-Ed Program to help feed hungry families in our community. Community garden participants donated their extra produce at an onsite donation station. Donations were collected then taken to a food pantry in Hazel Dell and the Clark County Food Bank. This project was active from July to November 2023. A total of 368 pounds of organic garden produce was donated that is equivalent to 3,680 meals and valued at \$1.836.32.





Ringo Nickel Coordinator Ringo.Nickel@wsu.edu



Are you interested in gardening but don't have room to do so at your home or apartment?

The Heritage Farm has a Community Garden with available garden plots for rent!

















Partnerships, Collaborations and Cooperations



Clark County and Washington State University have a long-standing partnership in providing educational programs and research-based information to residents throughout the county. This partnership ensures that resources are committed from Federal allocations and University funds to keep important educational programs available in Clark County.

Alliance for a Healthier Generation

Area Agency on Aging and Disabilities

Arthritis Foundation Walk With Ease Feet First

Battleground Health Clinic

Bonaventure of Salmon Creek

Bridgeview Community Center

Camas Farmers Market

CASEE Center

CDC Centers for Disease Control and Prevention

Chartwells Food Service

City of Camas

City of Vancouver

Clark County Conservation District

Clark County Event Center

Clark County Environmental Health Food Safety

Program

Clark County Fair

Clark County Farmers

Clark County Farm Forestry Association

Clark County Food Bank

Clark County Food System Council

Clark County Green Schools
Clark County Juvenile Justice

Clark County Public Works

County Public Health

Clark County Master Food Composters

Clark Public Utilities

Community Garden Club of Camas Washougal

Community Voices Are Born

Connect Evergreen Substance Abuse Coalition

Core Home Fruit Services

Cowlitz Indian Tribe

Diabetes Technical and Training Center DSHS

(Dept of Health and Human Services)

Educational Service District 112

Evergreen School District/Family and Community

Resource Centers

Fort Vancouver Regional Library

Fort Vancouver National Historic Site

Goldendale Farmers Market

Hardy Plant Society of Oregon

Hazel Dell Elementary School

Hewlett-Packard

Hubert Prescott Bluebird Recovery Project

Illahee Elementary School

IQ Credit Union

Latino Community Resource Group Learning

Adventures Child Care

The League of United Latin American Citizens

Lifeline

Longview Garden Club

Master Gardener Foundation of Clark County

Meals on Wheels People

NAACP



















Partnerships, Collaborations and Cooperations

Partnerships and Collaborations continued

- National Park Service
- Nature Scaping of SW WA
- Nautilus Inc.
- OSPI (Office of Schools and Public Instruction)
- OSU Extension Service
- Parks Foundation of Clark County
- Partners in Careers
- PeaceHealth
- Pearson Field Education Center
- Portland Nursery
- · Ridgefield Garden Club
- Salmon Creek Farmers Market
- · SeaMar Community Health
- · Second Mile Marketplace and Hub
- SHARE House
- Skamania Farmers Market
- · SWW Accountable Communities of Health
- · SWW Health Living Collaborative
- The Gardner School of Arts and Sciences
- Truman Elementary
- Underwriters Laboratory
- United States Department of Agriculture
- Vancouver Farmers Market
- Vancouver Garden Club
- Vancouver Housing Authority

- Vancouver School District
- WSU Edward R Murrow Center for Health Comm. Research and Promotion
- WSU Nutrition & Exercise Physiology Program
- Washington State University-Vancouver
- Washington State VetCorp
- Waste Connections
- · White Salmon Farmers Market
- WaferTech
- Washington Green Schools
- Washington State Chronic Disease Leadership Network
- Washington State Department of Agriculture
- Washington State Department of Health SNAP
- Washington State Farmers Market Association
- Disease Leadership Network
- West Van for Youth Substance Abuse Coalition
- WIC (Women, Infant and Children)
- Wise Woman
- Yacolt Primary School

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.

