



Saginaw County

2018 ANNUAL REPORT



\$35,047,588
economic impact



454
enrolled students at MSU



\$1,636,659
spending with local businesses



3,326
MSU alumni in Saginaw County



\$6,226,317
financial aid disbursed



3,550
youth in 4-H

Message from the District Director

I'm delighted to share the results of another successful year of partnership between Saginaw County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses and communities.



MSU Extension offers a broad range of research-based educational services to county residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs.

This year, we've also welcomed Saginaw County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Saginaw County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

Mark Rankin, District Director



Program Highlights

Farm Management

Farm Management Extension programs provide recordkeeping support, financial analysis, and benchmarking services to farms in Saginaw County and the surrounding areas. In 2018, **9 Saginaw County farms** participated, and the programs are expanding over the next year. **10 consultations conducted involving 4 farm families**, to assist them in planning expansions, new enterprises and/or transferring the farm to the next generation. **These farms generate a total of more than \$2.8 million in gross revenues.** In addition, the **2018 Winter Ag Review seminars brought together 84 area producers**, including Saginaw County residents, to hear the latest information on regional crop production and cost issues.



Saginaw County is home to 1,318 farms that collectively deliver more than \$243 million in agricultural products each year.



More than 200,000 young people participate in Michigan 4-H Youth Development programming each year and countless others are impacted by 4-H. As a result of their engagement with the program, young people are better prepared for a lifetime of success through the development of critical life skills, civic leadership and academic excellence.

4-H is a **community** of **young people** across **America** who are learning **leadership, citizenship and life skills.**

4-H for Saginaw Youth

This past year was a great year for 4-H in the inner city of Saginaw County. **We made three new partnerships with the YMCA Boys and Girls Club, Houghton Jones Neighborhood Center and Covenant Child Care Center.** Successful programming with these new partnerships were completed, reaching **75 new 4-H youth.** Programming conducted was a mix of nutrition education as well as Science Education.

Saginaw County 4-H also had another successful year of programming through the Walmart Healthy Habits Grant. This grant allowed us to reach over **275 youth** in the city of Saginaw with 4-H healthy living curriculums and educational activities based on nutrition and physical fitness.

4-H were able to reach more community members and youth by attending several outreach events that were offered to the public. Informational material related to 4-H and what we do was handed out.

Program Highlights

These outreach events are important in order to help spread the importance of our 4-H programs.

The word about 4-H, what it is, and why it is important to our county is spreading, and more people are starting to become familiar with it.

Recognition of 4-H Members and 4-H Volunteers

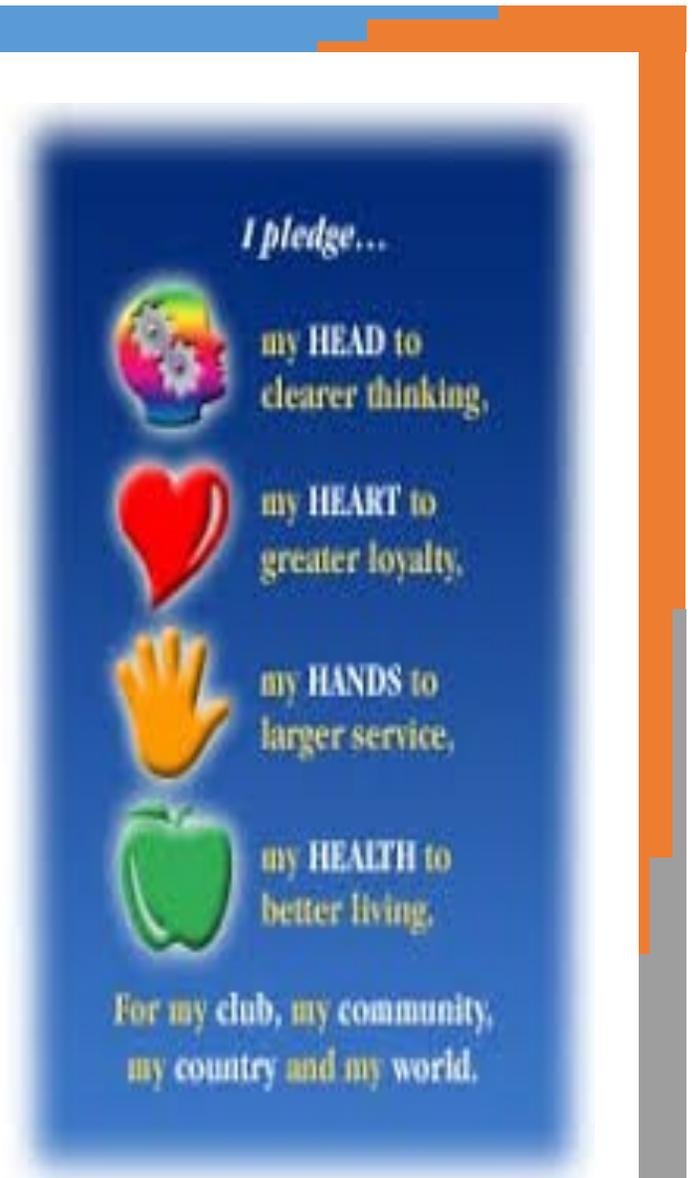
Fifty-five youth and adults attended the Saginaw County Recognition Banquet. We honored **11 youth**, which included **20 different 4-H project areas**.

Two awards areas were New Cooking Master and Lamp of Knowledge. We also started a new award for Cloverbuds, offering an award pin as they move from a Cloverbud to a 4-H member. 4-H selected and honored Isabella Kettler as the outstanding teen for 2018. Isabella was involved in many 4-H projects learning many life skills.

4-H honored **22** volunteers for years of service; **eight 5 year, one 10 year, two 15 year, two 20 year, one 30 year, five 35 year, two 40 year, and one 45 year totaling 450 years of service.**

4-H also had donations by 6 sponsors and we collected funds from the silent auction, which will offset banquet expenses and help to support 4-H programming.

4-H had 2 youth speakers from the Statewide Youth Leadership Council to encourage our youth to participate in some of the statewide programs, such as Youth Leadership Council, Exploration Days, Capitol Experience, Citizenship Washington Focus, Kettunen Center Workshops, and Natural Resources Camp.



4-H Youth receive award pins and certificates

Program Highlights

Saginaw Health and Nutrition

Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.

In 2018, 646 adults and 501 youth received a nutrition education session, series and/or a policy, system and environmental nutrition education intervention in Saginaw County.

Policy, System and Environmental Change in Saginaw County Child Care Homes

Michigan State University Extension provides free coaching for eligible child care providers with the goal of improving nutrition and physical activity through policy, systems, and environmental (PSE) initiatives. The environment is accessed using the Nutrition and Physical Activity Self Assessment for Child Care (NAPSACC). Coaches provide resources and troubleshoot barriers to create change.

The following improvements occurred within **20** child care homes caring for **120** children:

- **32% of providers increased child care provider knowledge of recommended nutritional guidelines**
- **22% of providers have decreased the amount of refined grains served to children**
- **20% of providers increased the amount of fruits and vegetables served to children**



The Supplemental Nutrition Assistance Education Program (SNAP-Ed) teaches participants how to establish healthy eating habits and increase their time spent being physically active, while staying within a limited food budget.



Program Highlights

“After our education, we have been adding different veggies to our meals. In this recipe I added portabella mushrooms and sliced carrots. Since they don't like them I added different cuts, sometimes I put the carrots and mushrooms in the food processor so they are getting the veggies. I also used brown rice.”

Saginaw Child and Family Development

There is no more important time in a person's life than those formative years between the ages of birth and 5. Michigan State University Extension (MSUE) supports early childhood development through programs that help prepare Michigan's children from birth to 8 years old to succeed in school and in life.

MSUE improves school readiness by teaching parents and caregiver's methods that increase early childhood science, reading literacy, and ways to prepare children socially and emotionally for school. Topics presented include math for young children, school readiness, science education for young children screen time, outdoor play and positive discipline.

In 2018, **14-one time presentations** were held in Saginaw County reaching **183 adults**. Through these presentations **1,816 children ages 0-8 and 70 children ages 9-12 were impacted**. **Three educational series were conducted in Saginaw on “Building Early Emotional Skills” for young children. These series reached 16 adults, 15 of whom completed the 4-week series.**

These programs were made possible and supported by Saginaw County collaborators such as Great Lakes Bay Health, Infant Mental Health, and the Great Start Eastern Regional Resource Center.

MSU Extension offers a variety of research-based parenting education programs across the state. These classes provide current information on child development from infancy through the teen years, including ways to nurture attachment, support growth and use positive discipline.



Parenting

Saginaw Farmers' Market

Downtown Saginaw Farmers' Market

For the last 10 years, MSU Extension Educator Julia Darnton has been working with the Downtown Saginaw Farmers' Market. For most of that time, the market has been seeking an opportunity to have a permanent home with a pavilion that provides more cover from the rain. In 2018, the market, which is operated as a non-profit organization, was able to relocate to their new home at the **new SVRC Marketplace at 203 South Washington Avenue where they operated an outdoor seasonal market.**

Market customers were able to shop with more than 30 vendors across the season for fresh vegetables and fruit, ready-to-eat food, vegetable and flower transplants, fresh cut flowers, baked goods, and even fruit wines!

Each of these small businesses benefited from the promotion and organization that the market provides. In 2018, Market attendance was estimated to be close to 60,000 people across the 22 weeks that market was open. More than **2,000 people** attended the Holiday Market that takes place during the Holidays in the Heart of the City event that is put on by Positive Results Downtown Saginaw.

The partnership between SVRC and the Downtown Saginaw Farmers' Market began through conversations in 2014. Through discussions and visioning, site selection and planning the SVRC Marketplace has been realized. Some of those initial efforts helped the SVRC leadership understand the opportunities that exist with the market to expand employment opportunities for their clients. **The indoor Marketplace is open year-round and is a host to more than 2 dozen small businesses as well as other businesses that wanted to locate to be close to this new attraction in downtown Saginaw.**

Since 2007, the Downtown Saginaw Farmers' Market has been able to process EBT transactions for people receiving SNAP food assistance and has reached out to parents with small children who receive WIC benefits to get coupons for fresh food at the market through a program called Project FRESH. The market is also an important outlet for fresh food for seniors through a program called Senior Market FRESH.



The Downtown Saginaw Farmers' Market continues the wonderful tradition of farmers markets in Saginaw for the last century by providing fresh local produce and offering a welcoming gathering place for the entire community and region.



Program Highlights

Since 2012, the Market has offered incentives for customers who use food assistance through a state-wide program called **Double Up Food Bucks**. This program doubles a customer's food assistance benefits up to \$20 each day the market is open.

This year, Julia and market volunteers reached out to youth through a program called the **Power of Produce**. This program, designed for kids ages 5-13, taught kids lessons about fresh vegetables and fruit. The objective of the program was to get kids to try new foods and learn about nutrition. Lessons coincided with seasonal foods and featured: zucchini, blueberries, beets, cucumbers, winter squash, and apples. **Kids learned skills about using knives safely, the importance of physical activity, how vegetables can be in lots of different foods (anyone for beet cake?),** how to preserve food, and how different varieties of foods can taste very different through an apple variety tasting! In its first year, the program engaged **200 kids** in lessons and each participating child received a two-dollar "pop buck" to spend with market vendors.

Michigan State University Extension also provides education about nutrition at the farmers market so families can learn how to shop at the market, how to stretch their food dollars, and how to make the most of what they get at the market. Education on food preservation has also been offered at the Market to help people safely extend the life of their fresh vegetables. Julia supports farmers markets in the region as well as across the state through a partnership with the Michigan Farmers Market Association (MIFMA) which trains the people that manage farmers markets in hopes of making them sustainable outlets for fresh food across the state.

In Saginaw County, there are farmers markets operating in Birch Run, Chesaning, Frankenmuth, Hemlock, St. Charles, and Saginaw. Vendors at these markets come from the region with most traveling fewer than 30 miles to sell at the market. The regional food system in the Great Lakes Bay Region is strong.



Find out more about the Downtown Saginaw Farmers Market at <http://www.saginawfarmersmarket.org/>



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