#### MICHIGAN STATE UNIVERSITY Extension

## HILLSDALE COUNTY 2022 ANNUAL REPORT

We're excited to share the Hillsdale County 2022 Annual Report with you! For more than 100 years, Michigan State University (MSU) Extension has been helping people address critical issues, needs and opportunities by delivering the vast knowledge and resources of MSU directly to individuals, communities and businesses. To do this, we focus on four program areas: preparing Michigan's children and youth for the future, improving health and nutrition for Michigan residents, enhancing agriculture and agribusiness, and leveraging natural and human assets. In 2022, our staff worked with Hillsdale County residents, leaders and partners to create a diverse set of programs designed to help people and communities across all aspects of their lives. We work to keep Hillsdale County businesses and communities strong, encourage balanced use of our natural resources and help individuals and families secure a better financial future. Read on for information about the difference being made in Hillsdale County.

Want more frequent updates about future programs and impacts? Sign up with the QR code to receive our monthly Report to Our Partners e-newsletter.





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## **PREPARING CHILDREN & YOUTH FOR THE FUTURE**



Parents and caregivers are the first to have influence on a child's development and future academic success. To ensure the success of families across Michigan and to support children's school readiness, MSU Extension has invested in wellness of children and youth. By research- and evidence-based programming for the parents, caregivers and early childhood educators who have the first opportunity to enhance children's skills and become their best resources and advocates.

This programming supports families while helping parents and caregivers increase early childhood science, math and preliteracy skills, as well as enhancing the social and emotional increasing parents' and caregivers' knowledge of child and youth development, MSU Extension is able to help caring adults build a positive foundation for learning and lifelong success.

#### Success!

This year Hillsdale County 4-H Program added a Cloverbud Graduation to the Awards Banquet. We had 26 cloverbuds who were recognized!



## \$39,750 4-H VOLUNTEER HOUR VALUE

81 YOUTH PROGRAMS ACCESSED BY RESIDENTS

45 **MI STRONGER** FAMILY OUTCOME

Many people think 4-H is just for kids who live on farms or those interested in raising and selling animals - but that's not true! Offering a diverse range of topics and interest areas, 4-H is the largest youth development organization in Michigan. In fact, each year thousands of young people explore what interests and excites them as they grow through Michigan 4-H. From

program areas ranging from science and technology to clothing and textiles, and so much more, 4-H provides fun, educational opportunities that empower young people with skills to lead for a lifetime and become the foundation for future success. After all, true leaders aren't born: they're grown!

Success!

During spring break our Extension office hosted a craft week for all youth in the county. We had 35 youth and parents who came and got their creativity on!

## MICHIGAN STATE

## **IMPROVING HEALTH & NUTRITION**

When it comes to nutrition and physical

activity, MSU Extension's team of experts Programs and offerings include: brings evidence-based education into communities across the state. Our staff delivers educational programming to communities and helps create lasting healthy changes, from kitchen tables to school cafeterias. Programming is supported through the Expanded Food and Nutrition Education Program and the **Supplemental Nutrition Assistance** Program-Education (SNAP-Ed).

- **Cooking for One**
- **Cooking Matters**
- Eat Healthy, Be Active
- **My Way to Wellness**
- **Peak Health and Performance**
- **Show Me Nutrition**
- **Teen Cuisine**

57

RESIDENTS

PARTICIPATED IN

**HEALTH &** 



Photo: iStock.com

2422

**SNAP-ED** 

PROGRAMS

28 NUTRITION PROGRAMS WITH HILLSDALE PARTICIPANTS

Safe and properly prepared food can prevent foodborne illness, thus reducing healthcare costs and improving overall health and wellbeing. Whether for food entrepreneurs, volunteers preparing food for the community, childcare providers or consumers interested in preserving food, MSU Extension teaches a variety of classes to help

NUTRITION OFFERED PAROGRAMS

> everyone enjoy safe, healthy food. for keeping food safe.

MSU Extension offers high-quality, affordable programs that help Michigan residents learn the importance of safe food and water in their everyday lives. Our research-based programs help food handlers learn safe foodpreservation skills and techniques.

Programs include:

- **Cooking for Crowds.**
- **Cottage Food Law**
- **Home Food Preservation**
- Safe Food = Healthy Kids

138

DISTRICT

SERVSAFE

PARTICIPANTS

ServSafe





## MICHIGAN STATE UNIVERSITY Extension

## **ENHANCING AGRICULTURE & AGRIBUSINESS**

MSU Extension educators in the Agriculture and Agribusiness Institute work with farms of all sizes helping to positively impact individual farming operations. When those individual operations do well, their success helps to fuel state and local economies.

#### **Farm Stress Management**

Taking care of crops and animals is hard on farmers. Caring for personal health and wellness in this high-stress profession is often overlooked but is as critical as caring for the farm business. Agricultural professionals and their families face unique stressors and mental health challenges and often have limited access to mental health services. MSU Extension is a national leader in addressing farm stress and related mental health issues by providing farm business financial analysis to farms, connecting farmers and their families with teletherapy programs, workshops, webinars and digital materials offering selfpaced or interactive options.

SOIL TESTS

#### **Field Crops Virtual Breakfast**

Offerings like our Field Crops Virtual Breakfast meetings attract participants throughout the state, country and even the world. Every Thursday during the

**MSU Extension's Emergency Response to Accidents Involving Livestock (ERAIL)** Programs focus on the safety of first responders and the public traveling Michigan roads and highways. ERAIL trains first responders, animal haulers and others how to properly respond when animals are involved in a traffic accident, provides access to equipment that will aid in the accident response and creates a network of trained responders throughout the state. To avoid supply chain disruption for processing units during the threat of a foreign animal disease outbreak, MSU Extension assists farmers with completing preparedness efforts such as providing farmers with ongoing quality assurance

programs that allow farmers to maintain market access and by partnering with industry organizations and government agencies that will help to quickly identify, contain and reduce the spread of foreign animal diseases.





RESIDENTS

ACCESSED AG

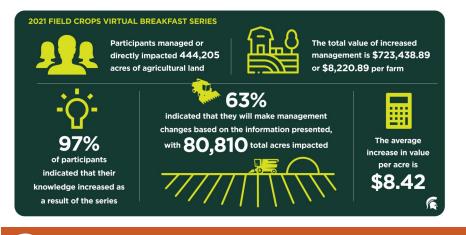
PROGRAMS

169 AG PROGRAMS WITH RESIDENTS

46 AG RELATED DIRECT CONTACTS

weather summary and forecast. Topic areas are loosely established at the beginning of the series based on historical trends. However, the Virtual Breakfast series is flexible, fluid and able to adapt when issues arise due to unforeseen growing conditions. Following the presentations, participants interact with specialists and educators in a question and answer period. This innovative approach using technology provides growers the opportunity to participate in a live webinar via their computer, laptop or cell phone. Each session is recorded, closed-captioned and available for viewing online.

growing season, farmers can access timely, in-season crop and weather information from MSU Extension field crops specialists and educators. Each week features a topic followed by a



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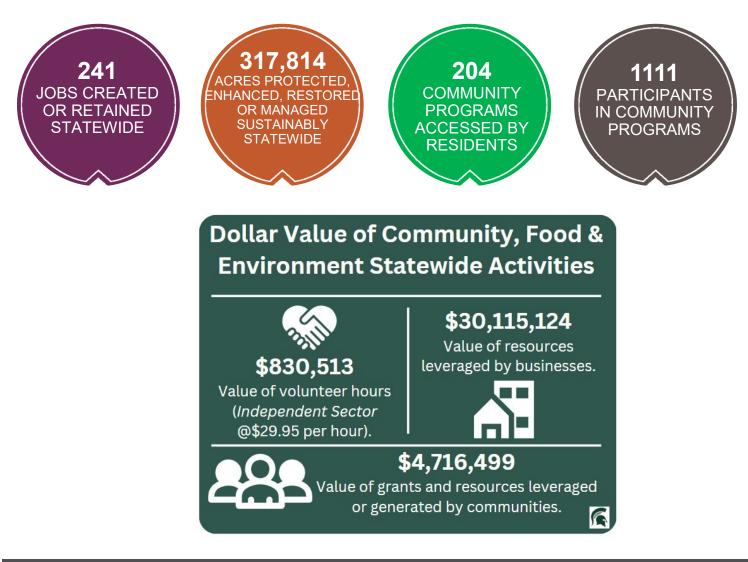
## **FOSTERING STRONG COMMUNITIES**

### **MSU Product Center**

<u>MSU Extension</u> and the <u>MSU Product Center</u> assist entrepreneurs and businesses to develop products and services in the food and agriculture markets. Its team of experts consult with clients on a one-on-one basis, helping new entrepreneurs navigate from concept development to launch and beyond. The MSU Product Center also offers specialized services such as labeling, packaging, and nutritional analysis. If you are interested in business counseling from the MSU Product Center, please visit the <u>website</u>.

#### Product Center in Hillsdale County

2 companies assisted 24 consulting sessions 34.5 total contact and prep hours \$4,000 in sales growth



## MICHIGAN STATE | Extension

### **Hillsdale County Staff**

#### Name

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#### Role

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### A Statewide Network of Resources to Help You

MSU Extension is the home of the latest in research, education and outreach covering a wide range of issues from agriculture & agribusiness, health and nutrition, youth education and outreach and community and economic vitality. If MSU Extension doesn't have an expert in your county to answer your questions, we can connect you to our statewide resources to connect you to the information you need.

**Ask Extension** offers one-to-one answers from MSU Extension experts and Extension Master Gardener volunteers on topics such as lawns, gardening, agriculture, nutrition and physical activity, food safety, food preservation, natural resources, community development, youth programming and more! **Ask Extension**: www.canr.msu.edu/outreach/ask-an-expert



## **Lawn and Garden Hotline**: 888-678-3464 Hours: M,W,F 9:00 am-12:00 pm (Year round)

Crabgrass, brown spots, or powdery mildew, the Lawn and Garden Hotline can give you information on all your home gardening questions.

#### Food Safety Hotline: 877-643-9882 Hours M/W/F, 9:00 am-5:00 pm

Do you have questions about food expiration dates, how long food will last or preserving foods at home? The Michigan State University Extension food safety hotline can help answer these types of questions and concerns.

#### MSU Extension Bookstore <u>https://shop.msu.edu/collections/msu-extension-bookstore</u>

Look for bulletins, publications and MSU Extension products at the Bookstore!



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