

Macomb County ANNUAL REPORT

Message from the District Coordinator

In 2010 Michigan State University Extension began a major restructuring of its programs, services and administrative structure. The major focuses were on updating educational programs and creating administrative clusters or “Districts” to meet the changing needs of Michigan residents in the 21st century.

Statewide, the restructure continued in 2011 with programmatic updates being made to the Master Gardener and 4-H programs, and with implementation of expanded and new programs in Macomb County. MSU Extension also revamped its [website](#) and expanded the resources and services available online. New and expanded features include a statewide events calendar and online registration for many programs.

The programmatic changes and the expanded online presence are prime examples of the effort Extension is making to be more accessible and in addressing the needs of Michigan residents. I, and all the Extension staff working in Macomb County, hope you enjoy reading the 2011 Macomb County MSUE Extension Annual Report. We would also like to invite you to stop by our office or check us out online at www.msue.msu.edu.

Sincerely,
Marie A. Ruemenapp

2011 Macomb County Participation Numbers

4-H Youth Development	12,551
Natural Resource/Sea Grant	9,661
Health & Nutrition	3,550
Financial Stability	1,484
Consumer Horticulture	1,310
Community Food Systems	938
Agriculture & Agribusiness	610
Family Healthy Lifestyles	352
Natural Resources Public Policy	224
4-H Mentoring	49
Total	30,729

Mission

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



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Michigan farm production has almost doubled since 2004.

Supporting agriculture, Michigan's second largest industry, is key to Michigan's future. According to Chris Peterson, director of the MSU Product Center, unlike other business sectors, the impact of Michigan's farms and the commodities they produce has nearly doubled from less than \$7 billion to more than \$13 billion since 2004. In Macomb County, nearly 500 family farms operate diversified enterprises that serve local residents and increasingly function in a global economy. MSUE works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

MSUE News for Agriculture is an on-line resource for farmers, gardeners, lawn and landscape managers, residents and citizens who need current and up to the minute news on weather, pest development and other data for making informative decisions affecting their businesses. This alert system is available by free subscription. In 2011, regular reports for the southeastern region of Michigan on commercial vegetable and fruit production were contributed by local Extension educators. This resource is visited approximately 2,000 times a week. Most of the visitors are Michigan residents, but the site does have visitors from across the U.S. and even a few international visitors.

Grower meetings are a valuable tool to local growers who come together during the season to see research and demonstration sites and discuss current problems and opportunities. Four meetings were conducted in the area in 2011 with 60

Macomb County growers participating. Topics included labor management, new invasive diseases and insects, food safety issues and farm-to school opportunities. These discussions are paving the way for improved management in the upcoming year.

Agribusiness Workforce Training: Throughout Michigan, opportunities are being identified for jobs and careers in the farm and food system. In Macomb County, a stakeholder group at an October meeting identified more than 20 skill sets that were needed to fill agricultural jobs in 17 industries and enterprises. Through the Institute of Agricultural Technology, MSU is working closely with Macomb Community College in designing certificate and associate programs to help fill this need.



MSU Extension and the **MSU Product Center** provide direct counseling, business counseling and specialized services to entrepreneurs in the food processing business. Farm management counseling is also available to those interested in commercial urban and suburban agriculture start-up businesses.

In the past year, MSUE and the Product Center have worked with over 50 clients who have expressed interest in doing business in Macomb County and are either a resident or business owner. These clients are in various stages of product development, with some projects taking more than a year to develop. Macomb County residents started and launched seven new businesses and products over the past year.

Direct counseling efforts center on the testing of a food concept. The entrepreneur and the Product Center Innovation Counselor engage in a study to determine if a food product concept has commercial potential. If the concept has potential, the entrepreneur and innovation counselor work through a plan to bring the food concept into the commercial market. The transition from food concept to commercial product requires some specialized services, such as validation of the recipe for food safety, packaging, nutrition fact labels and regulatory review. The MSU Product Center offers these services to Macomb County residents and business owners.

MSUE educators and MSU Product Center counselors continue to support entrepreneurs in an emerging urban agriculture industry. In the past year, several farm plans have been developed and several more are presently under development.

One of the more interesting urban farming concepts worked on this past year was the use of a commercial farm as a venue for care for people in need of some type of medical therapy. This collaboration would provide a cost efficient means of therapy for a person in need as well as provide additional income for the farmer providing the service.

Both MSUE and the MSU Product Center are looking forward to continued success of the agriculture and food industry in Macomb County, and are poised for continued support of the food and agriculture industry in the county.

In the past year MSU Product Center clients who are Macomb residents, launched seven new businesses.

The MSU Product Center offers a cheese class for potential business entrepreneurs.



In 2011, MSUE Master Gardeners donated nearly 16,000 hours in Macomb County, a value of \$348,640.

Urban horticulture involves educating citizens in gardening and garden related issues. With trends moving toward community gardens and backyard gardening, there is a growing need for educational assistance in these areas. MSUE horticulture programs are helping residents make environmentally friendly choices to reduce pesticide use and to make nutrient appropriate choices for fertilizer to protect water quality. This program promotes gardening as a means of living a healthier lifestyle in terms of exercise and diet. For residents with limited space are educated on alternatives to traditional gardening, such as container gardens and intensive gardening in small spaces. Diagnostic services assist in identifying insects and plant problems for homeowners and provide information on invasive plants and pest management. As churches, communities and schools develop community gardens, staff members provide educational training and information on the establishment and maintenance of community gardens.

Master Gardener Programs: MSUE horticulture staff assisted over 1,000 Macomb residents with gardening questions in 2011. Two Master Gardener Training classes were held to train 75 new Master Gardener volunteer leaders who will share information in the areas of horticulture and natural resources in their communities. Using figures calculated by the Independent Sector, the value of a volunteer's time is \$21.79 per hour. In 2011, Macomb County, Master Gardeners donated nearly 16,000 volunteer hours, a value of \$348,640 to local communities.

Their assistance included setting up exhibits, writing news articles, participating in community gardens, yard and neighborhood environmental programs, demonstration gardens and controlling invasive plants. As interest in

gardening and local food production has increased, so have programs to support school and community gardening. Key projects of their work included enhancing the landscaping of historical homes and public parks; information booths at farmers markets; Mt. Clemens, Warren, and New Baltimore spring plant exchanges; and various community, church and school gardens. Master Gardeners also helped teach environmental practices such as composting, yard



waste recycling, water management and low impact gardening.

Landscaping Programs: During 2011, MSUE staff assisted the Warren Community Development Block Grant program and Habitat for Humanity with educational programming so residents could improve home values and beautify their neighborhoods.

Family Garden Programs: Extension staff worked with family programs to provide a “Family Gardening” presentation designed to assist parents develop their children’s interest in outdoor and garden activities.



Growing Herbs: Herbs were the topic of a class that provided 45 residents with information on how they should be grown. MSUE nutrition staff added to the program by showing how herbs can be used when cooking to reduce salt consumption.

Community Gardens: Starting a community garden was the topic of a meeting attended by representatives from six different churches and communities. At least one new community garden resulted from this meeting and during 2011 several other churches and communities sought information and assistance in developing other community gardens.

Master Composter: Fourteen individuals completed the 2011 Master Composter Course. They join other experienced volunteers donating community service hours in a variety of activities, including working at the Mt. Clemens Farmers Market. Twenty- one volunteers provided over 700 hours of service valued at \$15,000 .

Pesticide Instruction: Over 200 pesticide applicators were updated on appropriate and safe pesticide handling.

The MSUE Master Gardener Program has provided Macomb County volunteers for 33 years.

NATURAL RESOURCES: Water Education

"A wonderful learning experience for all students - Something they'll talk about all year."

— Sharon C.,
4th Grade
Teacher, Beck
Elementary

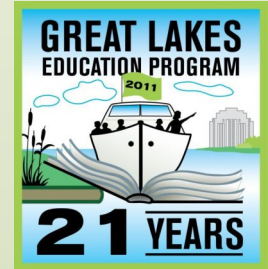
The Macomb County-MSUE natural resources and environmental education programs continue to reconnect county citizens, particularly the youth, with the natural resources of our state. MSUE has developed several curriculums for water education programs. The following programs are stand-alone programs that also complement and increase students' knowledge as they advance through elementary school. All of these programs are age-appropriate and provide hands-on learning to reinforce specific concepts. In 2011, 8,611 students, teachers and residents participated in water education programs including the Great Lakes Education Program (GLEP), Water Conservation and Understanding Groundwater.

Great Lakes Education Program continues to offer students out-of-classroom real world experiences as it introduces fourth-grade students to the Great Lakes. In 2011, 1690 students, 53 teachers from 19 schools and 11 school districts, and 270 parent chaperones participated in either the Spring or Fall GLEP program. After classroom instruction on concepts like the aquatic food web, water cycles, the roles of oxygen and carbon dioxide, the effects of exotic species, students took a field trip (cruise) on Lake St. Clair and the Clinton River. On their school ship, they experienced hands-on activities examining plankton samples, testing water clarity, practice tying marine knots, taking temperature readings and finally conducting experiments based on their new knowledge.



GLEP participants practice nautical knots on the school-ship before returning to the dock and the regular classroom.





In addition, MSUE provided GLEP educational cruises for an ISD group and a public school academy. Annual evaluations conducted with teachers and chaperones rated the program a 3.84 in the Spring of 2011, and a 3.48 in the Fall on a 4.0 positive scale. More telling of the impact of this program is the fact that every school was a returning school and most of the teachers were past participants of the program.

Water Conservation Program: This classroom program for first through third grades focuses on where water comes from, how to use it wisely, and how to protect and conserve this resource. In 2011, 5910 students in 242 classes from 17 of the 21 school districts in Macomb County participated in this Extension program. Each student received a family take-home packet about the program and how to conserve water in the home.

Follow up evaluation for the Water Conservation Program indicated that nearly all of the participants consistently adopted new activities that conserve water, including turning faucets off while washing hands or brushing their teeth at home. Some creative activities that some classes produced include making water conservation posters for the school and starting journals to record their water conservation activities. One class organized a “water patrol” to encourage fellow students to turn off water during hand washing and not run the water in the drinking faucet. Teachers provided many positive comments about the program.

Students watch as the program volunteer discusses their cruise to Lake St. Clair.



Summer Discovery Cruises are directly supportive of the stewardship goals of the Macomb Blue Economy initiative.

Understanding Groundwater Program: This program is designed for upper elementary students. In 2011, MSUE received requests from 20 teachers with 564 students in 5th and 6th grades participating in the program. Due to limited staff resources and the high cost of equipment, it is currently presented to schools by request only. Teachers have indicated that it is a good preparation for the annual MEAP tests.

Michigan Sea Grant

Michigan Sea Grant is a program of MSU Extension and the University of Michigan that fosters economic growth and protection of Michigan's coastal/ Great Lakes resources with support from National Oceanic and Atmospheric Administration. Throughout 2011, Michigan Sea Grant educators facilitated or assisted with numerous projects in Macomb County including:

Summer Discover Cruise: Michigan Sea Grant Extension has offered Michigan residents the opportunity to "learn about the Great Lakes by being on the Great Lakes" since 2001, through the Summer Discovery Cruise program. This past summer, 34 cruises involved 851 people in learning more about Lake St. Clair, with participants coming from 13 Michigan counties and 15 other states.

Conducted in partnership with Lake St. Clair Metropark, hundreds of self-motivated learners take part in a variety of educational cruises that provide physical and informational access to Lake St. Clair and the St. Clair River delta. Thirteen types of cruises were offered in 2011: Nature; Lake St. Clair History; Great Lakes Science for Teachers; Lighthouses; Shipping Out; Journey Through the Straits, a transit of the Detroit River from Lake St. Clair to Lake Erie. Partnering with other environmentally concerned groups provided Sea Grant educators the

opportunity to offer Wetlands & Wildlife, with MDNR; Fisheries, with MDNR; Shipwrecks! with DTE Energy; and, Wind, Waves & Weather with the National Weather Service. New cruises in 2011 were Aliens Among Us, Night Watch, and Handy Billy.



In order to ensure continued program excellence, participants were asked to complete an evaluation of their educational experience. Using a scale of 1 (poor) to 4 (excellent), the average ratings of all Lake St. Clair respondents were as follows:

Survey Topic	Rating
Instructor knowledge	3.93
Instructor effectiveness	3.86
Cruise format	3.76
Amount of new information	3.75
Relevance of new information	3.74
Overall cruise experience	3.78

Twenty-eight percent had participated in previous Summer Discovery Cruises and reported the following changes in behavior as a result of their previous participation:

% of Change	Behavior Change
95%	Felt a greater responsibility for the Gt. Lakes
95%	Shared Discovery Cruise information with others
73%	Sought more information after participating
55%	Visited Lake St. Clair more frequently than before
28%	Engaged in new Gt. Lakes stewardship activities

For information about the upcoming Summer Discovery Cruises season, see www.discoverycruises.org



NATURAL RESOURCES: Sea Grant

Lake St. Clair Coastal Water Trail project: In late 2010, Michigan Sea Grant Extension educators developed a community development proposal to fund creating a Lake St. Clair Coastal Water Trail map in support of coastal kayaking, canoeing and paddle boarding. Funding was awarded by the Lake St. Clair Tourism Development Program for project implementation in early 2011. The map was patterned after a water trail map developed by Florida Sea Grant Extension.

Working with staff from the Macomb County Office of the Executive, members of the Macomb County Board of Commissioners, the Department of Planning and Economic Development, New Baltimore Economic Development office, and constituents supportive of the project, the map was completed and rolled out at New Baltimore's waterfront Walter and Mary Burke Park. The public event was attended by more than 200 kayaking, canoeing and paddle boarding enthusiasts, with comments by Macomb County Executive Mark Hackel and Kathy Vosburg, Chair of the Macomb County Board of Commissioners. Project funding was sufficient for printing 10,000 copies of the map which are available through the Macomb MSUE office, community offices and parks throughout the county, and from the Michigan Sea Grant website.



Left: County Executive Mark Hackel addresses the County Water Resources Committee during an educational cruise of Lake St. Clair and the Clinton River.

Below: County Executive Mark Hackel and County Commissioner Board Chair Kathy Vosburg at the Lake St. Clair Water Trail kick-off event.

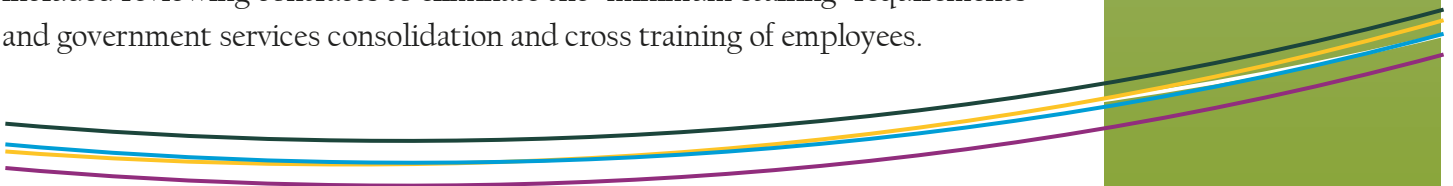


Land Use Education: MSUE has offered Citizen Planner programs since the program's statewide inception in 2000. Over 150 local elected and appointed officials in Macomb County have participated in this seven session-program to educate officials on how to shape the future. In 2011, ten participants from three communities completed the program which provided them with the tools, techniques and education to make informed decisions regarding planning and zoning in their communities.

Self- evaluations by participants showed they averaged knowledge gains of 30% to 70% per session. They also indicated the ability to use the information gained from the program either in their land use activities or in a professional capacity before they completed the program. Three participants specified they had used the class information after the first session.

Fiscal Sustainability for Communities: The fact that Michigan communities are facing considerable fiscal stress isn't new and it carries numerous burdens that require knowledge beyond that of many trained financial managers. To assist communities, MSUE developed and offered a *Best Practices in Addressing Local Government Fiscal Stress Workshop* to help communities explore practical strategies for learning how to reduce costs and improve productivity, learn about containment of government contracting, management, health care cost and inter-local consolidation and turnaround plans.

Fourteen local elected officials including mayors, city managers, a supervisor and a trustee, from seven communities in Macomb, Oakland, Wayne and St. Clair counties participated in the workshop. All evaluations indicated an increase in knowledge in one or more of the topics presented. Participants who completed the evaluation stated the program had given them ideas on ways to reduce or eliminate the obstacles believed to be causing their community's fiscal issues. Over 80% of the participants planned to complete a Health Care Benefits audit to insure all expenses and enrollees were legitimate. Others planned activities included reviewing contracts to eliminate the "minimum staffing" requirements and government services consolidation and cross training of employees.



Successful and thriving communities combine knowledgeable and engaged legislators, businesses, community groups and residents. By connecting these groups with the best research-based tools, MSUE helps enhance the quality of life in Michigan, helps communities create and retain important jobs and gives residents and groups the tools to positively impact their cities, towns, townships and the state with strong fiscal management, a healthy environment to encourage entrepreneurs and strong and sustainable communities..

“The Money Management class made us take the time to work out a spending plan, set financial goals and assess our near future retirement plans.”

- Carol, a Macomb County resident

Cottage Food Education: The Cottage Food Law, enacted in 2010 by the State of Michigan, allows certain food products to be manufactured in a home kitchen and sold directly to consumers. In 2011, two, three-session, courses were offered in Macomb County entitled “*The Cottage Food Law and Your Food Business*”, a course designed to help develop the understanding of basic business planning. Sixty three potential businesses participated in one of the two courses. Many discovered that they had the confidence to actively pursue the establishment of a licensed business. Participants revealed that they benefitted by understanding food safety, pricing, insurance, teamwork, entrepreneurship and other related topics. Many planned to begin more in-depth business counseling, explore markets, and begin sales this summer. One participant noted, “This is a very comprehensive program!”

Financial, Housing and Energy Education

MSUE staff provided Macomb County residents with classes, seminars and workshops to help residents manage personal finances. In 2011, 1,484 people attended programs to identify goals, develop spending plans and foster their economic stability.

During the year, staff offered a variety of classes to help residents understand their personal financial situation, identify debt repayment strategies, purchase their first home, maintain their current home and avoid foreclosure. These classes included: Foreclosure Prevention Education, Home Ownership, Home Repair, Home Maintenance and Repair, Money Management, Better Budgeting and Living with Less. A Macomb resident commented on her experience in the Money Management class, “This class showed us how much we are spending on prescriptions. We were able to apply to a pharmaceutical company for help and received it because we had all of the financial information that was required.”

Financial Literacy Education programs were attended by 213 Macomb residents. These eight- week sessions focused on the *National Strategy for Financial Literacy* core competencies of earning, spending, saving, borrowing and protecting finances. Participants attend these classes to improve their money management skills, prepare for homeownership, recover from foreclosure or other financial crises.

The **Pre-Purchase Home Buyer Education Program** served 328 homebuyers in 2011. This training is designed to help homebuyers make affordable and informed choices in advance of the purchase of their new home. The class also assisted prospective homebuyers who need guidance to save money for a down payment. It also helped them avoid predatory loans with all outcomes leading to long- term neighborhood stabilization.

Home Preservation and Foreclosure Prevention classes were attended by 504 residents. The monthly three-hour sessions presented by MSUE staff help homeowners analyze their current budget, understand the foreclosure process and begin to assess their options: stay, sell or foreclose.

Homeowners also have the option to make an Individual Housing Counseling appointment with an Extension HUD/MSHDA certified counselor for a more in-depth look at their situation. In 2011, 439 residents took advantage MSUE's one-on-one housing counseling services to assess their housing and financial situation and determine a plan of action. At the end of December 2011, 215 homeowners remained in foreclosure counseling which can take as long as 18 months to complete. Eighty-six homeowners received loan modifications and were able to remain in their homes with a lower mortgage payment. Thirty-two homeowners made the decision to let the foreclosure proceed. Ten homeowners completed a short sale or Deed- in- lieu of Foreclosure.

Macomb County residents have access to a large library of online financial literacy educational materials and tools at the [MI Money Health](http://www.mimoneyhealth.org) website. The website also hosts a [Financial Health Survey](#) . This survey being conducted by MSUE is collecting data to help people evaluate their current financial situation, provide them with feedback on how they might improve their situation, connect them to local resources, and assess the current financial situation of Michigan residents related to the challenging economy.



Mi Money Health website:
www.mimoneyhealth.org

Community Food Systems

Monthly meetings of the newly formed Macomb Food System Collaborative have been organized by MSUE since July, 2011. Other members of the initial organization included representatives from the Macomb County Executive office, United Way, Forgotten Harvest, Gleaners, Macomb County Community Services Food Program, a farmers market, school garden volunteers, and a county commissioner. The group conducted a community food assessment that was later shared with county commissioners. Efforts made to the general food systems within Macomb County during 2011 included:

- The establishment of the Macomb Food Systems Collaborative with over twenty-five members from across the county to promote food access to all.
- The “*All about Food Conference*” reached 200 community residents on issues from food access, food safety, and food demonstrations to the economics of a localized food system.
- A *School Garden Training* workshop was attended by 100 Southeast Michigan educators and teachers on establishing school vegetable gardens and obtaining Green School status.
- *Farm-to-School* efforts promoted purchase of local produce from Macomb County and Michigan farmers.
- *Mini Garden Grants* were awarded by United Way of Southeast Michigan to nineteen garden sites in Macomb County including eight schools. Over 450 youth and 160 adult volunteers were involved in teaching youth, and adults with special needs, how to grow their own food. The grants helped with the

production of approximately 2,000 pounds of fresh vegetables to be used by a school restaurant, special needs adults, senior citizens, church food pantries, the Well Soup Kitchen and the Macomb Food Program. One school garden club made salsa with the youth and a special needs group was taught food preservation.



Students from Francis Higgins Elementary grew cabbages for those in need.

Healthy Families – Healthy Lifestyles

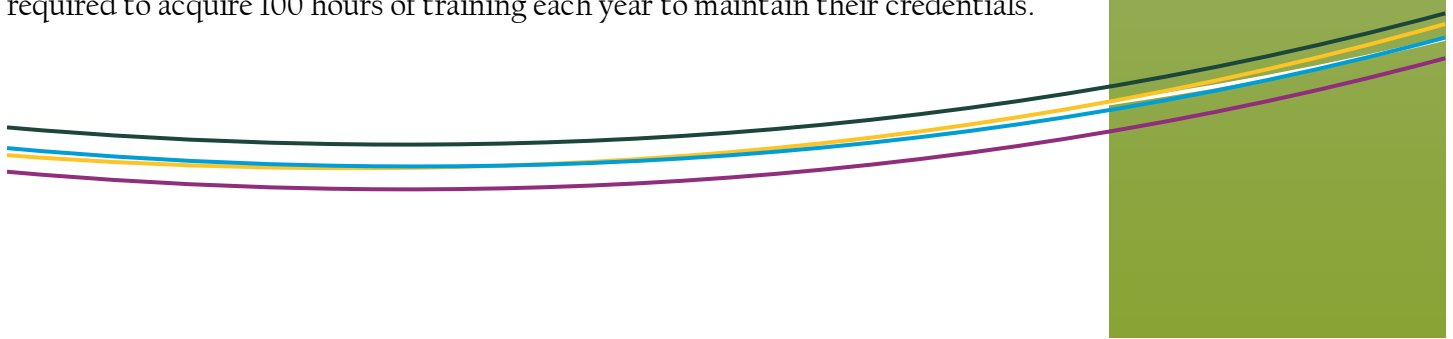
Healthy relationships are critical to the overall health and well-being of individuals, families and communities. MSUE works to promote healthy relationships between youth, parents, families, caregivers and the community through social, mental, psychological and spiritual aspects of an individual's life. In 2011 MSUE staff provide healthy family and/or lifestyles programming for 352 Macomb County residents.

RELAX: Alternatives to Anger: RELAX: Alternatives to Anger sessions were attended by 113 adults from Macomb County during 2011. Participants attended to increase their own understanding of personal anger issues. Additional attendees were referrals from DHS or the court system, as a term of probation. The pre- and post-evaluations, show the most significant improvements were related to each participant's ability to apply their newly acquired anger management skills. This empowered them to talk through conflicts to reach solutions as well as end the conflict on a positive note.



Building Early Emotional Skills (BEES): In 2011, BEES was identified by Macomb County as a necessary component to their parent education efforts which resulted in MSUE providing four eight-week sessions for parents of children up to the age of five. Staff worked with parents to provide a toolkit to build awareness, listen and interact with their children, identify and label emotions and develop regulation strategies allowing them to handle each child's behavioral issues. These workshops were attended by 43 parents throughout the year.

Childcare Training: Twenty-one MSUE child care licensure renewal workshops were attended by 126 child care providers. These providers are required to acquire 100 hours of training each year to maintain their credentials.



MSUE staff delivered nutrition programs to over 3,500 Macomb children and adults in 2011, .

MSUE Nutrition Programs Help Residents Grow Healthier : Michigan State University Extension's health and nutrition programs reached nearly 3,550 Macomb County residents in 2011. These programs provided research-based training through federally funded school meal and nutrition programs under the Healthy, Hunger-Free Kids Act of 2010 for low-income children. Under this bill, MSUE nutrition programs reached limited income residents through the Expanded Food and Nutrition Education Program (EFNEP), the Supplemental Nutrition Assistance Program (SNAP-Ed), the Farm Resources Expanding and Supporting Health program (Project FRESH) and food preservation classes. These programs focus on teaching general nutrition concepts, eating more fresh fruits and vegetables, food safety, nutritious meal planning, stretching food dollars, and basic budgeting skills.

- **Nutrition for Youth:** MSUE's paraprofessional staff delivered programs to over 1,960 youngsters through SNAP-Ed in Van Dyke, Mt Clemens, Roseville, Centerline, Clinton Twp., New Haven, Warren and Eastpointe school districts. Summer youth programs were also held to deliver these programs. Youth participants learned about food safety and nutrition through hands-on interaction, as well as participating in physical activities.
- **Healthier Adults:** More than 200 Macomb County adults participated in the multi-session SNAP-Ed program, learning how to select and prepare nutritious foods on a limited budget. Evaluation reveals the following positive changes in behavior:

Positive Change	Percent of Change
Increased eating more than one fruit a day	31.5%
Increased eating more than one vegetable a day	34.7%
Hear about nutritional products	46.5%
Do physical activity 30 minutes a day	36.8%

- **Supporting Communities:** Project FRESH is an initiative between the Women, Infant and Children (WIC) program, MSUE and Michigan farmers. Income eligible families and seniors learn how to select, prepare and preserve fresh,

locally grown produce. Nearly 1,200 coupon books with coupons redeemable at local farmers' markets were distributed to Macomb County families, and area farmers received more than \$24,000 in income through these redemptions.

- **Supporting Families:** Limited resource audiences have access to EFNEP training to gain skills enabling them to develop and maintain nutritionally sound diets, improving their families wellbeing. There were nearly 190 Macomb County adults enrolled in the program in 2011, with more than 500 individuals in their families receiving the benefits of this nutritional education and healthy lifestyle. More than 80% of the participants completed the program with the following positive changes:

- ◇ 93% improved one or more food resource management practices.,
- ◇ 54% showed improvement in food safety practices and
- ◇ 93% stated their families had improved nutrition.

During an outreach program at an elementary school, a former client approached the MSUE educator to report how all the changes she made to her family's diet had helped her husband lose 35 pounds, as well as lowering his blood pressure. She now bakes food instead of frying it, uses Mrs. Dash to season her food, purchases frozen vegetables instead of using canned because of the sodium content, switched from whole milk to 2% and now cooks breakfast every morning instead of giving her children sugary cereals. After sharing her story with other parents, twelve of them decided to register for the class.



93% of EFNEP participants report that their families had improved nutrition



**4-H volunteers
contribute hours
worth \$2,650,000 to
youth involved in
Macomb 4-H Youth
Development
Programs
— Independent
Sector.**

4-H Youth Development

Michigan State University Extension's 4-H Youth Development Program is designed to uniquely prepare Macomb County's youth to step up to the challenge of a complex changing world. It provides developmentally appropriate opportunities for participants ages 5-19 to experience life skills, practice them until they are learned and be able to apply them as necessary throughout a lifetime. Programs provide hands-on learning opportunities in communities across the county through 68 clubs, after-school programs, school enrichment programs and local, state and national events.

Last year MSUE in Macomb County recruited, trained and provided oversight to 812 adult and 137 high school youth volunteers. This corps of volunteers delivered the programs county-wide as leaders, youth mentors or after-school program assistants as well as served on committees that helped develop and implement 4-H educational programs and outreach efforts. An advisory council provided leadership for overall program promotion and assisted with resource development. MSUE's Volunteer Selection Process ensures that all youth are safely placed with screened and trained adult volunteers.

Most 4-H volunteers spend a minimum of three hours a week assisting youth. Using figures calculated by the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations; the value of a volunteer's time is \$21.79 per hour. In Macomb County, the contribution of the adult volunteers during 2011 would be over \$2,650,000 of quality time and experiences dedicated to the 11,602 Macomb County youth involved in 4-H.

Project Clover 5K Run/Walk



Many youth participate in multiple projects throughout the year. The chart below shows the diversity of projects in which youth are involved:

Type of 4-H Activity	No. of youth
Science, Engineering and Technology (Includes animal, plant, environmental, agricultural, computer, physical, and biological science)	9318
Citizenship (Includes community service, civic engagement, leadership and personal development)	4308
Healthy Lifestyles (Includes food and nutrition, health and personal safety)	498

Science, Technology, Engineering and Math (STEM) Activities: In 2011, over 9,000 4-H youth in Macomb County were engaged in STEM activities with hands-on, experiential learning on topics including animal science, plant science, environmental science, computer technology, wind energy, and rocketry.

- Over 130 4-H members, volunteers, school groups, mentoring program participants, community youth groups and court-ordered youth attended the National Science Day 4-H Science Blast in 2011. Eight science stations were run by 4-H and MSUE volunteers, community partners, family members and a state representative. Youth and adults concurred that 100% had learned something in the science arena during the event. A grant from the National Science Foundation helped fund the event and the Monsanto Foundation contributed a science book to each youth participant.



CHILDREN & YOUTH PROGRAMS

Attending Exploration Days almost doubled the percentage of high school graduates who attended college in 2011-2012 compared to the national and state average.

Ninety-eight percent of the Macomb youth attending report they plan to attend college.

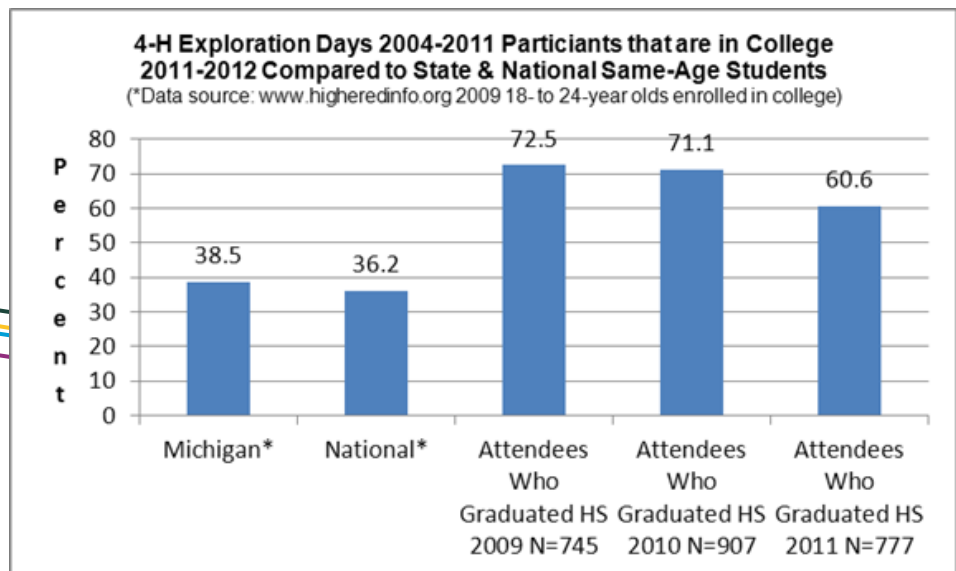


- During April, the Month of the Military Child, over 80 local military families attended a free Detroit Science Center education and recognition program. Michigan's Operation: Military Kids (OMK) is a 4-H program that supports Michigan's military children and youth affected by deployment of a loved one.

A Macomb Extension educator is a state partner of the operation and helped incorporate science experiments at the World Wide Day of Play, an event held at the Selfridge Air National Guard Base for military families in September. 225 Macomb youth are members of military 4-H clubs in Macomb County.

- MSUE staff worked with the Macomb County Hispanic Coalition to bring science oriented activities to the Hispanic Resource fair held during the summer.

4-H Exploration Days: The annual 4-H Exploration Days conference was attended by 76 Macomb County youth ages 11-19 on the MSU campus. The three-day pre-college event is designed to develop personal growth and interests, to improve communication, citizenship, and leadership skills. It also increases college exploration for many youth who have not previously considered college, develops an awareness of the MSU campus and its resources, and develops skills necessary to a successful transition to college and adult life.



CHILDREN & YOUTH PROGRAMS

Ninety-eight percent of 2011 attendees plan to attend college and 87% said the program better prepared them for college. Top skills the students indicated they developed during the conference included making better decisions, managing time well and adapting to new living arrangements. In Michigan, attending Exploration Days almost doubled the percentage of high school graduates who attended college in 2011-2012 compared to the national and state average.

Community Service and Civic Engagement: The 4 H's represent head, heart, hands, and health. Youth involved in 4-H know the value of community service and "making the best better!" All the H's are utilized in a wide range of community service activities that happen throughout the community which are led by 4-H youth, volunteers and staff. Last year, over 4300 youth in Macomb County were involved in community service programs such as:

- *Beautification projects:* More than 50% of Macomb County 4-H clubs are involved in making their community a better and cleaner place to live. Annually over 300 youth and volunteers are involved in road side clean ups, fairground clean up, community gardens, and/or Earth Day events.
- *Capuchin Soup Kitchen:* Twice a year clubs come together and pack over 500 boxes of food each time and collect and organize clothes for limited income families.
- *Sock Puppet Marathon:* Annually 4-H'ers made over 1000 sock puppets that are given to youth in Haiti when they receive their immunization shots. This is often the only toy the children of Haiti have.
- *Hero Packs:* Annually 4-H volunteers gather materials and fill hero packs with items youth with deployed parents can use to stay connected to their families.



4-H Exploration Days on campus at Michigan State University



CHILDREN & YOUTH: GRANTS

Additional 4-H Funding — Grants. MSUE 4-H is also involved in writing and securing grants/funds to provide specialized programs in the county, District 11 and Michigan. The chart below outlines some grant dollars that supported Macomb 4-H in 2011.

Grant Name	Description of Grant	Amount
Jump into Food and Fitness (JIFF)	Physical Fitness, Nutrition, and Food Safety Program for limited income youth in Macomb	\$2,000
Military Club Grant	Expansion of programs and training targeted at Military youth and families in Macomb	2,190
4-H Entrepreneurship Cafe	Development and implementation of a youth run business in Richmond	19,000
National 4-H Council	Development of National Career Curriculum targeted at HS students	20,000
Generation E	Provides certification training on entrepreneurial curriculum for adults and teachers statewide	11,448
JC Penney	Local 4-H programming in Career and Workforce Prep and afterschool	10,600
Tractor Supply	Local 4-H program	1,000
National Science Day	Science Blast held in Macomb for District 11 in October	350
Amachi	Provides mentor funds for children of prisoners.	12,000
Total		\$78,588



4-H Youth Mentoring Program: The 4-H Youth Mentoring Program matched 49 youth with adult volunteer mentors in 2011. This program takes great effort in matching compatible youth and adults. Approximately 4,000 hours of volunteer time was contributed by the mentors in 2011, reflecting a donation of \$87,160 to Macomb County. Each week mentors connect with their youth to help with homework, enjoy a meal together, explore a new interest, participate in a community service activity or attend a life skills event.

The positive adult relationship established through the 4-H Youth Mentoring Program also provides taxpayers with significant potential savings by keeping “at-risk” youth connected with their families and out of residential treatment. By diverting youth from the Macomb County Juvenile Justice Center each year, taxpayers realize a potential savings of about \$2,700,000. This is based on the yearly cost of \$54,750 to maintain one youth in the Juvenile Justice Center. Even more importantly, youth who participate in the 4-H Youth Mentoring Program know they will always have someone to talk to about any topic whether it’s a serious or not-so-serious issue.

By diverting youth from the Macomb County Juvenile Justice Center each year, taxpayers realize a potential savings of about \$2,700,000.

Mentee vs. Mentor: In 4-H, Everyone Wins!



MSUE-Macomb County Program Contacts



Have a Question? Find an Expert

Always ready with a multitude of resources in many fields, MSUE has designed a new website to expedite getting answers to specific questions. The site is designed to enable searches by one or more of the following fields: name, title, county, area of interest or the educator's area of specialty. To find an MSU Extension expert who covers your location, go to:

<http://expert.msue.msu.edu/>

There is an extensive library of articles by Extension personnel across the nation available on a large number of topics on e-Extension's website. To ask a specific question or review articles from around the country, go to the website at:

<http://www.extension.org/ask>

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