



# Ingham County 2017 ANNUAL REPORT

[msue.msu.edu](http://msue.msu.edu)



## MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension serves the residents of Ingham County through the educational process that applies knowledge to critical issues, needs and opportunities. In 2017, MSU Extension Educators, Program Coordinators, Program Instructors and support staff have all played a role in delivering information to help our farmers, school children, teachers, caregivers, consumers, homeowners, business owners, visitors, workers, parents, government officials, home gardeners, entrepreneurs, those battling chronic disease and those seeking better health, improve their lives and the lives of those they serve, lead and follow. As you read through this annual report, you will see examples of many of the programs and participants from our communities. MSU Extension's four institutes: Agricultural and Agricultural Business, Children and Youth, Health and Nutrition, and Greening Michigan all played a role in this year's programming.



Bill Hendrian, District Director  
Serving District 8 (Montcalm, Clinton, Eaton, Gratiot, Ingham and Ionia counties)

## MEASURING IMPACT

### DISTRICT 8 DIGITAL REACH

From July 1, 2017, to June 30, 2018, the MSU Extension website ([msue.msu.edu](http://msue.msu.edu)) received 233,924 visits from Ingham County. Of those, 77.8 percent were first-time visitors. The easily accessible and searchable science-based content make the MSU Extension website one of the most visited Cooperative Extension Systems education sites in the country.

### MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 12.1 million connections. More than 149,000 adults\* and 212,000 youth† participated in MSU Extension programming in the 2016-17 programming year.

More than 5.3 million people viewed more than 9.8 million pages on the MSU Extension website.‡ Of those, more than 1 million were Michigan residents.

MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.9 million newsletters covering 90 topic areas were distributed to about 53,000 email addresses.‡ You can

sign up for these informative newsletters by visiting [msue.msu.edu](http://msue.msu.edu) and clicking on "Newsletter Sign Up" or texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 4,300 Facebook followers and more than 3,200 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including on Michigan 4-H Facebook with more than 4,700 likes and on Twitter with more than 1,456 followers.

\*From ES237 Federal Report – Oct. 1, 2015, to Sept. 30, 2016

†From Michigan Extension Planning and Reporting System – Jan. 1, 2016, to Dec. 31, 2016

‡From July 1, 2016, to June 30, 2017

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### MISSION:

Michigan State University helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

# Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM).

## Developing youth and communities

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

4-H is America’s largest youth development organization, providing educational opportunities to over 6 million youth. The 4-H program offers a vast selection of project area topics—science, healthy living, arts, and civic engagement to name a few, all with hands-on experiential learning for youth. Students involved in programs demonstrate reduced high-risk behaviors and learn problem solving skills. They develop social skills and additional peer groups which will help them succeed in school and contribute positively within their communities.

We always welcome new members and new volunteers; if you are interested in volunteering with 4-H, please contact the Ingham County/MSU Extension office at 517-676-7207 or email the Ingham County office at [msue.ingham@county.msu.edu](mailto:msue.ingham@county.msu.edu). We would be happy to help you enroll today!



**Members of the 2017 Michigan 4-H State Youth Leadership**

# Developing Youth and Communities



When you support MSU Extension 4-H programs, you are giving local youth a voice and helping to provide opportunities that create socially responsible and civic minded young adults.

## 4-H develops socially responsible citizens

Each summer MSU Extension and Michigan 4-H provide youth with the opportunity to spend an entire week in Washington, D.C., including a stop in Gettysburg! In 2017, two Ingham County youth were among those who traveled to our country's capital for the Citizenship Washington Focus convention.

Through a series of speakers, committee work, field trips and social events, participants learn the importance of citizenship and social responsibility and are given the opportunity to explore, develop, and refine skills needed to be an outstanding leader on both a local and national level. With a focus on life-long civic engagement, the youth left with a plan of action to tackle issues facing their own communities.

A 4-H tradition that dates back more than 50 years, this national citizenship and leadership program provides an opportunity to exchange ideas, practice respect, form friendships and share experiences with those from all across the country.



"The most powerful leadership tool you have is your own personal example."

-John Wooden



MICHIGAN STATE UNIVERSITY Extension



# Developing Youth and Communities



When you support MSU Extension, you are ensuring more young people will succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending.



## 4-H develops innovators

Science-based activities at a young age promote career exploration in the areas of STEM and agriculture while teaching youth life skills. Ingham County 4-H Staff members developed a new partnership with Edgewood Village Apartments to engage at-risk youth in after-school activities to include Financial Literacy, Career Development and STEAM related activities. In 2017, the youth worked alongside MSU Extension 4-H Program Coordinators in engineering, building and launching rockets and manufacturing marshmallow-shooting catapults, all while learning valuable life skills.

## 4-H develops social skills

Ingham County 4-H Special Interest (SPIN) clubs focus on a specific topic. For example, clubs may focus on archery, baking, livestock or photography to name a few.

In 2017 leaders from 4-H Ingham County conducted two SPIN clubs with Cloverbuds (K-3rd grade) at the Greater Lansing Islamic School. The first SPIN club focused on Engineering & Design and the second focused on Personal Development. Students were engaged in the programming, with an array of races, ethnicities, and nationalities represented. Many students at the school are from families who have come to the U.S. from elsewhere, either as refugees, students, or employees at MSU. The majority of families speak a language other than English at home.



# Developing Youth and Communities



When you support MSU Extension, you are allowing youth to explore both their entrepreneurship and creative abilities through still life projects and providing them with important business lessons.



## Promoting Entrepreneurship

For the second year in a row over 100 hundred Ingham County youth participated in the Still Life Workshop held at Mason's North Aurelius Elementary School. This workshop is open to all youth regardless of 4-H participation and provides them with an opportunity to explore a variety of projects available through the program and shows them that anyone can be a 4-H member. In 2017, we had nearly 40 different session offerings, including archery, junk drawer robotics, decorative painting, flower arranging, photography, card making, insect pinning, vermicomposting, Rangoli (traditional Indian art) and genetics, just to name a few! The workshop was made possible with the help of 30 adult volunteers who taught sessions, helped with set-up and many other tasks.

At the 2017 Ingham County Youth Fair, 4-H youth were able to showcase their still life projects by entering them into the first ever 4-H Still Life Sale. The sale gave youth who do not have animal projects an opportunity to make money and to gain important business and entrepreneurial experience. Thirty eight youth displayed their projects bringing in over \$7,000.00 collectively!

One art piece, a "trash-to-treasures" metal bird, earned one of the youth \$550.00. There was a huge crowd spilling out of the Shirley Clark Pavilion and feedback from everyone who attended was great. In order to sell their projects in the sale, participants had to complete an entrepreneurship form that asked questions related to their decision on what to sell and why, the amount of time spent on the project, and the amount of money invested. They also had to submit a copy of their potential buyer letter and a draft thank you letter.



# Developing Youth and Communities



When you support MSU Extension, you are promoting the healthy physical, mental, social and emotional development of our youngest of youth through programs such as the Cloverbud Camp.

## Cloverbud Camp 2017

2017 was the first year for the Ingham County 4-H Cloverbud Camp. The theme was “Rainbow of Food, Fitness and Fun”.

It was a full day program where youth 5-8 years old were invited to participate in a variety of hands on activities that took place around healthy living at the Ingham County Fairgrounds. The camp also provided a leadership development opportunity for Ingham County 4-H teens who acted as the camp counselors for the day.

A highlight of the day was the smoothie challenge. Each small group was challenged to create a delicious smoothie for everyone that included a variety of fruits and 2 cups of fresh spinach leaves. It was surprising to everyone on how yummy the smoothies tasted, even with the spinach!



# Developing Youth and Communities



When you support MSU Extension, you are supporting pre-college programs that help build skills necessary for youth to transition to college and into life as an adult more confidently and responsibly.

## MSU Exploration Days 2017

MSU Exploration Days is an opportunity to develop social and academic skills needed for a successful transition to college and life as an adult. In 2017, 100 Ingham County youth took advantage of this program.

More than 200 action-filled classroom and field trip sessions were offered throughout the MSU campus and at various off-campus locations. Sessions were taught by 289 content and youth development experts.

This program is designed to:

- ◆ Increase responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills.
- ◆ Increase youths' communication, citizenship, team work, and leadership skills.
- ◆ Foster participants' ability to meet new people and make new friends from different places and backgrounds.
- ◆ Develop and expand career and personal interests.



# Developing Youth and Communities



When you support MSU Extension, you are supporting the development of resources to address emerging needs with our youth and communities.



## Responsible social media activities

Using social media has become a huge part of the everyday lives of youth and adults. According to “Teens, Social Media and Technology Overview 2015” from the Pew Research Center, 92 percent of teens reported going online daily while 24 percent reported saying they were online almost constantly. In addition, a majority of American adults utilize social media in some form. With so many youth and adults engaging with social media, it is important to think about being responsible online. The online world is not going away and it is an important part of how people interact with each other.

In order to address this need Christine Heverly, Ingham County MSU Extension Children & Youth Educator, developed a new resource called 4-H Responsible Social Media Activities. There are two developed activities. These activities are great discussion points for youth and adults to consider the role of social media in our lives.

Each activity is something a youth or an adult could teach to a group that would help participants build knowledge around being responsible when interacting on social media. The activities are short and can be combined with other activities in the series or done on their own. In addition, each activity has an experiential learning piece and is a free downloadable PDF.

The first activity, Caption This!, has participants create their own captions for various photos that could be shared online. They will explore the concept of how a few simple words can change what people think about a photo online.

The second activity, Online Consequences, explores the various consequences people have faced because of information they shared online. The concept of how a quick “like” of something or a tweet could have potential negative consequences.

\*Information comes from “Responsible social media activities”, authored by Christine Heverly, MSU Extension

# Supporting Food and Agriculture



When you support MSU Extension, you help provide residents with reliable information and programming for all of their home gardening needs and questions.



## Ingham County—A strong agricultural producer

Michigan agriculture continues to be a growing sector of the state’s economy. Although Michigan may be best known for its specialty fruit, vegetable, and floriculture industries, field crops comprise the largest cropping sector in Michigan in terms of acreage, farms, farmers, and income. Field crops grown in Michigan include soybeans, corn, alfalfa/ hay, wheat and small grains, as well as important specialty row crops like potatoes and dry beans. Michigan’s diverse livestock industry is also a significant component of the state’s agricultural industry. The economic impact of livestock and dairy products accounts for 37% of the total economic impact of Michigan’s agricultural products.

## Consumer Horticulture, pests, diseases and a variety of garden questions

Diane Brown serves Ingham County as part of the MSU Extension Consumer Horticulture team. Home gardeners need reliable sources for gardening information. The Gardening in Michigan website, to which Diane regularly contributes, is a hub for disseminating information about key initiatives such as Smart Gardening, Master Gardener, the toll-free gardening hotline, soil testing, and Ask an Expert as well as being linked to current and past articles and tip sheets of interest to home gardeners. **In 2017, there were 2,083,631 page views of home gardening related topics on the MSU Extension websites.**

By offering walk-in plant and pest diagnostics at the Mason office, Diane provides a valuable service to the residents of Ingham and surrounding counties. For example, the picture shows a clump of dried grass that was lodged in a homeowner’s window. Curious, and a little concerned that it might be something harmful, she brought it to the Ingham Extension office. Diane was able to identify that the cocoons in the clump were in fact, grass-carrying wasps, a harmless species that feeds on tree crickets!



# Supporting Food and Agriculture



When you support MSU Extension, you help provide residents with programs such as Smart Gardening, which offers tips and ideas to make your gardening and home care easier, more cost effective and more rewarding.



## Providing up-to-date research-based programs

In addition to the web presence and diagnostic services, Diane offers a variety of in-person programs. Whether it's how to grow strawberries or teaching park managers how to manage tree pests, she brings a practical, research based expertise to her program participants. Diane says, "Although there is no such thing as a 'no maintenance' landscape, you can cut the work down considerably by making good plant selections. There are trees and shrubs that are virtually pest-free that can add multiple seasons of interest to your yard and do not require a lot of maintenance."

## Smart Gardening

Do you want to improve your vegetable garden this year? Have you tried composting but don't quite have the hang of it yet? Participants in one program received tips on topics such as growing vegetables and a lesson on how to make compost to help ensure their garden's success.

Smart Gardening is MSU Extension's campaign using earth-friendly messages to help gardeners make smart choices in their own backyards. The goal is to equip gardeners with a "tool kit" of research-based knowledge to use immediately at home. Whether choosing plants, using fertilizer, managing pests or applying water, gardeners need to understand the long-term impacts of their gardening practices on their communities. Smart Gardening is online and is live at farmer's markets and venues like the Lansing Home and Garden Show.

Smart Gardening is just one example of the many resources available through MSUE to gardeners who aim to grow fresh produce or nurture beautiful lawns and landscaping.



# Supporting Food and Agriculture



East Lansing, MI Weather Station

When you support MSU Extension, you help provide producers and growers with decision-making information.



Haslett, MI Weather Station

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Michigan State University  
**AgBioResearch**

  
**Project GREEN**

## Enviroweather - MSU Research Center, Ingham County

Enviroweather Weather Data and Pest Modeling aims to help users make pest, plant production and natural resource management decisions in Michigan by providing a sustainable weather-based information system. Pictured left, is not a lunar landing craft but is a high-tech information gathering device that feeds an online resource for Ingham County and surrounding farmers. This online resource provides ‘local’ weather information and weather-based tools. Ingham County is home to three weather stations; Charlotte, East Lansing, and Haslett, MI. To view live statistics gathered by these stations, go to [www.enviroweather.msu.edu/](http://www.enviroweather.msu.edu/) and click on the desired location.

Each station provides readings every 30 minutes on air temperature, soil temperature, soil moisture, relative humidity, solar radiation, wind speed and direction, precipitation, and leaf wetness. There are different components of Enviroweather that deal specifically with field crops, fruit, vegetables, trees, turfgrass, and landscape/nursery.

Weather conditions and patterns influence crop and pest development and management decisions. For example, wind speed and direction for drift management, temperature to prevent phytotoxicity, and insect and pathogen development are all influenced by weather.

Enviroweather is a collaborative project of: Michigan Climatological Resources Program & the MSU Integrated Pest Management Program. It is supported by: Project GREEN, MSU AgBio Research, MSU Extension, private donors, and the MSU departments of Crop and Soil Sciences, Entomology, Forestry, Geography, Horticulture, and Plant Pathology.

Information in this article was taken from “Using Enviro-weather to assist pest management decisions”, a presentation at the 2014 Integrated Pest Management Academy by Emily Pochubay, Fruit Integrated Pest Management educator for MSU Extension.

# Supporting Food and Agriculture



When you support MSU Extension, you ensure that the most current evidence based resources remain accessible to dairy farmers.

The viability of dairy farms depends on effective and efficient use of resources by owners and managers.

## On-site training, farm visits and general education

MSU Extension Dairy Educator, Faith Cullens, and her colleagues provided education and consultation throughout 2017 to help improve the lives of local dairy farmers. There were educational opportunities for employers, employees and the general public to learn about the important issues facing Michigan's Dairy Industry and the parts played by both producer and consumer. 2017 programs included:

- **Spanish for Dairy Farmers** - This program included 6 weeks of instruction for a limited class size. The classes were taught by a Spanish speaker to help participants learn common phrases used on the farm, as well as help with pronunciation and sentence structures.
- **Dairy Nutrition Roundtables** - Roundtable discussions were held for new information as well as common experience to be shared.
- **Animal Handling** - Presentations in regard to the importance of passive transfer on calves.
- **Antibiotic Use** - Presentations and discussion on the prudent use of antibiotics for dairy animals.
- **Farm Visits** - Visits to local farms to assess feeding systems or in some cases to include out farm business management colleagues to assess the financial strength of local operations.



# Keeping People Healthy



When you support MSU Extension, participants learn safe food handling practices, increase their physical activity and improve the quality of their diets.

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## Developing healthy lifestyle skills

More than 1.3 million Michigan residents receive Supplemental Nutrition Assistance Program (SNAP) benefits. MSU Extension's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs including Cooking Matters, Healthy Harvest and Show Me Nutrition help to teach adults how to make the most of their food dollars, by developing skills such as menu planning, understanding recipes and keeping food safe. Participants learned about the nutrition and health benefits of foods to feed their families in healthy ways. In 2017 Ingham MSU Extension nutrition programs was able to:

- » Graduate 87 Ingham County adults and 490 youth from a six week evidence based class on eating healthy and increasing physical activity.
- » Provide one time nutrition and physical activity sessions and workshop presentations to 238 Ingham County adults and 165 youth.
- » Secure grant funding for Central Ingham Upper Elementary School and Central Ingham Middle School to implement changes to promote healthy eating.
- » Provide information and referral processes for evidence based nutrition programs to over 50 partner agency contacts.



# Keeping People Healthy



**When you support MSU Extension, you help to provide nutrition standards and basic cooking skills that will impact patients and their families for a lifetime.**



## Sparrow Health System partnership

A partnership between Sparrow Hospital in Ingham County and MSU Extension's Health & Nutrition Institute has formed into an outstanding service for Ingham County residents. Sparrow views Cooking Matters classes as a way to help



their patients work towards health goals. In 2017, Michigan State University Extension had the privilege of teaching Cooking Matters classes to the Lansing community at Sparrow's main hospital demonstration kitchen.

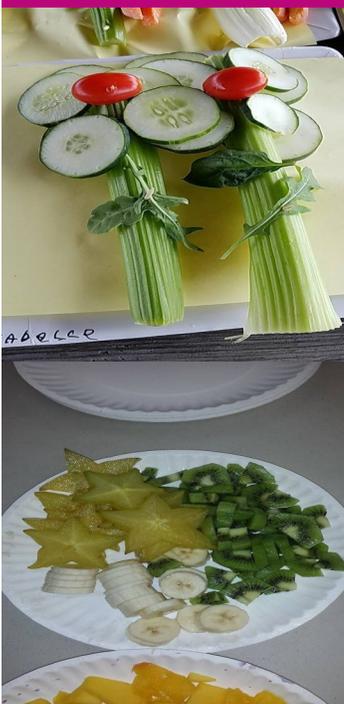
The program helps participants learn the new nutrition standards and teaches them basic cooking skills that will impact them and their families for a lifetime. Participants are engaged by having them practice the cooking techniques learned in class; everyone gets a chance to chop, dice, mince, cook, bake, mix, or clean up. The classes have also given space for parents to engage with their children in the kitchen to build confidence and spend quality time learning together. Through the partnership with Sparrow, participants are given bags of ingredients to take home and practice the skills learned in class. Sparrow also graciously provided the funds to offer parking validation so that parking was not an issue for low-income households.

This partnership will extend well into 2018 and beyond.

# Keeping People Healthy



When you support MSU Extension, you are encouraging a positive wellness culture in child care homes and centers. This contributes to the physical, mental, and emotional wellbeing of children and child care providers.



## Healthier child care

MSU Extension provides free coaching for eligible child care providers with the goal of improving nutrition and physical activity supports through policy, system, and environmental initiatives.

**Haslett Child Development Center (Jan. 2017-July 2017)** As part of the Healthier Child Care Environment (HCE) for Policy, Systems and Environmental



(PSE) Initiatives at MSU Extension, the Haslett Child Development Center was able to reach best practices according to the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC). The head start improved nutrition practices in menu variety, portion control, and

implementing culturally diverse cuisine. New, healthy meals were incorporated into monthly menus. Portion control was encouraged by allowing the children to serve themselves at lunchtime. Culturally diverse meals included enchiladas, minestrone soup, and hummus with whole wheat pita and veggies during snack. A fun physical activity best practice was reached by implementing stories in motion.

**Nicole Irish's Family Home Child Care (Jan. 2017 – July 2017)**

To encourage vegetables at snack time, the children helped prepare hummus and then voted on which vegetable tasted best with the hummus. The celery and red pepper tied for first place!



# Keeping People Healthy



**When you support MSU Extension, you bring programs like Teen Cuisine to youth. This program teaches them cooking skills and gives them an understanding of food safety and habits to promote safe cooking.**



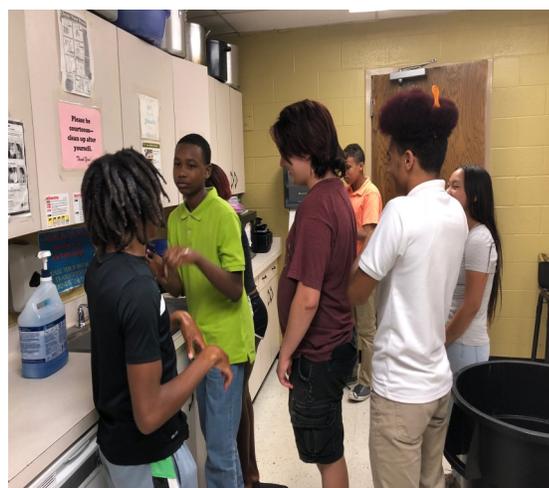
## Teen Cuisine

Teen Cuisine is a nutrition and physical activity education program. It is for teens from 6th to 12th grade. Each class focuses on teaching cooking skills. Students also learn about nutrition, food safety and physical activity. Instructor Anne Sheltrown gives the following account of the impact this program can have:

“A group of teens at the Boys & Girls Club of Lansing utilized the Teen Cuisine series, but wanted to re-brand the group name to be “Too Much Sauce”. A lot of enthusiasm and ideas were shared about cooking and food safety. Many of the students kept the recipes and shared that they prepared the meals at home—such as chips with guacamole and homemade salsa, and barley jambalaya. Each day after lunch, the kitchen staff would disinfect the tables. Some of the teens were reluctant to help. The Teen Cuisine curriculum offers a demonstration so that teens develop a better understanding of how bacteria grows and why proper cleaning is important to health. Two slices of bread were used. One slice came into contact with a sanitized table, and the other came into contact with a trash can. The two pieces of bread were separated into plastic bags and kept in the same location for 4 weeks. After 4 weeks, the piece of bread from the trashcan was riddled with green, orange and black spots signifying mold and bacteria growth. However, the bread that had come into contact with the sanitized table was spotless! The teens were completely grossed out and diligently washed their hands and sanitized surfaces promptly after the demonstration.”

**Lesson learned!**

\*\*\*Photos courtesy of Boys and Girls Club of Lansing



# Keeping People Healthy



When you support MSU Extension, you empower youth to make healthy lifestyle choices through programs like Show Me Nutrition. This program promotes healthy eating, positive body image, physical activity and food safety.

## Show Me Nutrition

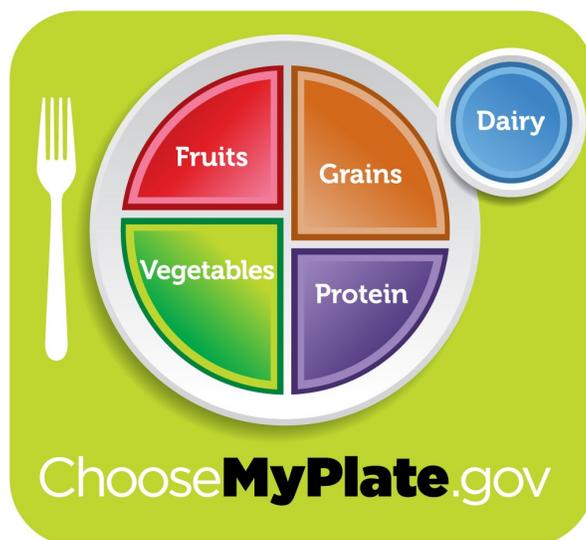
Show Me Nutrition (SMN) is a nutrition education program for youth in grades Pre-K through eighth. Participants engage in age appropriate, interactive activities. The program promotes healthy eating, positive body image, physical activity and food safety.

Through each interesting and fun nutrition class, students gain the skills necessary to make healthy lifestyle choices. The program supports Michigan Educational Standards and grade level expectations for math and language arts, where appropriate. Show Me Nutrition is taught at schools where at least 50 percent of students are eligible for the National School Lunch Program.

In Ingham County, 13 classes, with approximately 275 students were reached with this program. Students who took instruction with nutrition instructor Curtina Mysliewiec in the past tell her that they still remember and practice what they were taught about portion control and MyPlate guidelines. They happily tell her they choose apples instead of Cheetos.

In Ms. Johnson's 1st Grade class, students chose to have healthy foods to celebrate birthdays rather than cake. Curtina also works with the teachers to help assimilate her information into science and math lessons.

Through the use of the MyPlate\* guidelines for youth, children learn about nutrition while also learning percentages, measurements, fractions, and how the body uses nutrition.



# Ensuring Safe and Secure Food



When you support MSU Extension, you help to provide accessible programming such as the online home food preservation course found at [www.canr.msu.edu/foodpreservation](http://www.canr.msu.edu/foodpreservation).



## Efforts for reducing foodborne illness

News of widespread food recalls over potentially pathogenic contaminated foods is becoming more frequent. The increase of bacteria's and viruses in our community has risen, creating a need for changes in our food safety methods in our homes and businesses. We no longer advise leaving food out at room temperature to thaw or eating undercooked ground meat or eggs. MSU Extension Food Safety Educator, Joyce McGarry, located at the Ingham County office in Mason, coordinates the MSU Extension Consumer Food Safety Hotline (810-285-9565) to help with these types of consumer questions.

## Michigan Cottage Food and home food preservation

There has been increased interest across the tri-county area in cottage food and home food preservation. The Michigan Cottage Food Law allows residents to manufacture and store foods in their home kitchens. In partnership with the MSU Product Center, Joyce offers workshops that combine the business and food safety aspects of preparing and selling cottage foods safely.

MSU Extension 4-H and Home Economics published one of the first bulletins on "Canning Vegetables in the Home" and MSU Extension is still the "go to source" for home canning questions. Joyce offers programs that address the dangers of following untested recipes and the changing methods of preserving foods at home. To meet the demand for education of food preservation, Joyce developed a self-paced, on-line course for those who cannot attend direct programs. A unique service of MSUE, Ingham County, is the testing of consumer pressure canner dial gauges. Each year the Center for Home Food Preservation recommends those using a dial gauge pressure canning for food preservation, get their dial gauge tested. This service is essential in the safety of home preserved food.

# Ensuring Safe and Secure Food



When you support MSU Extension, you help to keep residents safe in a disaster and help small businesses and vendors stay in compliance with changing codes and regulations.



## Emergency preparedness

Emergency preparedness has become an important issue highlighted through a 2016 MSU Extension Issues Identification Consumer Survey. Because of this need and request from our Michigan residents, Joyce has developed four emergency preparedness fact sheets. The fact sheets include information on how to keep a three day emergency food supply and how to keep food safe after a fire, flood, and tornado. She is also the point of contact for the Extension Disaster Emergency Network (EDEN), an organization of land-grant colleges across the nation offering resources and materials for consumers and educators on working with disasters.

## Michigan Food Law

On October 1, 2012, the Michigan Food Law was adopted from the 2009 FDA Food Code. This required Michigan restaurants, bakeries, food trucks, markets, bars, mobile food vendors and commissaries that prepare or serve non-packaged food to have an owner or an employee pass an accepted examination in food safety. Joyce has been offering the approved food safety ServSafe Curriculum to Ingham County residents since 2012. The requirements have now expanded to include food pantry workers and all non-profits that serve or distribute food to the public. In cooperation with the Greater Lansing Food Bank, Joyce has been able to collaborate with the many food pantries to extend this certificate training. In 2017, the Food Safety Team has trained over 1,208 people in ServSafe.

ServSafe teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. The Manager course uses proven techniques, provides new Food & Drug Administration food code rules and content related to the food industry.

©2012 National Restaurant Association Educational Foundation (NRAEF). All rights reserved. ServSafe is a registered trademark of the NRAEF, used under license by National Restaurant ServSafe is a trademark of the National Restaurant Association.

# Establishing Healthy Communities



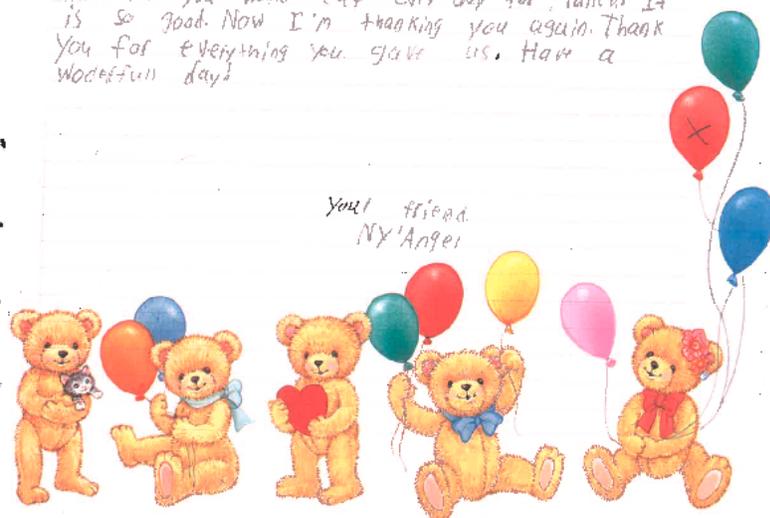
When you support MSU Extension, you are helping in indirect ways you may not realize. Greater Lansing Food Bank (GLFB) is a non-profit organization that provides emergency food to individuals and families in need throughout mid-Michigan.

## Community Outreach

The Health and Nutrition Institute of MSU Extension in Lansing partnered with the Greater Lansing Food Bank in 2017 to help cover the cost of cooking demonstrations. This has been economically helpful for Cooking Matters, Teen Cuisine, and snacks to support Show Me Nutrition lessons, while also benefitting community partners who are not involved in direct education series. This is just one of approximately 60 letters mailed to our office after transporting a healthy snack from the Greater Lansing Food Bank to Reo Elementary School. In the letter, an Reo student expresses feeling rejuvenated from the donated fruit and ready to take on their end of year assessment involving the Michigan Student Test of Educational Progress (M-STEP).

Dear MSU Extension,  
Thank you for the oranges, mini bananas, apples and Strawberries. The M-Step was very fun, that is a part of my life that is most important because that is your one ticket to go to college. Then have a job, a house and money and food. That is why the M-Step is very important to us. That is why we need to listen to the teacher so we can pass and go to 4<sup>th</sup> grade and then go to 5<sup>th</sup> grade after 4<sup>th</sup>. Now I'm going to talk about myself I am a big fan of Fruit, mostly the berry family because they are juicy. I love my moms. Salad. If you were me you would eat every day for lunch. It is so good. Now I'm thanking you again. Thank you for everything you gave us. Have a wonderful day!

Your friend  
NY'Angel



# Establishing Healthy Communities



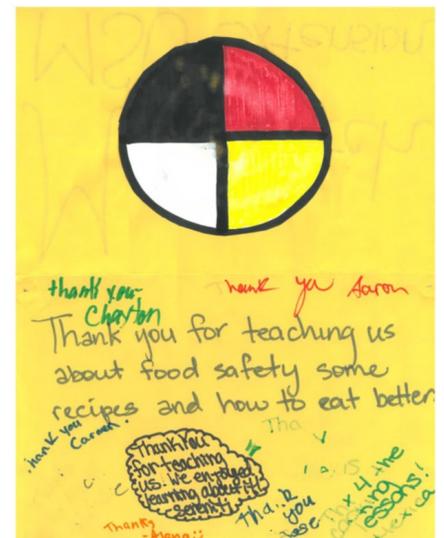
When you support MSU Extension, you are helping to promote cultural awareness through partnerships like the one between MSU Extension and the Indigenous Youth Empowerment Program (IYEP). A collaboration between AIIIS, the Lansing School District's Title VII Native American Program, Michigan State University's Residential College in the Arts & Humanities, the Ingham County Health Department, and Lansing Community College.

## Indigenous Youth Empowerment Program

MSU Extension partnered with the Indigenous Youth Empowerment Program (IYEP) during their summer enrichment camp. IYEP is a program for all Indigenous youth and families of Ingham County, with a special focus on the Lansing Public School District. The program strives for community-building through traditional knowledge, empowering Indigenous youth through cultural awareness, emphasizing and assisting the importance of academics.

Instructors were specifically involved with teens (ages 11-16) to teach necessary skills so that they are empowered to cook meals at home and understand basic food safety principles to better prepare for adulthood.

Wild rice and berries are valued significantly among the tribal community, and we made sure to include recipes using these ingredients for their end of camp pot-luck celebration. The teens prepared a chicken and vegetable stir fry with wild rice, and served berries as a side dish. "Miigwetch" means thank you in the Ojibwe language.



# Establishing Healthy Communities



When you support MSU Extension, you are helping us to create healthier more sustainable community food systems and to fill an immediate need in food insecure youth.



## Working together to address local food needs

Abigail (Abby) serves as the Community Food Systems Educator for mid-Michigan and is housed in the MSU Extension Ingham County Mason office. Her areas of focus include farm to school and farm to early care and education, local food policy councils, urban agriculture initiatives, food hubs, and racial equity in the food systems.

Many urban farmers, small farmers and community gardeners grow local food to supply communities, farm stands and farmers markets. These growers have interest in soil health and sustainable agriculture and are in need of education programming that fits the scale of their agricultural endeavors. Abby helps facilitate programming that increases their understanding of soil health and improves the environmental and economic sustainability of their operations, as well as improves the quality and quantity of their products.

With an eye toward our local schools, Abby has helped educate farmers, gardeners and farm to school teams on developing and sustaining farm to school programs increasing the amount of local food purchased and served in K-12 schools. She also supports the statewide Cultivate Michigan network, which helped institutions increase local food purchasing and creates new markets for mid-Michigan farmers. In addition, she has partnered with Northwest Initiatives, Weekend Survival Kits, and Lansing Public School District to coordinate the packing of 6 distributions of supplemental nutrition kits for Lansing School District students at risk of food insecurity.

As a result of this collaboration ten different Lansing area schools received a distribution of food on a twice a month basis. Special care was taken to ensure that food was culturally appropriate, and at each packing 80 students received a special “non-traditional” kit that aimed at meeting the dietary restrictions of children from immigrant and refugee families.

# Collaboration to Meet Needs



Through successful partnership and collaboration with Ingham County, MSU Extension is able to continue its local presence and to provide vital educational resources and programming in such areas as community and economic development, agriculture, land use, health and nutrition, and youth development. Thank you Ingham County!

## Collaboration across MSU Extension

One of the advantages of specialization is a deep and broad knowledge of subject matters related a particular discipline, such as field crops. Having four MSU Extension Institutes gives us the ability to bring together deep and broad knowledge to address issues that are multifaceted and complex. For example, MSU Extension Educators and Program Instructors have worked together on physical and financial health issues, agricultural and stress issues, economic and community development and conservation issues, and issues that face young and old.

Your local office is housed with experts in particular fields. Individuals may serve in the Agricultural and Agribusiness Institute, the Children and Youth Institute, the Health and Nutrition Institute or our community and natural resource sustainability institute—the Greening Michigan Institute. However, even if you do not have a local expert for the Extension issue that you need addressed, we draw from a statewide pool of experts to make sure that you have the information that you need. In addition, the MSU Extension website [www.msue.msu.edu](http://www.msue.msu.edu) is maintained and updated on a regular basis. We are always looking for ways to collaborate with each other to apply knowledge to the critical issues you face.



## Extension Professionals Serving Ingham County

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**Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.**

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