



Ingham County 2018 ANNUAL REPORT

BY THE NUMBERS



\$2,912,879,872 total economic impact in Ingham County



4861 youth participated in 4-H, early childhood or after-school programs



2,396 adults and youth participated in health and nutrition programs



MSU Extension website received 180,000 visits from Ingham County residents, 70% were first-time visitors



Ingham County students received \$60,924,188 in financial aid from MSU



MSU Extension has served Ingham County for more than 100 years



Over 8,000 gardening questions answered statewide

MESSAGE FROM THE DISTRICT DIRECTOR

In 2018, Michigan State University Extension partnered with Ingham County to continue strengthening youth, families, farmers, caregivers, homeowners, business owners, and communities. Your local MSU Extension staff and the statewide network of Educators worked through local partners to bring the university's research and resources directly to our county residents. This annual report gives examples of some of MSU Extension's accomplishments and the impact that we continue to have in the county – helping to improve the lives of its residents. We are grateful for the opportunity to serve our stakeholders and partners and we are especially grateful for the partnership that we have with Ingham County.



Bill Hendrian, District 8 Director

CONTACT



Ingham MSU Extension
Hillard Building
121 E. Maple St.
Mason, MI 48854
Phone (517) 676-7207



canr.msu.edu/outreach
msue.inghamcounty@msu.edu

Human Services Building
5303 S. Cedar St.
Lansing, MI 48911
Phone (517) 887-4588



Michigan State University Extension



@MSUExtension

**MICHIGAN STATE
UNIVERSITY**

Extension

Program Highlights



Infant and child nutrition is provided through programs such as Today's Mom.

MATERNAL AND INFANT HEALTH

MSU Extension Educator Sheilah Hebert works to bring information to the maternal and infant population. Families receive nutrition education regarding infant feeding. Sheilah oversees and facilitates presentations on breastfeeding and in one county enrolled 127 families to be provided ongoing support through their breastfeeding journey. The Today's Mom series partners with childbirth classes and provides take home groceries for the expectant mothers. Sheilah joined our local Lansing office last year and will expand her programming efforts in Ingham County.



Flowers in bloom at the Lansing Home and Garden Show.

SMART GARDENING

The Lansing Home and Garden Show is one of our major outreach efforts in the Ingham County area for Smart Gardening information. In 2018, Diane Brown and her consumer horticultural team reached over 500 contacts at the show, with the majority from Ingham, Eaton and Clinton counties. Master Gardeners worked together with consumer horticultural staff to share Smart Gardening information and concepts with the public. The consumer horticultural team presented eight hour long seminars during the show. Master Gardeners are also recognized each year. In 2018, sixty people attended the brunch and recruitment event.



MSU Extension educators provide the latest information about beef production to the community.

BREAKFAST ON THE FARM

This past year Ingham county was home to one of the Breakfast on the Farm events. BOTF gives participants a chance to learn a little about modern food production and connects consumers to the farmers who produce their food. Usually local farmers host the event, but last years event was hosted by the MSU Beef research farm and focused on beef production. MSU Extension Educators from several counties and campus specialist shared the latest information about beef production. Over 1,200 visitors enjoyed a variety of Michigan grown food while the Educators gave demonstrations and answered questions. Since 2009, this annual event has served over 88,000 people.

Program Highlights

FOOD SAFETY

Food safety plays a vital role in the health and nutrition of Michigan families. There are over 48 million people each year that are sickened from foodborne illness, 128,000 are hospitalized and 3,000 die. Our most vulnerable populations are young children, seniors and those with compromised immune systems. Michigan State University Extension educates consumers on safe handling, preparing and storage of food. In July, 2018, Joyce McGarry, Food Safety Educator, offered food safety materials to over 300 people at the Farmer's Market on the Capital lawn. Resources included understanding expiration dates, safe handling of fresh produce, use of a food thermometer and of course hand washing.



Food safety educator, Joyce McGarry (left), is joined by food safety colleagues to hand out essential food safety materials on the lawn of the State Capitol.

S.A.F.E. TRAINING

Providing a safe and nurturing environment for youth is of paramount importance in our Extension programs. Ingham Extension educator, Christine Heverly, is a certified trainer of SAFE (Screening Applicants for Effectiveness): Guidelines for Preventing Child Molestation in Mentoring and Youth Serving Organizations. The SAFE curriculum compliments and enhances the MSU Extension Volunteer Selection Process by ensuring MSU Extension staff are able to identify signs of concern and know how to address difficult situations before they affect our youth audiences. Topics include informed intuition, red flags, predator grooming cycles and the overall screening process.



Safe and nurturing environments for our youth are critical and MSU Extension is ensuring that our volunteer process is secure and safe.

AMERICORPS GRANT

In 2018, Michigan State University received a grant from the Corporation for National and Community Service and the Michigan Community Service Commission for \$447,960 in order to fund an AmeriCorps program. From her Ingham County Extension office, Rachel Pucket, Program Manager, facilitates 19 AmeriCorps members across the state. 4-H STEAM (Science, Technology, Engineering, Arts, and Math) Corps members facilitate short term SPIN (special interest) or Tech Wizard clubs in order to improve youth attitudes towards science. Members also host family engagement events throughout the service year to further engage youth and families who were new to 4-H.



Rachel Pucket (far left) is pictured with the AmeriCorps members and their site supervisors.

Program Highlights



Tristan Warner, an Ingham County 4-H teen leader, teaches a 4-H youth member the proper way to trim hair on a beef steer's leg.

4-H ANIMAL SCIENCE

Ingham County youth participated in eight animal science related workshops during 2018. These workshops were attended by 197 youth as well as a large group of our 4-H volunteers. Youth members learned teamwork, leadership and time management as they assisted in planning and hosting workshops. Workshop topics included Biosecurity, Showmanship for multiple species, Judging, Nutrition and Grooming. In addition to animal science youth also learned entrepreneurial skills through their livestock projects such as the business handshake and communicating with their auction buyers.



Youth learn how to make healthy "food art" as part of their Healthy Habits meeting.

4-H HEALTHY HABITS

In 2018, Ingham County 4-H participated in the statewide 4-H Healthy Habits program, funded by a Walmart Foundation grant and aims to promote healthy living among youth. 4-H Program Coordinator, Eric Dobbrastine, with the assistance of nine teen volunteers, delivered the program at three sites : Shabazz Public School Academy; Oak Park YMCA; and Attwood Elementary, as part of Highfields' "Reaching Higher" program. The program included a variety of activities that addressed physical, mental and emotional health. In total, the program reached more than 60 Lansing youth between kindergarten and seventh grade, representing an array of racial, ethnic and socioeconomic backgrounds.



A 4-H SPIN club member proudly shows off her chromatography snowflake.

4-H SPIN CLUBS

The Greater Lansing Islamic School is no stranger to 4-H programming or SPIN clubs. The theme this fall for Kindergarteners and First graders was everything STEAM. For 6 weeks youth would engage in new STEAM topics taught by 4-H STEAM Corps Member Ashleigh Apel. Topics included but were not limited to slime chemistry, pumpkin math, and chromatography snowflakes. Ashleigh also worked with students at Pattengill Middle School and Eastern BioTech. 7th and 8th graders formed their first ever afterschool 4-H club with a special interest in engineering design process. Each week they used their skills learned to design and ultimately build a car!

Program Highlights

LOCAL PRODUCE

Through a partnership between MSU Extension and Allen Neighborhood Center, Paige Utterback has delivered presentations to over 100 clients of the Bread Basket program. Bread Basket is a weekly food pantry in the Eastside neighborhood of Lansing and offers a wide variety of fresh produce for SNAP eligible adults. Paige has used the food pantry items to offer samples of healthy recipes, like smoothies and salsa. This partnership also allows MSU Extension to provide educational materials and recipe ideas at the outdoor market, which attracts a large portion of the local community. The Allen Farmers Market participates in the Double Up Food Bucks program, which offers dollar match for fruits and vegetables for clients that use their SNAP benefits at the market.



Paige Utterback uses local and fresh items from the food pantry to offer samples of healthy recipes.

STRONG PARTNERSHIPS

MSU Extension Community Nutrition Instructors, Paige Utterback and Anne Sheltroun, collaborated with Sparrow Hospital in Ingham county to provide Cooking Matters to 81 adults and 42 youth in 2018. Share Our Strength's Cooking Matters is a 6-week series that empowers low-income families with the skills to eat healthier, cook and grocery shop on a limited budget. The partnership between MSU Extension and the Greater Lansing Food Bank allowed for donated produce to be used in cooking demonstrations. A final report showed that 60% of adult participants improved in one or more areas of food resource management, and a 46% increase in vegetable consumption.



MSU Extension Instructors help “bring knowledge to life” through the many partnerships and collaborative efforts of community organizations.

CHILD NUTRITION EDUCATION

MSU Extension Community Nutrition Program Instructors Paige Utterback, Curtina Mysliwec, and Zainab Faessal partnered with Gardner International Magnet School to teach Show Me Nutrition to over 800 students, from kindergarten to 8th grade. Students learned about how MyPlate can help them make healthier choices in the fruit, vegetable, grain, protein, and dairy food groups. Each class received a healthy snack to highlight the lesson for the day and many of the students tried new foods like mini-bananas. Due to the success of this partnership, Ms. Faessal and Mrs. Mysliwec will be connecting with parents at the school through a 6-week adult series to help them reinforce healthy behaviors for themselves and their children at home.



Tina Mysliwec uses visual aids and pictures to teach kindergarten students about nutrition.

FEATURED COUNTY STORY

Efforts to support regional food systems include building the capacity of local farmers while simultaneously addressing current food insecurity. Abigail's efforts as a Community Food Systems Educator aim to build the long term sustainability of the local food system while addressing immediate food insecurity concerns.

The issue: Local diversified vegetable, fruit, and meat farmers need to develop profitable, viable businesses in order to support their livelihoods and investing in environmentally sustainably farming practices. Many Ingham County residents also struggle to meet their food security needs and depend on the support of federal programs, like school meals, federal food assistance programs, and other local initiatives.

MSU Extension Actions Summary: MSU Extension helps strengthen food production in Ingham by providing support for local farmers and community gardeners. MSU Extension provided support to the Lansing Grown initiative, which brought urban farmers together to create a local brand and expand their marketing capacity. Abigail also partnered with the Greater Lansing Food Bank Garden Project to host an urban soil health field day in Lansing, focused on building urban and community gardener capacity to incorporate good soil management practices into their gardens. Urban farmers and community gardeners have interest in soil health and sustainable agriculture and in need of education programming the fits the scale of their agricultural endeavors. Abigail also initiated several programs in Ingham county libraries to establish seed libraries, allowing area gardeners to access free seeds to alleviate the financial burden of growing your own food and create community around urban agriculture.

Abigail Harper also works to support regional food system supporting structure. In 2018, Harper served as co-lead of the Capital Area Food Council, a tri-county effort that brings together food systems stakeholders to create a backbone for supporting local food systems development. In 2018, she partnered with students at MSU in data collection to better communicate the value of the local food system as well. She also co-led a training for farmers market managers to share strategies for creating successful, profitable, accessible farmers markets.

To help meet immediate food security needs, MSU Extension partners with Northwest Initiatives, the nonprofit Weekend Survival Kits and Lansing Public Schools SodexoMAGIC Food Service to coordinate the Weekend Survival Kits Program with ten Lansing School District Elementary and Middle Schools. Weekend Survival Kits are supplemental nutrition kits provided to food insecure students to help alleviate hunger on weekends when they don't have access to school meals programs. Roughly twice a month during the school year, teams of 30-40 volunteers get together to pack kits. In 2018, the program served between 900 and 1300 students per week, making sure children arrive to school Monday morning nourished and ready to learn.



Ingham County MSU Extension is fortunate to have Educator Abigail Harper on staff. Abigail enjoys working with and serving local youth and adults as a community food systems educator. Abigail helps connect local farmers with dinner tables, schools and institutions; she looks for ways to reduce food insecurity; and she supports local food councils to develop a stronger regional food system.



Students from the Food Systems project at Northwest Initiative sell their produce at the Lansing Grown Pop-up market in July of 2018. Photo by Abby Harper, MSU Extension.

MSU Extension staff located in Ingham County

Ashley Apel	4-H AmeriCorps SPIN	517-887-4581	apelashl@msu.edu
Diane Brown-Rytlewski	Horticulture Educator	517-676-7292	rytlews1@msu.edu
Eric Dobbrastine	4-H Program Coordinator	517-676-7293	dobbras1@msu.edu
Jessica Eberhard	District 7&8 Support	517-676-7207	eberha47@msu.edu
Zainab Faessal	Community Nutrition Associate	517-887-4536	faessalz@msu.edu
Lori Guy	Office Manager	517-676-7297	guylor@msu.edu
Abigail Harper	Community Foods Educator	517-676-7298	harperab@msu.edu
Bill Hendrian	District 8 Director	231-843-4395	hendria2@msu.edu
Alena Henry	County Support	517-887-4588	henryal7@msu.edu
Christine Heverly	Children & Youth Educator	517-676-7291	sisungch@msu.edu
Jessica Huegli	County Support	517-676-7207	jhuegli@msu.edu
Jessica Lillehoj	4-H Program Instructor	517-676-7292	lilleho1@msu.edu
Joyce McGarry	Food Safety Educator	517-676-4587	mcgarryj@msu.edu
Tina Mysliwicz	Community Nutrition Instructor	517-887-4578	goinsc@msu.edu
Rachel Puckett	AmeriCorps Program Director	517-676-7207	pucket21@msu.edu
Anne Sheltroun	Community Nutrition Instructor	517-887-4574	sheltro4@msu.edu
Paige Utterback	Community Nutrition Instructor	517-887-4579	utterba1@msu.edu
Glenda Weiss	4-H Program Coordinator	517-676-7303	weissgle@msu.edu

Additional MSU Extension staff serving Ingham County

Roger Betz	Farm Management Educator	517-439-9301	betz@msu.edu
Katie Courtade	CYI / 4-H Supervising Educator	616-527-5357	courtad3@msu.edu
Faith Cullens	Dairy Educator	989-224-5249	cullensf@msu.edu
Lori Eccles	HNI Supervising Educator		
Kevin Gould	Beef Educator	616-527-5357	gouldk@msu.edu
Fred Springborn	Crops Educator	989-831-7509	springb2@msu.edu
Becky Henne	Health & Nutrition Educator	517-543-4468	henner@msu.edu
Brenda Long	Housing & Financial Educator	616-527-5357	longbr@msu.edu
Erica Rogers	Environmental Mgmt. Educator	989-875-5296	roger392@msu.edu
George Silva	Crops Educator	517-543-4467	silvag@msu.edu
Diane Smith	Product Center Educator	989-875-5293	dismith@msu.edu
Eric Walcott	Government & Public Policy	517-353-9106	walcott3@msu.edu
Casey Zangaro	Swine Educator	989-875-5292	zangaroc@msu.edu

Collaboration Across MSU Extension

MSU Extension is an organization comprised of individuals with broad knowledge of subject matters related to a particular discipline, such as field crops, nutrition, or youth development. Having four MSU Extension Institutes gives the ability to bring together cross-disciplinary expertise 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 span generations.

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, Food and Environment Institute. However, even if you do not have a local expert for the issue that you need addressed, MSU Extension has the unique functionality of drawing 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 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.

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!

MICHIGAN STATE
UNIVERSITY | **Extension**

MISSION:

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

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.

