

# Community Feedback



- As Ms. B was packing Lucy's lunch and snack's that morning, she was informed by Lucy (1st grade) that "you really need to be packing healthier snacks". ~Show me nutrition participant
- Ms. E. a second-grade teacher stated, "They are eager to participate more in Physical Education class. They also eat the healthy fruits & vegetables at lunch and for snacks later. I am seeing less "healthy foods" being tossed in the trash."
- Ms. G. comments about her second-grade class, "More willing to try new foods, physically they are moving more at recess, more active play!"
- "I have eaten the same way for almost 65 years, I am glad that I was able to take this class so I had someone to talk to during the week but also learned a lot of new tips. You can teach an old dog new tricks."
- Parent in a grocery store: "My son begged me to buy pop tarts because that's what his friends ate for breakfast. After MSU Extension came to his class he's very aware of what he eats which is amazing for a kindergartner. We always have to talk about if the food fits on the MyPlate now or if it's a "Sometimes" food like he learned in class."
- Thank you so much for hosting this! My daughter is so shy and nervous about talking to new people you made it so easy and it really helped. Her confidence has grown and she had a lot of fun! ~Pamper Yourself From the Pantry Spa Club (Fair Edition) participant
- Just wanted to say how much my daughters enjoyed this club. All the participants seemed to enjoy all the activities. I know my daughters and myself did. I really hope you have some more programs like this in the near future. My girls most definitely would love to come back! ~ Earth Day Heroes SPIN Club participant
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# SHIAWASSEE COUNTY

## 2021 Annual Report

### Message from the District Director



I am proud of the MSU Extension staff that serves your county and residents. 2021 was another challenging year, however, the staff adjusted to provide virtual, hybrid, and face to face programming throughout the year depending on the needs, requests, and restrictions that were in place. We were able to provide hundreds of programs that were focused on youth development, mental health, nutrition and physical activity. Mindfulness, business, agriculture, veterans outreach, farmers market, food safety, etc. We focused on the needs of youth, families, farmers, seniors, veterans, economically disadvantaged, and our partners in the communities that we serve.

Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses. For more than 100 years, MSU Extension has helped grow Michigan's economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities and empower their children to dream successful futures.

With all of our programs and classes, we keep **OUR MISSION** of helping people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

We keep **OUR VALUES** at the core of our efforts to improve lives and make a difference in the communities that we serve by showing up, whether in person or digitally. MSUE will remain engaged by being a part of community conversations, directing appropriate programming and research for community needs and never forgetting who we serve.

We will help people thrive. We will create and maintain positive environments that allow everyone to do and be their best. We will work with our communities to highlight their assets while fostering partnerships to discover new possibilities together.

We will be authentic. We know that we cannot be all things to all people. We will live our truth, do what we do best, and connect audiences to colleagues and partners when we cannot personally meet their needs. We will do this all while staying rooted in evidence-based science.

We will welcome everyone. We will foster inclusivity across our organization, in our programming, through our community partnerships and in our hearts. We will nurture an environment that respects and values human differences as we continuously work to expand our reach to diverse audiences.

We will manage resources responsibly. We will be good fiscal stewards of the funds that are supplied to us from federal, state, local and university resources, as well as those that are garnered through community partnerships and philanthropy.


We will take risks and continue to be lifelong learners who look for innovative and new ideas that will help us better serve Michigan residents.

**Mark J. Rankin, District 9 Director**

  
**\$25,670,828**  
economic impact

  
**254**  
enrolled  
MSU students

  
**\$708,644**  
spending with  
local businesses

  
**2,402**  
MSU alumni in Shiawassee  
County

  
**\$5,214,645**  
financial aid disbursed

  
**2,456**  
youth in 4-H

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# Shiawassee County Program Impact

Through MSU Extension’s nutrition and physical activity programming, Shiawassee County adults, families and children gained crucial knowledge about nutrition and healthy foods, increased their daily physical activity, and reduced their food insecurity. Community Nutrition Instructors (CNI), Candy Thick and Joe Hammon-tree accomplish this by focusing on three priority areas

Delivering evidence-based, hands-on nutrition and physical activity learning opportunities

Empowering youth, adults, and families with limited resources by sharing information and strategies to make healthy behavior and lifestyle choices

Promoting active lifestyles and healthy habits

Since the start of the pandemic, nutrition education has had to transition its process. Programming has shifted back and forth between face to face and virtual programming to protect the health of participants, partners, and staff. In 2021 nutrition staff were engaged with 4 local coalitions and 75 local community partners. Thru those partnerships they were able to provide more than 77 education programs to a combined total of 3184 adults and youth.

In many of our programs, participants have mentioned gaining “Covid weight” and how they have struggled with physical activity and eating healthy. CNIs offer these programs to assist people to make simple lifestyle changes to get back into healthier habits.

## Nutrition Education

Listed below are just a few of our evidence-based nutrition and physical activity programs offered in Shiawassee County:

### “Cooking for One – Adult Series

Participants explore ways to make cooking simple and fun, learn helpful tips and tricks to making healthy choices. They cook real recipes and receive a handbook with practical recipes.

### “Eat Smart, Live Strong – Adult Series

Participants aged 55 and older will gain the skills needed to make healthy behavior changes in this social and interactive program series. Focus is to increase eating fruit and vegetables and physical activity.

### “Cooking Matters – Adult Series

A team-taught course by a chef and nutrition instructor. Participants learn how to plan and budget for healthy, affordable, and delicious meals and are provided with a bag of groceries each class.

### “Teen Cuisine – Teen Series

Teens from 6th to 12th grade learn about healthy living. Focused on cooking skills while teaching nutrition, food safety, and physical activity Teen Cuisine contains six lessons. Lessons build on one another and give the student time to practice new skills, and develop a new understanding and habits regarding personal nutrition and health. Participants receive a workbook that is filled with vibrant pages that reinforce important skills.

### “Grow It, Try It, Like It! – Youth Series

Through the activities in this class, pre-school aged children touch, smell, feel, and taste new fruits and vegetables. They learn how fruits and vegetables grow. Planting activities help connect the delicious food choices at the table with farms, orchards, and gardens.

### “Show Me Nutrition – Youth Series

This class is for youth in Pre-K through 8th grade. It supports Michigan Educational Standards and grade level expectations for math and language arts. The program promotes the skills to make healthy lifestyle choices, positive body image, physical activity, and food safety.

## Nutrition Staff provide coaching with PSE Initiatives

Direct educational programming is only one portion of the work done by nutrition staff in Shiawassee County. Policy, systems, and environmental (PSE) change approaches seek to go beyond programming and into the systems that create the structures in which we work, live and play. These approaches often work hand in hand where, for example, an environmental change may be furthered by a policy or system change. In 2021, Three local partners received guidance from MSU Extension developing new PSE Initiatives. These initiative changes had a reach of 75 adults and youth. Nutrition coaching at Roosevelt Elementary School, Jamie Miles Daycare and Morrice Area School brought many changes including:

- Improved or expanded physical activity facilities, equipment, structures, or outdoor space
- Improved quality of structured physical activity.
- Initiated, improved, or expanded professional development opportunities for nutrition education.
- Increased or improved opportunities for nutrition education.
- Improved child feeding practices
- At the end of the day, effective PSE approaches seek to reach populations and uncover strategies for impacts that are sustainable.



## Shiawassee 4-H Leading the Way

The Shiawassee 4-H Program reached over 2,000 youth with county programs this past year. 450 of them enrolled through community 4-H clubs and the others being reached through short term educational programs. This year we did a mix of virtual and in person programs to meet the needs of everyone in the community and to keep all safe!

Some of our favorite programs this year were:

The 4-H Fitness Fun SPIN Club, where youth got to learn all about fitness and how to make it fun in their everyday life!

Our online livestock workshops that was continued this year, with a focus on small animals. This program helped youth in all areas learn more about their projects and succeed, this workshop had over 140 youth register.

Our county welcomed a new 4-H Theater Club! The club is thriving with new members eager to learn.

Once again we were honored to have one of our 4-H youth, awarded the Michigan 4-H Youth Animal Science Sportsmanship Award. We have received this award every year since 2016!

Also receiving an award was our very own Shiawassee 4-H Coordinator, Nikki Hersch. She was honored to win the Michigan Excellence in 4-H Animal Science Programming Award in 2021.

Shiawassee county was privileged to host the State 4-H Dog Show among many other dog programs that were offered locally as well as state wide. These programs include the 4-H Canine Teen Science Camp, 4-H Puppy Pals Canine Science Camp and the Walk Across the State Program.

## 4-H STEAM Corps (Science, Technology, Engineering, Art, Math)

As the transition of programming year went from virtual to in person, our member stayed persistent developing and holding safe, SPIN clubs and activities for our youth. With the development of 10 new SPIN clubs, 2 family engagements activities, and 2 service projects, over 100 new youth within our county, as well as statewide we reached.

Over 100 books were donated and distributed across our counties book nooks, thanks to a service project.

Devries hosted a SPIN club “The Gardeneers”. The youth learned farm to fork, tending to the garden, preparing for their own Farmer’s Market stand, and sales at the Market.

The kids went “Wild About Nature” with the SPIN club/mini Day camp. Exploring a variety of things in Nature. A highlight of the club was using fold up microscopes donated by MiSTEM, special thanks to Lory Thayer.

Other SPIN clubs both in person and virtual include: Pamper Yourself From the Pantry Spa Clubs(3 different themed sessions were held), Earth Day Heroes, No Bake Valentine’s Treat, and The Way I See It Photography Club, and The Christmas Candy Box.

## 4-H Community Partnerships

Shiawassee 4-H hosted their annual Cloverbud Outdoor Adventure Day camp in partnership with Devries Nature Center, this camp sold out in a matter of days! Youth ages 5-8 came to learn all about nature, animals, bugs, and anything outdoors!

We continued our partnership with the Community District Libraries across the county to host 4-H Science Activities through out the summer. This year we focused on Farm to Fork, teaching youth from the Morrice. Perry, and Corunna areas about how ice cream is made and gets from the farm to their bowl. They cooled off with their very own homemade ice cream and met a few dairy calves that were only a few days old.

Through Project R.E.D where we teamed up with Shiawassee County Farm Bureau to teach 2nd grade students from around the county all about agriculture, 4-H taught the process of how a seed germinates into a plant!

4-H started a new partnership with the Corunna After-school Program delivering Ag in the Bag Kits for youth and performing the program over zoom while schools were still virtually allowing visitors and then in person for a Forensic Science Program this fall where youth learned all about fingerprints!

Durand Farmers Market, where 4-H taught All About Archery, with a blow-up archery stand youth were able to practice their skills and learn about 4-H Shooting Sports.

With continued collaboration with AmeriCorps, Shiawassee County has a service member for a second term, serving as the 4-H STEAM Corps, SPIN Club coordinator. These SPIN clubs are open to all, but specifically designed to reach youth in low income and/or urban settings without access to the “traditional” 4-H world. They get youth interested, with little to no costs. No farms or animals needed.



AmeriCorps