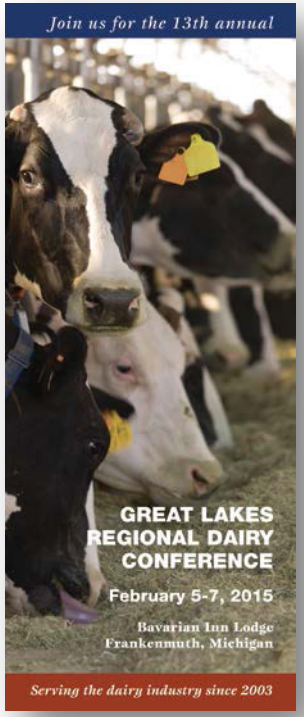
ANR COMMUNICATIONS
Product Team



Morrill Hall of Agriculture
446 West Circle Drive
Suite 311
Michigan State University
East Lansing, MI 48824

Product team specialties…

- Publication project consulting and management
- Editing
- Graphic design
- Print purchasing
- Publishing

What does an editor do for you?

Checks – and if necessary – fixes:

- Grammar and punctuation
- Content, organization, clarity, and consistency
- Style
- Jargon, biased language, and undefined terms, acronyms, and abbreviations
- Readability and accessibility

Editors, continued

An editor will flag potential problems with:

- Copyright, plagiarism and permissions issues.
- The accuracy of facts and reference citations.

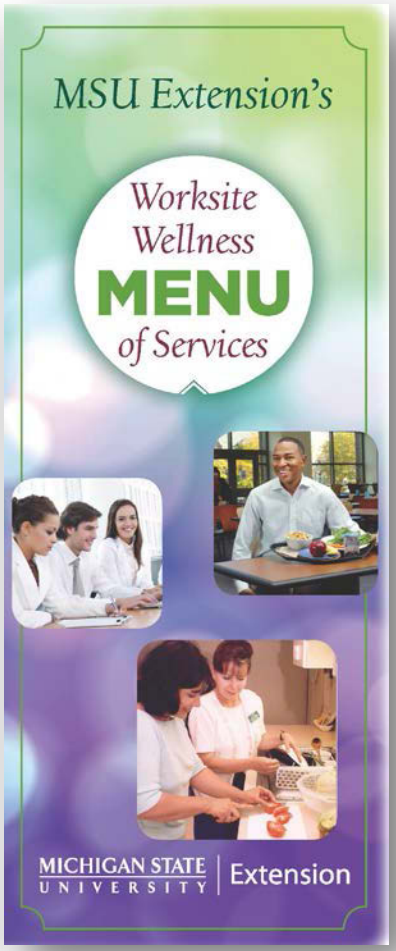
(It's the author's responsibility to obtain permissions where necessary, to ensure information accuracy, and to cite sources completely and correctly.)

What does a designer do for you?

- Develops layout structures
- Develops color, font, and graphic themes
- Provides typography that makes reading easier
- Selects or creates visually consistent images that are appropriate for the intended audiences
- Understands and uses corporate brand standards
- Prepares artwork and documents for a variety of uses – web, print, signage, and more.
- Adds accessibility features to web documents

Brochures

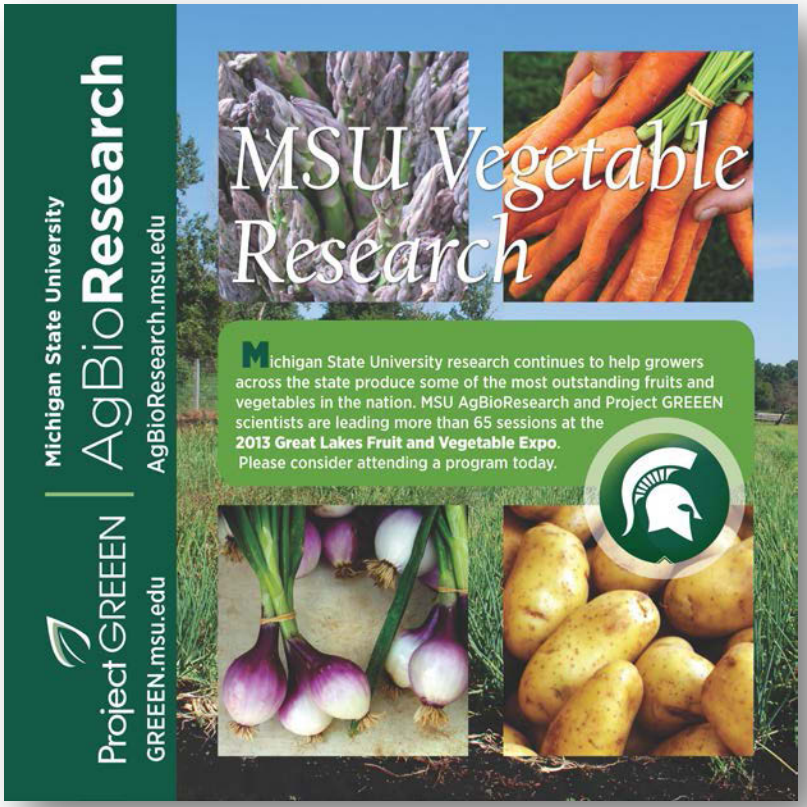

Michigan State University
College of Agriculture and Natural Resources
Alumni Association's
39th Annual
AUTUMN FEST
November 8, 2014
at the MSU Pavilion for
Agriculture and Livestock Education
Starts at 4:30 p.m.
3.5 hours before the MSU vs Ohio State football game
MICHIGAN STATE UNIVERSITY | College of Agriculture and Natural Resources


MSU Extension's
Worksite Wellness
MENU
of Services
MICHIGAN STATE UNIVERSITY | Extension


Landscape and
Nursery Management
Certificate Program
MICHIGAN STATE UNIVERSITY | College of Agriculture and Natural Resources
Institute of Agricultural Technology

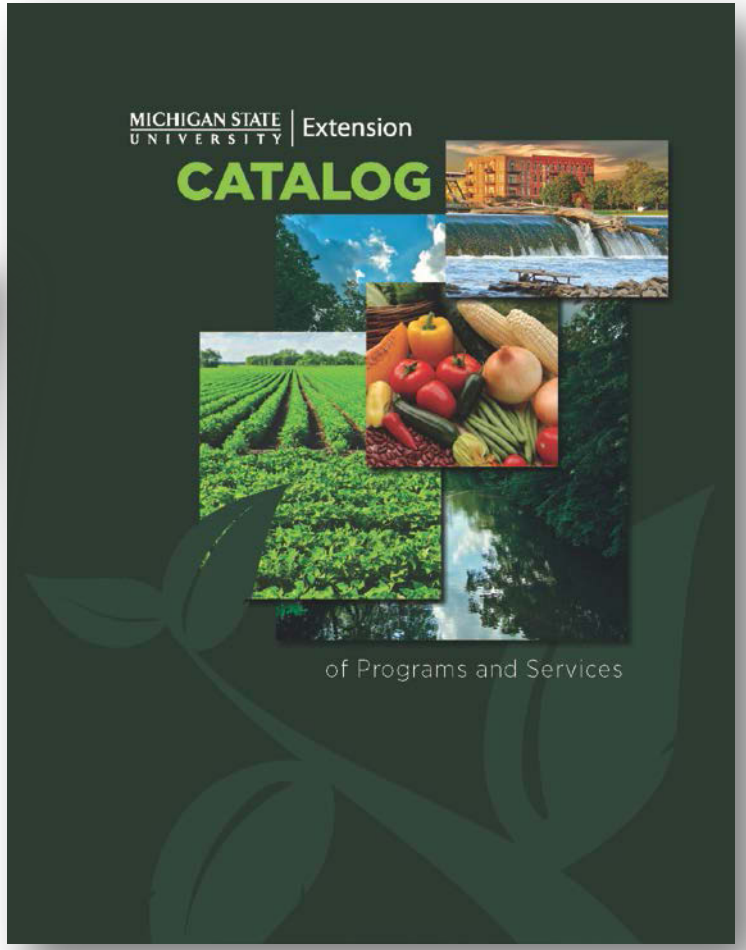

LOOKING FOR AN ALL-IN-ONE ACTIVITY?
JOIN THE CLUB
4-H YOUTH DEVELOPMENT
MICHIGAN STATE UNIVERSITY | Extension

Banners, Displays, Signage

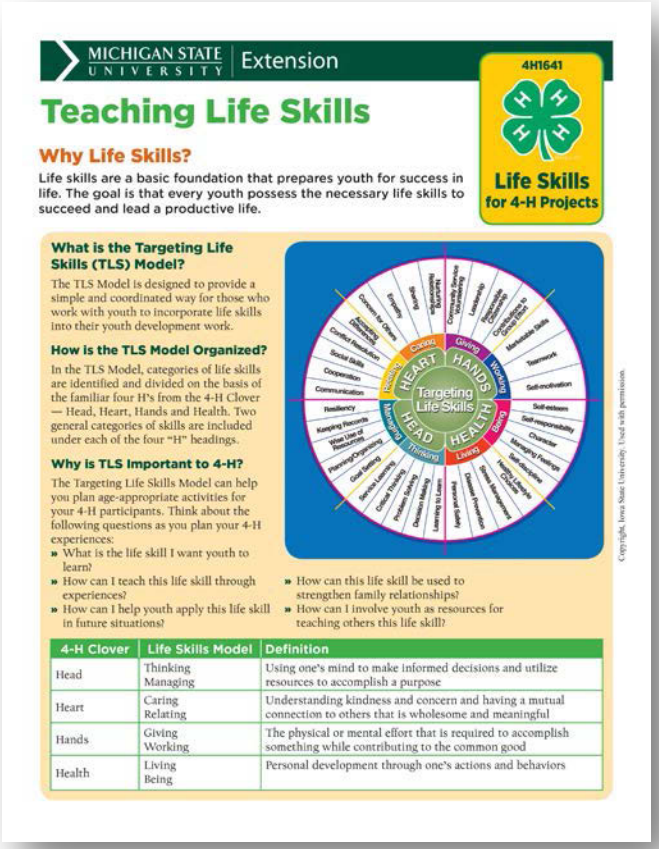


Catalogs


MSUE PUBLICATIONS
Be SAFE: Safe, Affirming and Fair Environments
bookstore.msue.msu.edu
42
MICHIGAN STATE UNIVERSITY EXTENSION CATALOG
Natural Resources
Energy
Biodiesel Demonstrations
Energy Conservation: Impact on the Bottom Line
57


MICHIGAN STATE UNIVERSITY | Extension
CATALOG
of Programs and Services

Curriculum and Educational Materials



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4H1641

Teaching Life Skills

Life Skills for 4-H Projects

Why Life Skills?

Life skills are a basic foundation that prepares youth for success in life. The goal is that every youth possess the necessary life skills to succeed and lead a productive life.

What is the Targeting Life Skills (TLS) Model?

The TLS Model is designed to provide a simple and coordinated way for those who work with youth to incorporate life skills into their youth development work.

How is the TLS Model Organized?

In the TLS Model, categories of life skills are identified and divided on the basis of the familiar four H's from the 4-H Clover — Head, Heart, Hands and Health. Two general categories of skills are included under each of the four "H" headings.

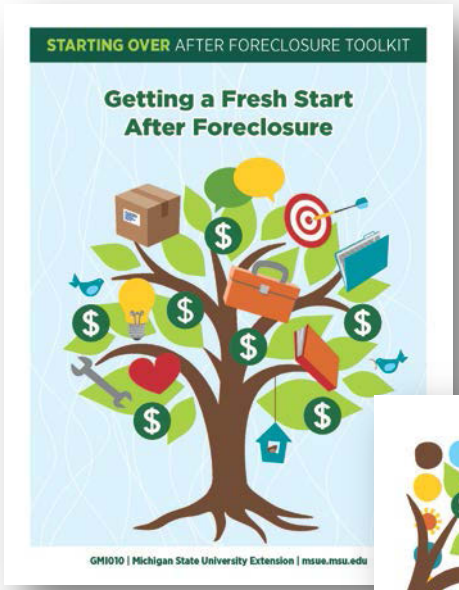
Why is TLS Important to 4-H?

The Targeting Life Skills Model can help you plan age-appropriate activities for your 4-H participants. Think about the following questions as you plan your 4-H experiences:

- What is the life skill I want youth to learn?
- How can I teach this life skill through experiences?
- How can I help youth apply this life skill in future situations?
- How can this life skill be used to strengthen family relationships?
- How can I involve youth as resources for teaching others this life skill?

Copyright, Iowa State University. Used with permission.

4-H Clover	Life Skills Model	Definition
Head	Thinking Managing	Using one's mind to make informed decisions and utilize resources to accomplish a purpose
Heart	Caring Relating	Understanding kindness and concern and having a mutual connection to others that is wholesome and meaningful
Hands	Giving Working	The physical or mental effort that is required to accomplish something while contributing to the common good
Health	Living Being	Personal development through one's actions and behaviors



STARTING OVER AFTER FORECLOSURE TOOLKIT

Getting a Fresh Start After Foreclosure

GM1010 | Michigan State University Extension | msue.msu.edu

GETTING A FRESH START AFTER FORECLOSURE

Welcome to the Starting Over After Foreclosure Toolkit

This toolkit is designed to help people who have been through home foreclosure or are now in the foreclosure process to rebuild their financial lives. There are eight distinct units available for use in this toolkit. They are:

- Getting a Fresh Start After Foreclosure
- Reimagining Your Future: What Direction Do You Want to Go?
- Assessing Your Financial Situation
- Rebuilding Your Financial Situation and Credit History
- Finding a Place to Call Home
- Knowing Your Rights and Responsibilities
- Getting Prepared, Getting Organized
- Returning to Homeownership

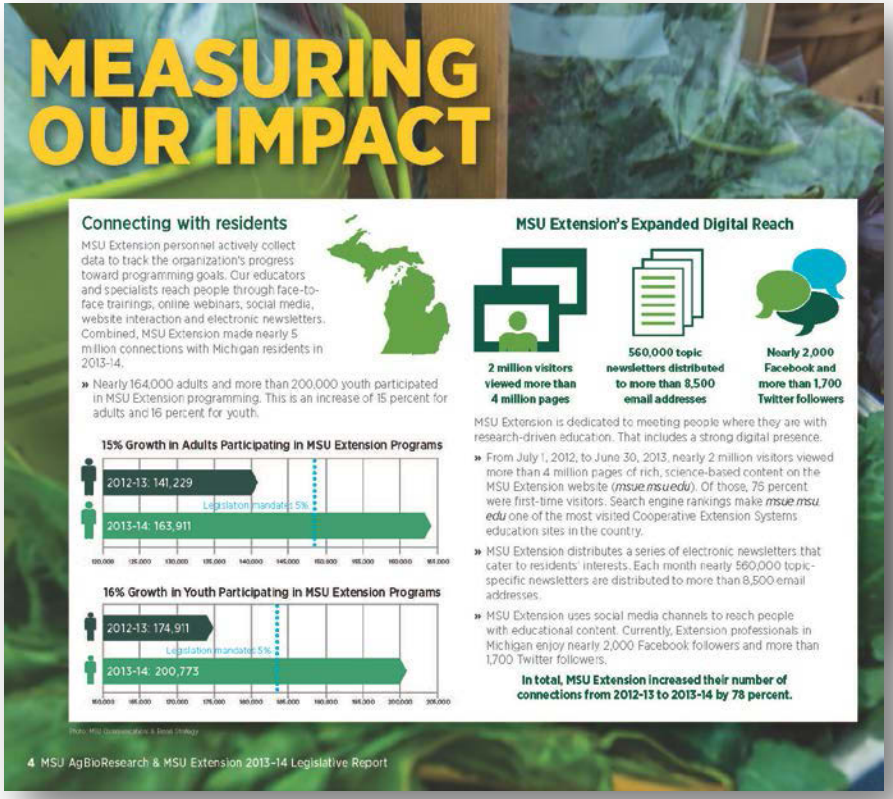
You may use each of the units in the toolkit when appropriate depending on where you are in the financial rebuilding process after foreclosure. You do not have to read them in order from start to finish, although you could.

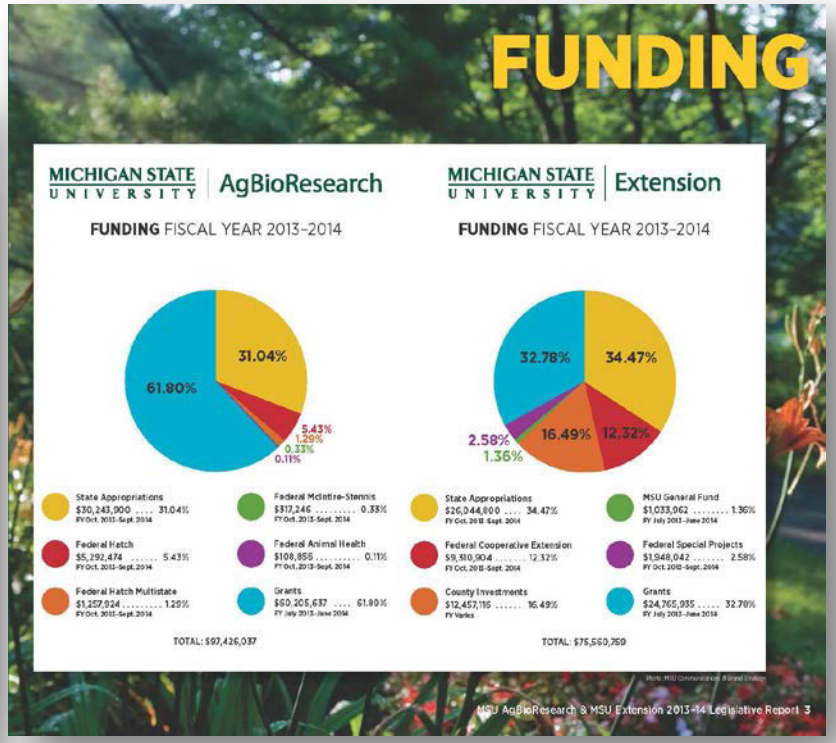
This unit, **Getting a Fresh Start After Foreclosure**, covers how home foreclosure affects a family's finances and lays out the steps it takes to start to rebuild. You'll identify your family strengths, recognize your family's needs and identify strategies you can use to help your family cope with change.

3

Annual Reports

Information Graphics





Impact Reports

MICHIGAN STATE UNIVERSITY | Extension

Michigan's kids thrive because of MSU Extension's children and youth programs

From infants to teens, thousands of Michigan's kids, as well as their families, participate in Michigan State University (MSU) Extension's children and youth programs.

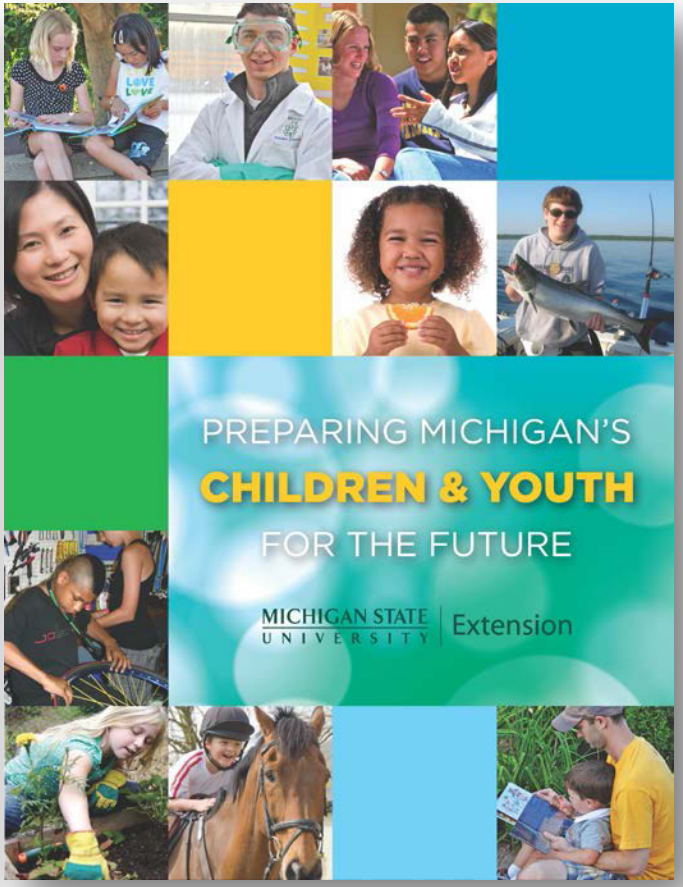
Maybe the book they are reading came from Extension's early childhood education program, or the cool science camp they are attending at MSU is part of 4-H. On average, nearly a quarter million Michigan kids each year are better prepared for school, become entrepreneurs, find the confidence to be leaders or learn healthy habits because of an MSU Extension children and youth program.

Economy

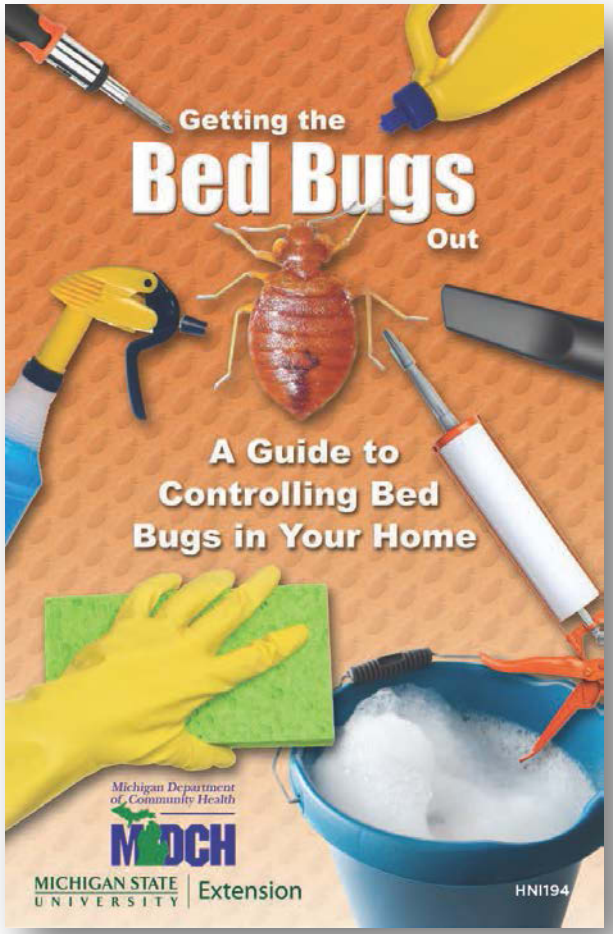
Extension is growing Michigan's future crop of employees and entrepreneurs. Its children and youth programs also brought in nearly $1.4 million in grants in 2012. Young people in MSU Extension programs that teach employability and business skills often don't wait until they're grown up to apply them. They're starting businesses right now, from petting zoos to farm stands, selling everything from honey to 4-H-raised animals, and learning the skills that will make them valuable employees in the future.

Education

MSU Extension staff members put on workshops on school readiness, early literacy, math and science – 1,500 of them in the past year – in every part of the state. Nearly 100 percent of the caregivers and parents who attended early childhood education workshops said they came out of them knowing more about how to prepare their young children for school and to help them learn. Because MSU Extension is also committed to forming partnerships with organizations having complementary goals, it was also able to provide thousands of books to Michigan kids, many of whom had never owned a book before.



Instructional Booklets



MSU Extension Bulletins

Michigan Fresh

MICHIGAN STATE UNIVERSITY | Extension msue.anr.msu.edu/program/info/mi_fresh

Apples

Michigan-grown apples are available most of the year.

Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.

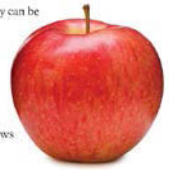
SNAP-Ed

For maximum quality, store apples in a cool place, between 32 and 40 °F. Apples stored at this temperature maintain nutritional benefits such as B vitamins, fiber and vitamin C and can be kept for about a month.

There are many varieties of apples, and they can be prepared in many ways.

Type of Apple	Best Use
Ida Red, McIntosh, Golden Delicious	Cooking and baking
Rome Jonigold, Cortland	Canning

Preserving apples and other fruits and vegetables by freezing or canning them when they are at their nutritional peak allows people to use them throughout the year.



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Microwave-Baked Apples

Makes 4 servings

INGREDIENTS

- 4 large baking apples
- ½ cup brown sugar
- 1 teaspoon cinnamon
- Wax paper to cover

TO PREPARE

1. Wash apples and remove core.
2. Cut a thin slice off the bottom of each apple to form a flat surface.
3. Place apples in a microwave-safe baking dish.
4. In a small dish, mix brown sugar and cinnamon
5. Spoon mixture into center of apples.
6. Cover apples with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

COST
Per recipe: $2.91
Per serving: $0.73

SOURCE: Recipe adapted from Kansas State University, Kansas Family Nutrition Program, Kids a Cookin'. Retrieved from USDA, Snap-Ed Connection, Microwave Baked Apples at http://recipefinder.nal.usda.gov/recipes/peach-crisp

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

HNI206 • June 2014

MICHIGAN STATE UNIVERSITY | Extension msue.anr.msu.edu

Facts About Gluten

What Is Gluten?

Gluten is a protein that is common in the diets of U.S. consumers. It is found in wheat, barley, rye, and their grain relatives. Gluten is what helps bread expand while the dough is rising and hold its shape while it's baking and after it cools. It's also what makes bread chewy.

Gluten as Part of a Healthy Diet

Grains, both whole and enriched, play a vital role in a healthy diet. One benefit is that they're great sources of antioxidants, fiber, B vitamins, vitamin E, magnesium, iron, folic acid, and other vitamins and minerals. The 2010 Dietary Guidelines for Americans (USDA & USDHHS, 2010) recommend that an average adult consume six 1-ounce portions of grain a day, with at least half of those in the form of whole grains. The complex carbohydrates found in grains are naturally low in fat, cholesterol and sodium, and they provide energy.

Behind the Gluten-Free Myths

Myth. Everyone should be on a gluten-free diet.

Reality. A gluten-free diet is necessary for those with celiac disease, gluten sensitivity, or a gluten allergy. It is not a healthy diet for the general population. (See section called "The Risks of a Gluten-Free Diet.")

Myth. *Wheat-free* is the same as *gluten-free.*

Reality. Foods that don't have any wheat in them may still contain barley, rye, or other grains that have gluten. Wheat-free products may also come into contact with gluten during processing.

Myth. A gluten-free diet gives people increased energy.

Reality. Some people claim that they have more energy while eating a gluten-free diet. In reality, it's often eating increased fruits and vegetables in place of th high-calorie and high-fat processed foods they used to eat that gives people an energy boost. No reputable scientific studies to date ha found that eliminating glut from the human diet leads increased energy levels.

Myth. Eating a gluten-fre casein-free (GFCF) diet helps treat autism spectru disorders.

Reality. Under the restrictive GFCF diet, all foods containing gluten and casein (a type of protein found in milk and dairy products) are removed from the child's daily food intake. There is only limited evidence in support of the GFCF diet as a treatment for autism spectrum disorders.

Myth. Following a gluten-free diet is a sure ticket to weight loss.

Reality. Celiac disease damages the lining of the small intestine, which makes it very hard for a perso with the disease to digest nutrients and maintain or gain weight. After someone is diagnosed with celiac disease and goes on a gluten-free diet, the person m actually gain weight because the small intestine is a to absorb more nutrients. Children with undiagnose celiac disease are more likely to be underweight. Once a child with celiac disease begins a gluten-free diet, the body mass index (BMI) tends to increase significantly. (BMI is "an estimate of body fat based on comparing a person's weight to his or her height, National Institutes of Health, 2012).

Healthy people on gluten-free diets often lose weigh on a gluten-free diet not because they exclude glute but because they make healthier food choices, such

- Reducing high-calorie, high-fat foods.
- Eating more fruits and vegetables.
- Reading food labels more carefully and becoming more aware of what they're eating and drinking.

Extension Bulletin E3232 • November 2014

MICHIGAN STATE UNIVERSITY | Extension msue.anr.msu.edu/program/info/mi_fresh

Michigan Fresh

Handling, Using & Storing Poultry

Written by:
Laurie Messing, Extension Educator
Jeannine Schweihofer, Extension Educator

Michigan-raised poultry is available year-round.

Recommendations:

All poultry sold in retail stores must have a seal from the U.S. Department of Agriculture (USDA) that shows it was "inspected for wholesomeness by the USDA." This seal certifies that the poultry was inspected and is free from disease (USDA Food Safety and Inspection Service, 2014, July).

Storage & Food Safety:

- To prevent cross-contamination in the grocery cart or in your refrigerator, always place poultry in plastic bags to keep juices from leaking or dripping onto other food items.
- Place raw poultry on ice if you expect the trip from the market to your refrigerator to last more than one hour. This is especially important in warm weather.
- Raw poultry should be stored in a bowl or on a platter in the bottom of the refrigerator. Your refrigerator temperature should be 38 degrees to 40 degrees F or lower. Store fresh, raw poultry for no more than one to two days.
- Rinsing poultry before cooking is no longer recommended. Rinsing poultry spreads tiny droplets of contamination around the sink and kitchen area. Any bacteria present on the poultry will be effectively destroyed in the cooking process.

Lawn or garden questions?
Visit migarden.msu.edu.
Call toll-free 1-888-678-3464.

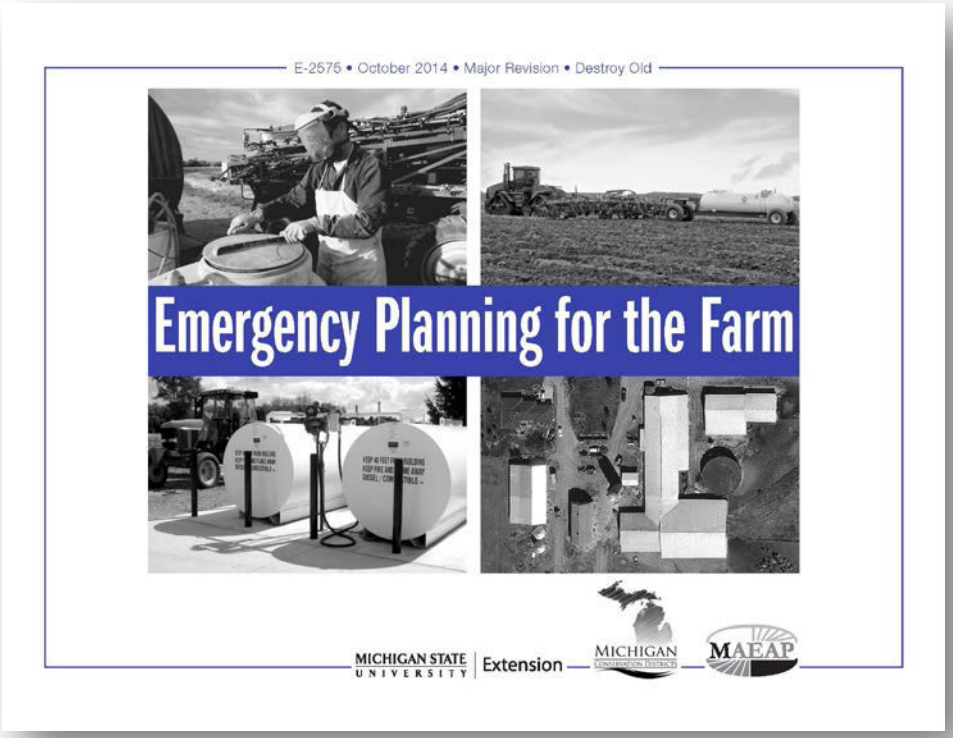
- Always wash cutting boards, utensils and surfaces that have touched raw poultry with hot, soapy water, and then sanitize with 1 teaspoon of regular bleach in 1 quart of warm water.
- Use or freeze products with a "sell by" date within one to two days of purchase.
- Use cooked chicken that has been safely refrigerated within three to four days.

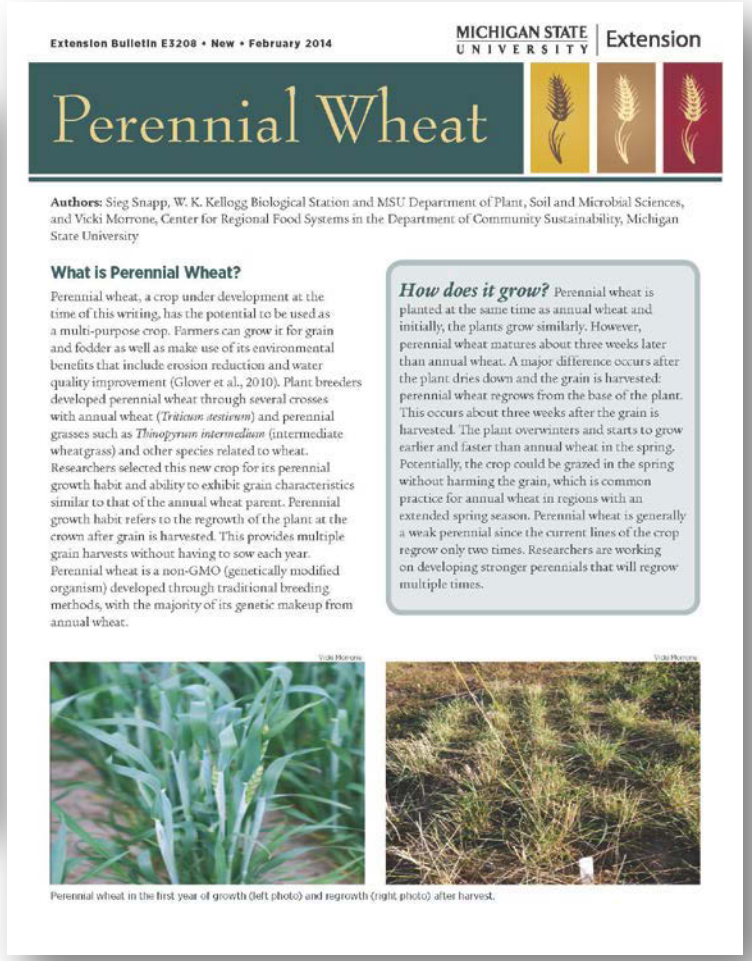
Thawing:

Always thaw meats in the refrigerator, in the microwave or in cold water. *Never* thaw meat on the counter.

- It is best to allow plenty of time for slow, safe thawing in the refrigerator. Small pieces of meat may defrost within one to two days. Large items will take longer – approximately one day for each 5 pounds of weight. Use thawed poultry within two days of defrosting.

MSU Extension Bulletins





Templates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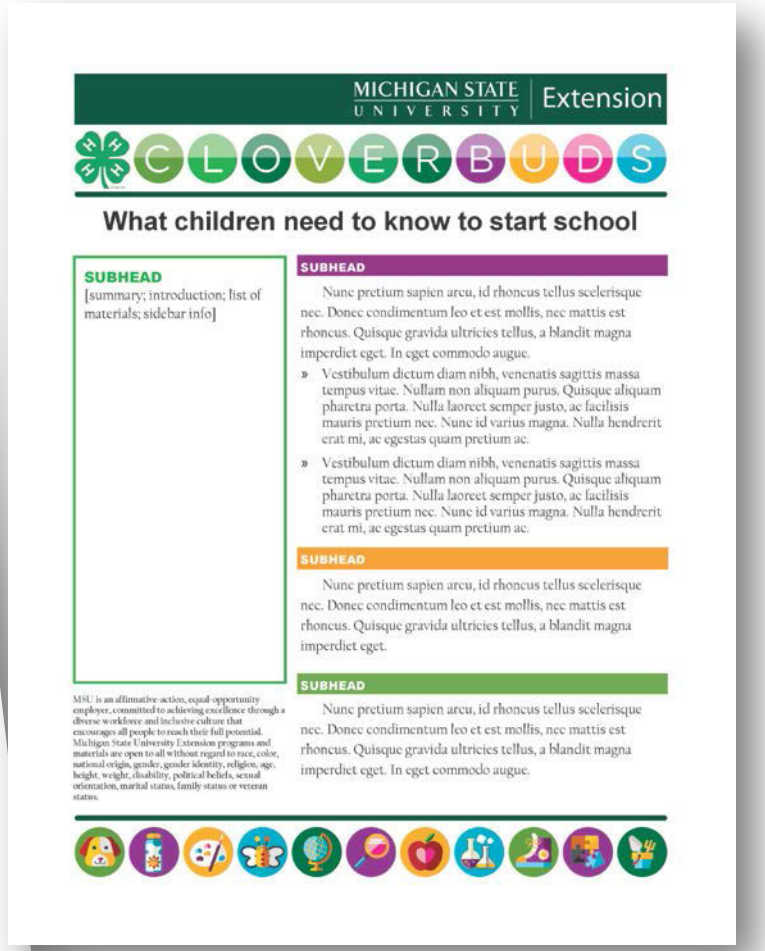
MICHIGAN STATE UNIVERSITY | Extension
CLOVERBUDS
What children need to know to start school
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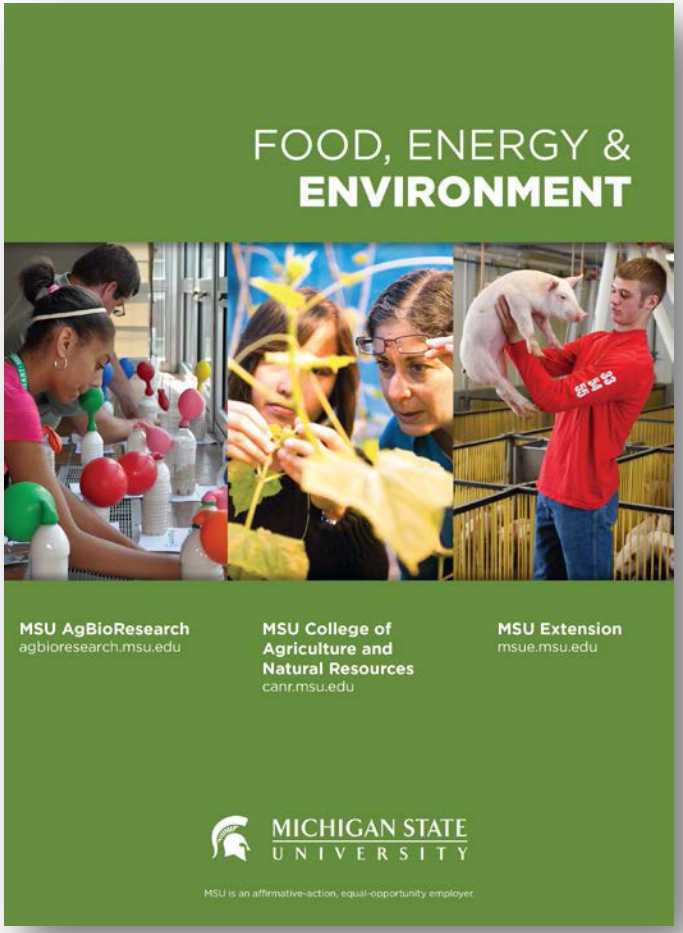
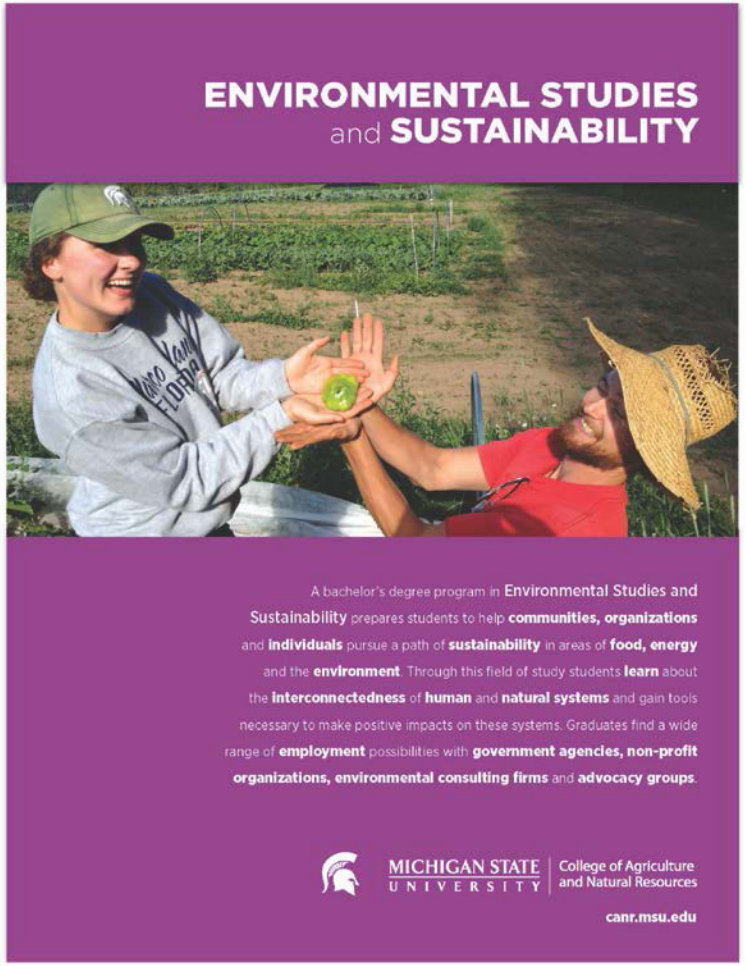
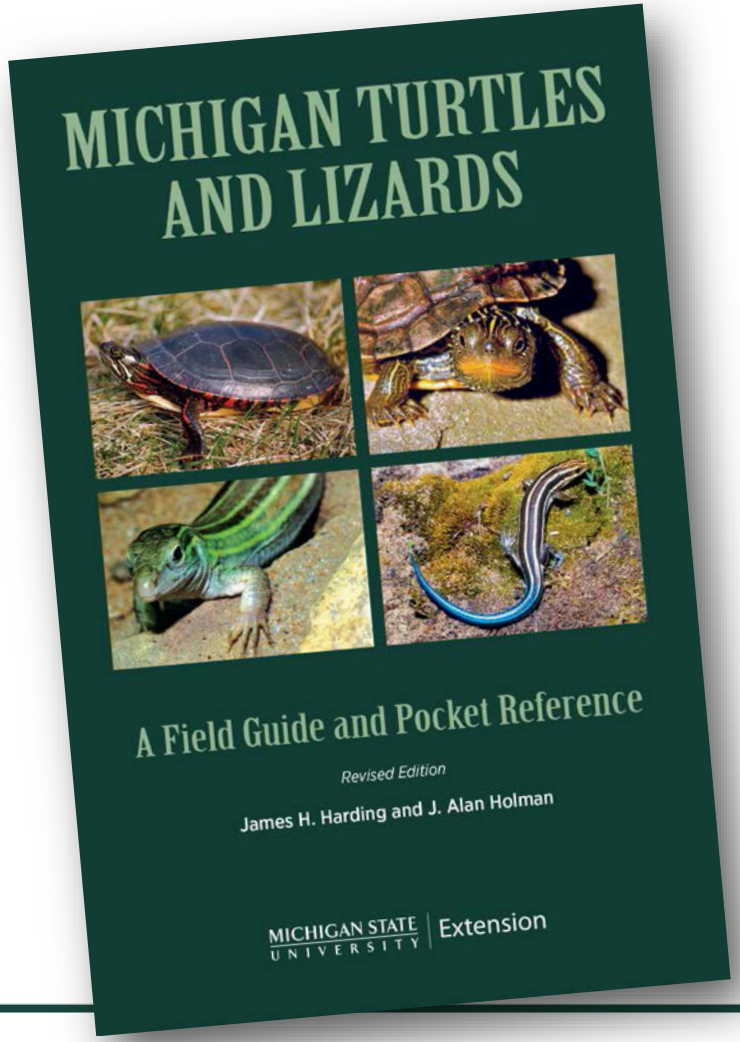
Promotional Flyers





From Books to Bookmarks…



Ads (Print and Online)

Event Programs


16

Michigan Team Effort Award

4-H Backpack to Adventure Curriculum Development Team

4-H Backpack to Adventure: Youth Leaders in a Global World is an innovative, research-based curriculum that focuses on five competencies that young people will need to become leaders – locally and globally – in a globalized, rapidly changing, and interconnected world. The five competencies are character, citizenship, communication, culture, and creativity.

"Backpack" is designed for use with young people ages 9 to 13. It encourages individuals and groups to plan their own backpack adventure by choosing from the 12 activities in the book they would like to complete and exploring the suggested online resources that are matched to the activities and the five competencies.

The curriculum was developed by a team of MSU Extension staff who are members of the leadership and civic engagement work group. It was produced by ANR Communications.

17

Michigan Achievement Awards

Sara McKinney

Leigh Ann Theunick

Michigan Presidential Citation Award

Brian Wibby

Michigan Programming Expertise Award

Katie Ockert

Michigan Partnership Award

Allegan/Van Buren Math and Science Center, Allegan AESA

NOAA Thunder Bay National Marine Sanctuary

Stryker Corporation

Michigan Colleague Award

Dan Rossman

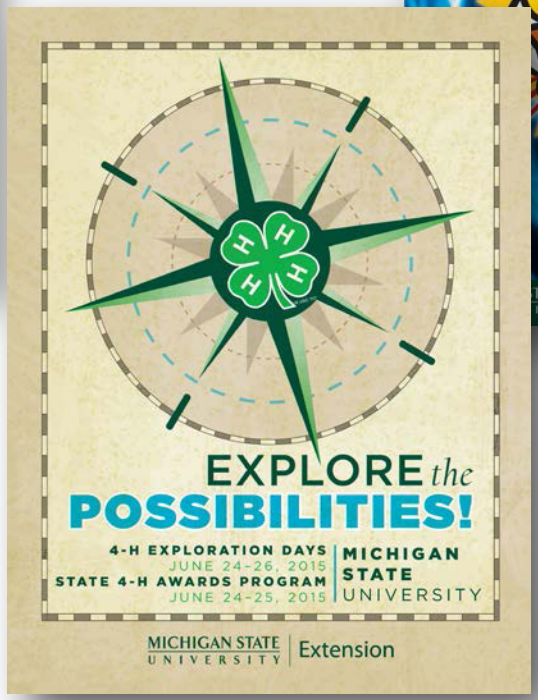
Michigan Communicator Award

Kristi Bowers

Michigan Excellence in Camping Award

Kelli Rau

2014 Extension Awards Banquet



What is our typical project workflow?

STEP 1: **Intake, Review, Estimate**

STEP 2: **Production**

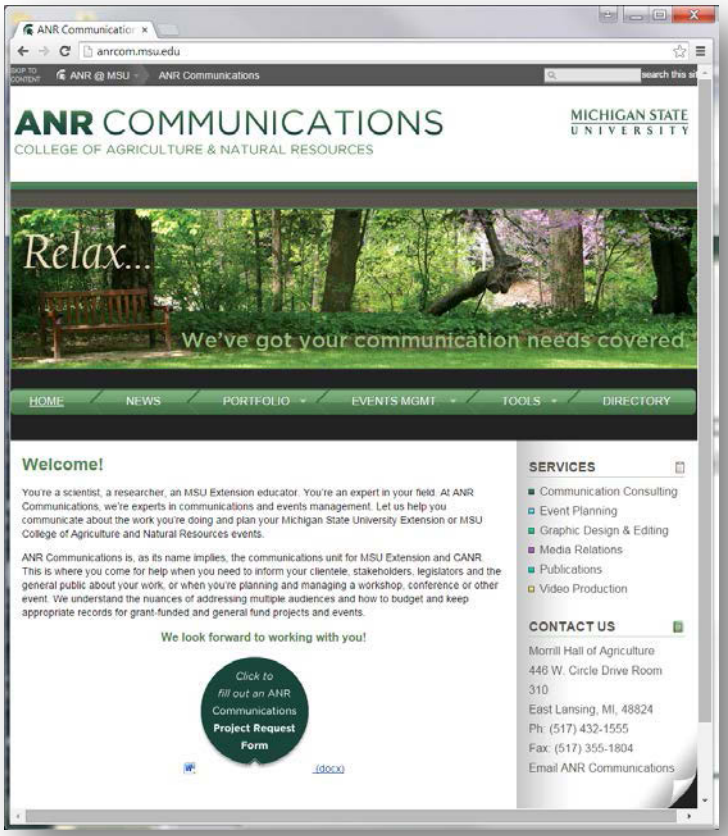
STEP 3: **Distribution**

STEP 4: **Billing**

STEP 5: **Archiving**

To learn more

For more information about how ANR Communications can help with your projects, visit http://anrcom.msu.edu.



QUESTIONS?

We look forward to working with you on your next project!

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