MESSAGE FROM THE DISTRICT COORDINATOR

MSU Extension (MSUE) staff strive to provide programming that has a positive impact on the citizens of Saginaw County while making the best use of the local, state and federal funds that have been generously provided for the completion of this work. Extension Educators and program staff continue to look for ways to streamline program delivery systems to make our programs accessible for all county residents. Advancements in technology have enabled MSUE to provide access to programs and resources in a more timely and efficient manner. Still, our presence in county offices across the state allows us to remain connected to communities we serve, which gives us a better understanding of local programmatic needs.

This report is intended to provide an overview of the wide array of programming opportunities that have been provided to the residents of Saginaw County over the last year. Thank you for your continued support of MSU Extension programs in Saginaw County.

Deanna East, District Coordinator, District 9

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MEASURING OUTREACH

CONNECTING WITH RESIDENTS

4-H Children and Youth Programs...........................................................................................................................................4,655

4-H Members (Traditional Club Enrollment)..................................................................................................................................257

Special Interest Program Participation........................................................................................................................................4,398

4-H Adult Volunteers..................................................................................................................................................................157

Greening Michigan Programs.................................................................................................................................................110

Health and Nutrition Programs..................................................................................................................................................2,710

Agriculture and Agribusiness Programs......................................................................................................................................726

TOTAL OUTREACH................................................................................................................................................................8,358

Based on data from July 1, 2013 to June 30, 2014.
When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active. 4-H’ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

RELAX Alternatives to Anger

The goal of RELAX is to help young people, parents and caregivers foster healthy relationships so they can live, learn and grow in safe, affirming and fair environments free from violence, abuse, bullying and harassment. Participants learn how to better manage their anger and stress at home in the workplace. Over 50 Saginaw County parents and caregivers attended a RELAX program.

Building Early Emotional Skills in Young Children

Building Early Emotional Skills in Young Children is an 8-week course for primary caregivers of children 0-3 years of age. This course focuses on self-awareness, reading Non-verbal language, understanding your child’s perspective, handling tantrums, parenting stress, and more. In 2014, 57 Saginaw County residents participated in this early childhood educational series.

Saginaw County 4-H Clubs

4-H Clubs are the foundation of every successful 4-H Program. They provide volunteers and youth with unlimited opportunities for learning, relationship building and fun. 4-H Clubs can take many different forms. They can be single project clubs, afterschool or in-school clubs, or community clubs. Regardless of the structure, the primary purpose of 4-H Clubs is to support the development of each youth participant’s full potential. The club structure is designed to help volunteers and members build significant and lasting relationships. In 2014, Saginaw County had 237 members in 4-H Clubs.

Because Michigan 4-H is part of MSU Extension, the activities youth participate in are all research based. We use experiential learning and time spent intentionally thinking about what’s been learned to make it a meaningful experience, with skills and ideas learned that last a lifetime.
Supporting STEM careers through youth programming

The future of Michigan lies, in part, in the hands of its students' abilities to excel in science, technology, engineering and mathematics (STEM). Science literacy among school-aged youth in Michigan is below the national average, directly impacting college readiness. In the U.S. today, many job openings for STEM-related positions go unfilled due to a lack of qualified applicants.

MSU Extension provides resources aligned with Michigan science education standards to teach confidence, leadership and responsibility related to STEM. MSUE staff have provided the following workshops to over 1,500 youth in the community:

4-H Day at the Loons
MSU Extension staff from Saginaw, Bay Midland and Gladwin County 4-H Programs collaborated on 4-H Day at the Loons event on May 23, 2014. The event assisted in promoting the 4-H Youth Development Program through STEM focused activity stations.

Exploration Days
Explorations Days, a 3-day event on MSU’s campus in June, is designed to help youth learn new ideas and techniques, increase their interest in and readiness for college, explore career options, and develop their decision making, independence and teamwork skills. They also meet and interact with others from different backgrounds and areas throughout Michigan.

Renewable Energy Camp
4-H Renewable Energy Camp is a five-day exploration camp held at MSU’s campus for youth ages 13-19. Campers explore ideas, research and opportunities in the field of energy as it relates to natural resources and agriculture. Camp activities include tours of campus labs, MSU Power Plant, a Wind Farm, Carbon Green Bioenergy, and Kellogg Biological Station.

Commodity Carnival
4-H Commodity Carnival was an interactive display which promotes education for livestock project members about the importance of agriculture and business through the role that agriculture commodities play in their lives. Over 400 youth participated in this educational experience at the Saginaw County Fair.

Youth are gaining life skills such as leadership, planning and teamwork, while adults are learning about the information about the needs, concerns and issues that pertain to youth.
Developing Youth and Communities, continued

Preparing children for academic success

Youth who are not proficient readers by fourth grade are 68 percent more likely to drop out of high school. Research shows that young children who develop literacy skills prior to entering kindergarten are better prepared to learn to read. In Michigan, there is an educational standard to ensure children from birth to 8 years old have access to learning and development programs.

MSU Extension is also making learning to read more accessible by putting books into the hands of thousands of children in families living in low-income situations.

Molina Book Distribution

MSU Extension staff secured over 250,000 books from the Molina Foundation to be placed in the hands of underprivileged youth and enhance literacy levels for Michigan’s children. MSU Extension staff distributed books around Saginaw County at a variety of events.

» As a result of MSU Extension trainings and workshops, adults indicated an increase in knowledge of concepts of early childhood development and techniques that promote school readiness and academic success.

Youth influencing community decisions with support from adults

More than 20 percent of the U.S. population is between the ages of 5 and 19. These youth look to adults for guidance in various situations. As youth become more involved, whether in academic or community settings, they search for ways in which their voices can be heard. Youth voice is a resource that often goes untapped in communities. MSU Extension provides training through Michigan 4-H for internal and external groups to consider the value of youth-adult partnerships in the decision-making process.

Youth are gaining life skills such as leadership, planning and teamwork, while adults are learning information about the needs, concerns and issues that pertain to youth. Local 4-H councils and committees are encouraged to seek out, listen to and enact youth ideas in their program planning.

MSU Extension offers social, recreational and educational opportunities to connect military families with local resources and support, as well as predictable, safe and nurturing environments for military youth to unite with others facing the same challenges.
COMMUNITY FOOD SYSTEMS

The City of Saginaw and Saginaw County are communities in significant need of activity that can support economic opportunities for low-income individuals, provide access to healthy foods, and develop innovative models and ideas around land use and community vitality. With high levels of obesity and limited access to healthy food, local food efforts are improving access to healthy food, land, knowledge and resources. Urban agriculture, community gardening and nutrition education as a comprehensive approach to building community, improving public health, maintaining vacant and abandoned land, working with disenfranchised youth and empowering residents to make a difference in their neighborhoods is one of this community’s solutions.

Women in Agriculture

The Women in Agriculture network is aimed at sharing challenges and opportunities for women in agriculture. MSU Extension staff are working to build knowledge, connections, innovative approaches, and problem-solving skills to create new opportunities for the livelihoods of women living in Michigan.

Farm to Institution

Saginaw County ranks 12th in the productions of vegetables in Michigan with the estimated value of these products more than $10.3 million according to the 2012 Census of Agriculture. The county also produced approximately $429,000 in tree nuts and fruit. Saginaw County residents have increased opportunities to buy vegetables from their neighbors at a growing number of farmers’ markets in the community. Local farmers markets include: Downtown Saginaw Farmers’ Market, Frankenmuth Farmers’ Market, Hemlock Farmers’ Market, Market off Broad in Chesaning, and Kochville Farmers’ Market.

Locally produced food is an important food security and profitability for specialty crop farms. MSU Extension supports Michigan agriculture by making sure farms have local outlets to sell produce. Farm to Institution efforts are also part of the community food systems. MSU Extension staff were active in helping Bridgeport-Spaulding Schools receive a grant to support Farm to Schol training and equipment for the 2014-2015 school year. The school will put the money to use and make connections with local farmers to add Michigan produce to their menus.
Community Food Systems, continued

When you support MSU Extension’s efforts to enhance residents’ access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

Cottage Food Law

From the farm to the kitchen table, food safety is an important issue. Foodborne illness outbreaks occur crossing all socioeconomic lines from production and consumption to preservation of foods. Foodborne illness costs the U.S. economy billions of dollars each year in lost productivity, hospitalization, long-term disability and even death. The Cottage Food Law took effect in July 2010, allowing home-processed foods to be sold to the public, emphasizing the need for food safety education.

MSU Extension Cottage Food Law workshops participants learned about preserving food and preparing safe food for public consumption. Food consumers can have increased confidence when buying food products sold by someone with an MSU Extension food safety certificate related to producing cottage foods.

Reducing foodborne illnesses

Food preservation is both a popular hobby and a small business opportunity, but people who preserve food without following scientifically proven food preservation techniques increase the risk of foodborne illness. In 2014, over 100 Saginaw County residents learned about safe food practices through the Food Preservation classes and Cooking for Crowds workshop. Food Preservation demonstration style workshops participants learn about food preservation methods such as freezing, dehydrating, and canning with boiling water bath canner or pressure canner. Cooking for Crowds workshops are geared toward non-profit groups that prepare high volumes of food for their organization or for the public.

As a result of MSU Extension food safety programs, individuals now use safer food handling, preparation, storage and preservation techniques. This reduces medical expenses, reduces food recalls and contributes to the financial stability of food businesses.

Participants in MSU Extension’s food preservation workshops reported:

- 97 percent said they will properly use processing techniques to safely can foods.
- 93 percent said they will select high-quality foods for preservation
- 89 percent said they gained knowledge on how properly preserve food.
Community Food Systems, continued

**Michigan Fresh**

Michigan Fresh helps people explore the State’s bounty of fresh, locally grown fruits, vegetables, flowers and ornamentals. Informational bulletins, produced by MSU Extension staff, are available at [www.msue.anr.msu.edu/program/info/mi_fresh](http://www.msue.anr.msu.edu/program/info/mi_fresh), in the MSU Extension Saginaw County office. Bulletins include information on recommended varieties, storage, food safety, and preserving techniques for fruit and vegetables or for planting and maintaining your lawn and garden. The MSU Extension-created and produced Michigan Availability Guide is also available at these locations.

**The MSU Product Center Food-Ag-Bio**

The MSU Product Center assists county residents in developing products and businesses in the area of food, agriculture, natural resources, and the bio economy. The innovation counselor has special training to deliver these services to local residents. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client’s home or business location. The assistance provided is tailored to meet the needs of the client and may include guidance in developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The innovation counselor also assists clients in accessing specialized services needed that are offered through Michigan State University such as feasibility studies, nutritional labeling and packaging assistance.

In Saginaw County, 34 counseling sessions were completed with 7 local entrepreneurs in starting new businesses and expanding existing businesses. The partnership between MSU Extension and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs in supporting economic development across the region.

For several years, MSU Extension has worked to get healthful, Michigan-grown vegetables into more school lunches.
Strengthening Michigan’s financial capacity

When individuals and families in Michigan are financially healthy, it creates an environment for sustained community prosperity. MSU Extension’s financial literacy and housing education programs help families and individuals at any stage of their lives make smart money decisions and work through the homeownership process. These courses help reduce mortgage defaults through counseling new homebuyers as well as homeowners going through the foreclosure process.

MSU Extension staff provided financial and homeownership education to Saginaw County residents through partnership with local organizations such as Covenant Health Care and Friends for Recovery Center. As a result of the financial and homeownership education:

» 84 percent pay their mortgage on time.
» 80 percent now save money for home maintenance costs.
» 86 percent maintained or increased their knowledge of predatory lending practices.
» 54 percent of foreclosure clients were able to keep their homes.

Assessing financial health and recommending fiscal improvements for the future of Michigan’s municipalities

As Michigan looks to rebound from recent fiscal difficulties and become stronger and more fiscally sound in the future, MSU Extension has been a valuable partner in educating the public as well as legislators.

Whether it is helping to explain the ramifications of Detroit’s bankruptcy to the public or assisting legislators in understanding alternative sustainable funding options, MSU Extension specialist Eric Scorsone and other MSU Extension educators and specialists have served as a valuable resource of educational, unbiased information.

In the past year, Scorsone has served as an adviser or been a member of the Lansing Financial Health Team, the Flint Blue Ribbon Committee and the State Treasurer’s Municipal Finance Reform Task Force, which all focused on assessing fiscal health and recommending changes to maintain or improve the financial future of Michigan and its cities.

Ensuring strong communities

MSU Extension helps youth and adults alike learn the skills they need to increase their savings, manage their spending avoid predatory lending and reduce mortgage defaults.
KEEPING PEOPLE HEALTHY

Fighting obesity through education

Michigan has the 11th highest adult obesity rate in the United States, according to the CDC. More than 30 percent of adults are obese, and an additional 35 percent are considered overweight. Nearly 80 percent of both adults and youth do not consume adequate amounts of fruits and vegetables.

MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Topic areas include: nutrition, physical activity, food safety and food resource management. Programs focus on helping participants gain the skills needed to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies and stretch their food dollars.

MSU Extension staff reached over 2,000 adults and young people across Saginaw County through the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) programming and the Expanded Food and Nutrition Education Program (EFNEP).

MSU Extension’s SNAP-Ed and EFNEP programs include Project Fresh, Healthy Harvest workshops and Show Me Nutrition lessons geared toward youth.

Through the program outreach:

» More than one-third of youth decreased their intake of sugary drinks.

» Nearly one-third of youth increased their level of physical activity.

» Nearly half of adults increased their daily vegetable and fruit consumption.

» More than two-thirds of adults increased time spent being physically active.

» More than two-thirds of adults reported improved ability to make their food dollars go further.

Cooking Matters for Adults

Cooking Matters is a nutrition education program where participants learn to eat healthy, cook and grocery shop on a limited budget. Participants gain skills and confidence to make healthy budget friendly meals for their family. Each week, participants receive take-home groceries. The class series also includes: participatory food preparation that provides cooking and food safety instruction, engaging nutrition activities and discussions, practice with food budgeting, interactive grocery store visit with a $10 challenge, and recipe book.

Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person’s life span.

MSU Extension reached more than 2,000 adults and young people across Saginaw County through programming. Nearly one-third of youth increased their level of physical activity and more than two-thirds of adults increased time spent being physically active.
National Diabetes Prevention Program

Michigan ranks 15th in the nation for prevalence of diabetes, with an estimated 10 percent of Michigan adults aged 18 and older had been diagnosed with diabetes – about 758,300 people. An additional 250,200 Michigan adults are estimated to have diabetes but are currently undiagnosed.

Through the National Diabetes Prevention Program, MSU Extension helps participants learn ways to change their lifestyles and improve their health. A trained lifestyle coach leads 16 core group sessions weekly. Participants learn how to make modest lifestyle changes. Groups then meet monthly for six post-core sessions. The program provides participants with both a lifestyle coach and a valuable support system.

Chronic Disease Self-Management (PATH)

The prevalence of chronic disease is high in Michigan. Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Participants of MSU Extension PATH (Personal Action Toward Health) programs report improved symptom management including decreased worry, decreased fearfulness about future health, and fewer frustrations about health problems. At the end of the series, PATH participants show decreased fatigue, decreased shortness of breath, and decreased self-reported pain. Other program benefits show increased physical activity and improved communication with physicians. PATH is an evidenced-based, 6-week program that delivers health information to empower people to assume an active role in managing their chronic conditions.

My Way to Wellness

MSU Extension’s My Way to Wellness program is an opportunity for individuals to learn through self-paced learning modules that include: personal goal-setting, nutritional needs and physical activity, building a healthy MyPlate, energy, picking the best portions, healthy habits for a healthy life and more. Because My Way to Wellness is offered online, the program is easy to accommodate to any schedule. Participants can complete the program at ease in the comfort of their own personal space.
Michigan agriculture continues to be a growing segment of the state’s economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs. These measures strengthen Michigan’s economy while connecting farmers to local food opportunities and global markets. In this way you help MSU Extension encourage growth in a sustainable and prosperous Michigan food and agriculture system.

Sugarbeet Advancement

Michigan Agriculture is the second largest industry in the State and is continually growing. The sugarbeet industry alone has a direct economic impact of over 550 million dollars. In the last 10 years, Michigan stops the chard for improved sugarbeet yields, quality, and profitability. MSU Extension staff work extensively with the sugarbeet industry to continually improve yields on an annual basis. In 2014, 20 research trials were conducted in the Saginaw Valley area. These efforts include variety testing, improving management techniques, and solving production constraints. The information is published in 2 research journals that all sugarbeet producers receive. MSU Extension staff also provide educational efforts such as sugarbeet variety selection seminars, agronomic educational programs, and the Bean and Beet Symposium. Recent evaluation of educational seminars indicate 95 percent of growers intend to incorporate information into their growing practices. Results also indicated an estimated increase of 3.3 million dollars in revenue for those growers who attended the seminars.

Integrated Pest Management (IPM) Academy

IPM is a two-day program covering the fundamentals of IPM and identifying resources and technology for sustainable agricultural practitioners. Timely topics such as extreme weather effects or newly introduced pests are featured. Academy participants gain a solid foundation in sustainable pest management, knowledge of MSU and its partners’ resources, and the ability to share this knowledge with their farm clientele. The Academy's goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.

Breakfast on the Farm (BOTF) bridges the gap between Michigan’s farmers and consumers who often have little idea where the food on their plates comes from.
Supporting Food and Agriculture, continued

Fighting back against emerging pests

The spotted wing drosophila and the brown marmorated stink bug are two invasive pests that pose the biggest threats to Michigan’s fruit production. Michigan growers will likely have to implement new management programs to control these pests from harming their fruit crop.

The spotted wing drosophila has an optimal developing temperature of 65 to 70 degrees Fahrenheit, normal conditions during a Michigan growing season. This makes early detection information vital to activate pest management programs that prevent rapid population increases and potential infestations.

MSU Extension partners with farmers and statewide agencies to monitor these pests. Working together to eliminate these invasive species will be essential to lessen the loss of the Michigan tree fruit crops in the future.

Growers need to monitor for both the spotted wing drosophila and the brown marmorated stink bug because:

» Spotted wing drosophila feed upon and lay eggs in ripe fruit.

» Spotted wing drosophila can produce many generations in a relatively short amount of time.

» The brown marmorated stink bug has a host range of more than 300 known plants, including fruits grown in Michigan.

» In other states, brown marmorated stink bug populations reached high numbers causing substantial damage in tree fruits.

Showing lawmakers the value of composting

Composting animal mortalities is a regular part of work for today’s farm operators. However, municipalities rarely use this method despite its being a good solution to disposing of animal carcasses.

Proper animal composting works well as a way to deal with road kill, as an alternative disposal method for animal control units and as a disaster response when livestock and other animal mortalities require disposal. Composting is a dynamic process, enclosing an animal carcass in a mixture of plant or fiber-rich materials such as wood chips or used compost. Microorganisms in the mixture use moisture, carbon and oxygen to break down the carcass tissues while releasing heat that kills harmful bacteria.
Protecting Bay Area Vegetables

Topping out at just over 30,000 acres, the pickling cucumber is Michigan’s most-produced vegetable. A majority is produced in the Great Lakes Bay area of Michigan. The biggest threat to these acres is the Cucurbit Downy Mildew. This fast-moving disease of cucumbers and other vine crops can destabilize the large network of growers. MSU Extension staff efforts help mitigate conflicts between grower identities such as cantaloupe growers and greenhouse producers. Staff work to ensure there is smooth communication between detection units, growers and processors which assists in stabilizing the pickling cucumber industry in Michigan. MSU Extension staff continue to facilitate variety trials on behalf of cucumber seed breeders and have been advising selection criteria for open-pollinated cantaloupes in the Great Lakes Bay area.

Lawn and Garden Hotline

MSU Extension’s Consumer Horticulture team and trained Master Gardener Volunteers are dedicated in helping answer any home lawn and garden questions. The Lawn and Garden Hotline is 1-888-MSUE4MI (1-888-678-3464). MSU Extension staff and volunteers are available weekdays 9:00 am—12:00 pm and 1:00 pm—5:00 pm during the growing season (April-September). During the off season (October-March) the Hotline is available weekdays 9:00 am—12:00 pm. Residents can also receive valuable information and sign up for MSU Extension Home Gardening news at migarden.msu.edu.

Saginaw Valley Master Gardener Association

The Master Gardeners of Saginaw Valley are a volunteer group dedicated to learning about gardening and horticulture and sharing acquired knowledge with the people of Saginaw County. They encourage horticulture and gardening which through adding beauty improved the quality of the community’s environment. The 96 Master Gardener volunteers continuously assist residents through either phone contact or face-to-face interaction.

The SVMGA have volunteer projects around Saginaw County including: St. Charles Beautification High School Project, Bridgeport Historical Village, Japanese Cultural Center, Saginaw Art Museum, Swan Creek Rail Trail, Castle Museum, Saginaw Township Community Gardens, Andersen Enrichment Center, Center of Hope Garden, Frankenmuth Farmers’ Market, Downtown Saginaw Farmers’ Market, Dow Event Center, Children’s Zoo at Celebration Square, and M-Dot 1-75 Rese area (mile marker 14).
## MI SPARTAN IMPACT

MSU works side by side for a stronger Michigan.

### Saginaw County

- **Enrolled Michigan Students**: 416
- **Enrolled Medical Students**: 27
- **Alumni Residing in County**: 3,430
- **Spending with Local Businesses**: $1,179,529
- **Total Economic Impact**: $36,288,337
- **Financial Aid Disbursed**: $2,892,134
- **4-H Youth**: 4,655
- **Property Owned by MSU (Acres)**: 77
- **4-H Volunteers**: 157
- **Employees**: 34

*Data is from an independent study by the Anderson Economic Group

For additional information visit:

- [http://mispartanimpact.msu.edu/](http://mispartanimpact.msu.edu/)
- [http://msue.anr.msu.edu/](http://msue.anr.msu.edu/)

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MSU is an affirmative-action, equal-opportunity employer. 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.
## Extension Educators Serving Saginaw County

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### Extension Educators Serving Saginaw County, Continued

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