

Ohio State University Extension Cuyahoga County

2020 Program Report



Ohio State University Extension Cuyahoga County

A Note from the Director..... Page 3

Sustainable Food Systems..... Pages 4-5

A sustainable food system benefits producers, protects the environment, and feeds a growing world population. Meanwhile, changing consumer preferences continually influence the type of products that producers are expected to bring to market. OSU Extension brings science-based information to the process of making decisions about food and the way it is produced, processed, distributed, stored, prepared, and consumed.

Workforce Development..... Page 6

A commitment to lifelong learning is critical to remaining relevant in one's chosen field of work. The programs of OSU Extension not only help individuals acquire the skills they need in their current jobs, but those they will need in the future positions to which they aspire.

Health and Wellness..... Page 7

Our lifespan is determined by our genetic makeup, our behaviors, and the environment in which we live. While our genetic code is fixed, we can change our behaviors and our immediate surroundings. OSU Extension has nationally recognized programs that help people make healthy choices and catalyze the creation of healthy homes, schools, workplaces, and communities.

Thriving Across the Lifespan..... Page 8

From infancy to later life, OSU Extension is committed to helping individuals flourish within families and the various social structures in which they live. Perhaps most notably, Ohio 4-H uses a youth development approach to help young people develop characteristics that build a foundation for a positive adulthood.

Ohio State University Extension Cuyahoga County

A note from our Director:

As Cuyahoga County's OSU Extension Director, I am very proud of the unwavering commitment our team demonstrated throughout 2020 to help meet the needs of the community. Despite many great challenges your Cuyahoga County team responded by supporting record SNAP incentive sales and pounds of produce donated to assist local families. We also empowered families to grow their own food, and increased awareness of trauma while offering financial literacy and diversity education to teens.

In our pivot to virtual trainings and workshops we maintained communication with our partners and residents as a reminder that our goal is to serve and support our neighbors, friends, and families. Our ability to serve more than 30,000 households in the midst of constant change and uncertainty is a testament to the strength of our partnerships and your trust in us. We thank you!

The accomplishments detailed in this report focus on sustainable food systems, workforce development, health and wellness, and thriving across the lifespan. As we continue serving the community in 2021, we encourage you to spread the word or even join one of our workshops yourself to rediscover how the work of our 4-H, Agriculture and Natural Resources, Community Development, and Family and Consumer Sciences teams impact lives.

Nicole Debose

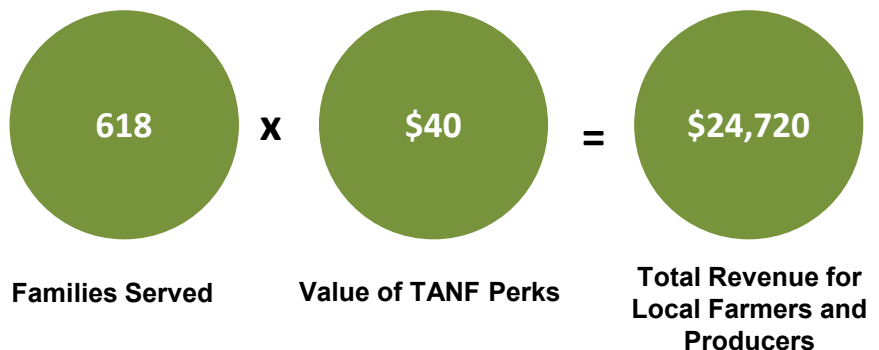


Sustainable Food Systems

Produce Perks: The Produce Perks program offers SNAP customers a dollar-for-dollar match, doubling their purchasing power at participating farmers' markets, farm stands, CSA's, and mobile markets. For every dollar, a SNAP customer spends at participating sites using an Ohio Direction Card, they receive a free additional dollar referred to as a "Produce Perk." Produce Perks can be used to purchase fresh, local fruits and vegetables only.



TANF Perks: In 2020, Temporary Assistance for Needy Families (TANF) funds were used to provide eligible families in Ohio with fruit and vegetable coupon booklets, referred to as TANF Perks. TANF Perks coupons booklets were valued at \$40 and could be used at local farmers' markets.



WIC Perks: In partnership with MetroHealth Cuyahoga County WIC, OSU offered WIC Perks at select WIC Farmers Market Nutrition Program (FMNP) events. After families received their WIC FMNP coupons, they had the option to engage in an educational activity. In exchange for their participation, families received an additional set of coupons for produce valued at \$20 and relevant culinary tools.



Sustainable Food Systems

Summer Sprout: The Summer Sprout program provides soil testing, seeds, starter plants, soil amendments, tiling services, raised bed materials, educational outreach and support to participating gardens. The Ohio State University (OSU) Extension works with community partners, including the City of Cleveland Land Bank who develop landbank licenses for garden sites.

In 2020 there were:



Participants



Community Gardens



Pounds of Food
Donated



Gardens using Land
Bank properties

43,740 starter plants provided, including tomatoes, peppers, collard greens, cabbage, eggplant and cantaloupe.

Urban Agriculture Education: Increased the awareness of Urban Agriculture and helped residents learn how to achieve their goals for growing food.



- **170+** participants attended a virtual series of topics surrounding urban agriculture called Urban homesteading.
- **28** community gardeners trained through a virtual community gardening training.
- **21** market gardeners trained through the market gardener training program.
- **1,556** email newsletter subscribers
- **3** networking events were provided to Cleveland's Urban Agriculture Community.



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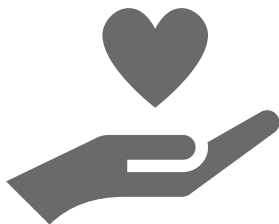
Workforce Development



Financial Literacy: The Real Money Real

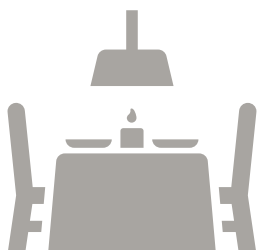
World curriculum was used as well as the evaluation tools from the program. Youth were able to leave the program with a greater grasp on how education levels affect their long-term earning potential in addition to getting helpful tips on budgeting, credit, smart saving strategies, and other financial topics.

- **65** students participated



Trauma Informed Care: This program aims to increase awareness about trauma, its prevalence and impacts and gives professionals tools to use in practice as opposed to learning how to diagnose and remedy the traumatic experiences.

- **237** Ohioans were trained including social workers and school staff, teachers, and administrators.



Food and Safety Education: Food Safety Education was provided to **55 Ohioans** either learning home food preservation or completing mandatory workplace certification courses.

- **12** Ohioans completed mandatory Ohio Department of Health food safety training and certification.



Health and Wellness



EFNEP: The Expanded Food and Nutrition Education Program (EFNEP) in Cuyahoga County provides free nutrition education series to limited-resource families and youth throughout the county. EFNEP classes focus on teaching our participants about nutrition, physical activity, food safety, and saving money on healthy food for their families.

98%

of participants showed improvement in their diet quality

79%

of participants increased their physical activity

79%

of participants showed improvement in their food safety practices

98%

of participants reported less food insecurity

91%

of participants increased their food resource management practices



SNAP-Ed: An evidence-based program that helps people lead healthier lives. SNAP-Ed teaches people, households, and communities, with limited resources, and that participate in SNAP benefits, about good nutrition and how to make their dollars stretch further. SNAP-Ed works by building partnerships with different community organizations. Programming covers 5 main topics: MyPlate, breakfast, fruits and vegetables, healthy snacks, and physical activity, with extra topics on whole grains and dairy for adult audiences.

- SNAP-Ed has served **112 partners** within the last few years including schools, Head Start programs, recovery centers, libraries, and adult community centers.



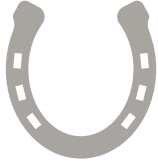
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Thriving Across the Lifespan



4-H Youth Development: 4-H is a non-formal educational, program offered to individuals age 5 and in kindergarten to age 19. Over **5,200** 4-H participants “learn by doing” through hands-on activities in Cuyahoga County.

- **173** youth participated in "Fair in the Box" which was created after the Cuyahoga County Fair was canceled due to the COVID-19 pandemic.



Agriscience in the City: This agriscience program allows students to explore topics such as honeybees, chickens, decomposers, and engineering design. OSU Extension partnered with six CMSD schools in the Spring and moved to a virtual format in Fall due to the COVID-19 pandemic to deliver this program.

- **281** youth served in Spring 2020
- **172** youth served in Fall 2020



STEM Program: This program taught science and engineering principles through hands-on projects to **260** youth throughout the county. OSU partnered with schools, libraries, and community centers to bring these classes to youth.



YALC Program: The Youth Advocacy and Leadership Coalition allowed youth to explore topics they care about while providing leadership opportunities to over **432** youth during 2020. This included workshops such as :

- "**Know Your Rights: Youth Rights Program**", "**Youth Voice Workshop**", and "**Just in Time Equity Dialogue Series**"



Master Gardener Volunteer and Horticulture Education: In 2020 this program had:

- **194** active volunteers including **18** new volunteers
- **670** pounds of produce demonstrated
- **7,016** hours contributed to educating the public
- **13** general horticulture events attended by **873** contacts



Thank You for your Support in 2020!



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