Rutherford County Extension

2014 Highlights

4-H

ANR/CED

FCS

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.
Rutherford County Extension 4-H

4-H is a community of young people learning citizenship, leadership and life skills. The Rutherford County 4-H Program offers a variety of hands-on educational programs to the youth of Rutherford County. 4-H is available to all youth in grades 4th-12th. Our programs are delivered via in-school, after school and project group settings.

**Enrollment**

3,753 4th –12th graders in
158 in school clubs, 12 afterschool and
18 project groups

**Program Partners**

US Army/National Guard
Rutherford County Juvenile Detention Center
Patterson Park Community Center
Rutherford County Boys and Girls Club
Murfreesboro Housing Authority
Murfreesboro Parks and Recreation

**On My Own** Financial Education Program

- 1,200 participants from 6 middle and 6 high schools
- Real-world simulation in career exploration, calculating income and expenses
- Teaches budgeting and decision making skills

**4-H**

Science
Technology
Engineering
Mathematics

246 Middle School Students Participated In 4-H STEM

**I nnovative programs in Animal Science** have been successful in:

- Providing hands-on experiences with livestock
- Increasing awareness of careers in Animal Science
- Providing a better understanding of importance of math, biology and chemistry in Animal Science field of study

**Family and Consumer Sciences Programs**

122 4-H’ers involved in:
Cooking
Sewing
Pottery

**Life Skills**

The goal of the Rutherford County 4-H Program is to provide experiential learning opportunities to youth to aid them in developing life skills. Two of the Life Skills that are consistently evaluated are Achieving Goals and Communications. Because of their involvement in 4-H programs, participants indicated that they were competent in the following areas:

**Achieving Goals**

1,601 youth can put their goals in writing and break those goals down into steps
1,861 youth can set high goals and work to achieve those goals

**Communication**

884 youth can understand and follow directions
628 youth can use technology to help themselves express ideas.
Participation
59,400 Contacts were made in 2014 thru various assistance offered, including meetings, classes and on-site visits.

75% of ANR/ CED program participants indicate that they intend to adopt recommended Extension practices

Rutherford County Extension ANR/CED
The Agriculture, Natural Resources and Community Economic Development Team serves a diverse clientele including livestock and row crop producers, commercial vegetable and fruit producers, horticultural service providers, and consumers who manage home landscapes and grow backyard fruits and vegetables.

Program Partners
Rutherford County Farm Bureau
Farm Bureau Women
TN Dept of Agriculture
TSU Extension Program Specialists
Farm Service Agency (FSA)
National Resource Conservation Service (NRCS)
Rutherford Co. Schools
Meaningful Gleaning of RC
RC & TN Cattlemen’s Assn.
Master Gardeners of Rutherford Co.
Rutherford Co. Beekeepers Assn.
WGNS Radio
Local Agri. And Horticultural Retailers

Rutherford County Farmers Market
- 91 vendors sold locally grown produce and products
- 51,300 Shoppers
- $361,000 in sales
- 900 participated in 51 semi-weekly RCFM Educational classes

Cattle Producers
Thru Beef Quality Assurance (BQA) and Master Beef Producers programs, 391 cattle producers have reported economic benefits of $839,064 by adopting recommended production and marketing practices.

Horticulture
- 520 residents and commercial growers were assisted with insect and plant pests identification and control recommendations.
- 614 soil, plant and pest samples were submitted by Green Industry professionals resulting in savings of $521,900 due to increased control efficiency, reduced retreatment and customer retention.
- Extension Trained Master Gardeners volunteered 5,501 hours of services valued at $121,792 through educational programs and assisting with Extension horticultural programs.
Rutherford County Extension FCS

Family Consumer Sciences

<table>
<thead>
<tr>
<th>Family</th>
<th>Health</th>
<th>Food</th>
<th>Money</th>
<th>Home</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2014 Direct Contacts: 14,037

Strengthening individuals, families and communities through education by addressing critical issues and needs related to home, finance and personal needs.

Program Partners
- Murfreesboro City Schools
- Rutherford County Schools
- Murfreesboro Parks & Recreation
- Murfreesboro Housing Authority
- St. Clair Senior Center
- Rutherford County Health Dept.
- Rutherford County 4-H Clubs
- Westbrook Towers
- Tennessee Rehabilitation Center
- Tennessee Housing Development (THDA)

Expanded Food & Nutrition (EFNEP)
Nutrition classes for families with limited resources.
148 families enrolled / 95% program graduation rate
Participants learn to read nutrition labels, watch sodium and sugar intake, plan meals, budget food resources and use food safety precautions when purchasing or preparing foods.

Home, Health & Money
- 171 Students at Blackman & Smyrna High Schools participated in “Fast Food: Healthy or Horrible” and were taught how to make healthy eating choices when eating out
- 68 individuals were taught “Portion Savvy: How to use My Plate” healthy eating program.
- “Germ City” was presented to 48 staff members at Stones River Manor to learn the importance of hand washing in controlling the spread of germs.
- 72 participants were led through a 6 week workshop on living with chronic illnesses and diabetes.

Food Safety and Preservation & Family
- 6 4-H clubs with 120 members who volunteer their time in the community on various projects as well as encouraging their members to participate in leadership training.
- 5 Seasonal Eating Classes taught to 77 participants as part of the RCFarmers Mkt educational series. Included Canning Basics, Seasonal Food Choices, Preserving Tomatoes and Using a Pressure Cooker
- Season of Wonders annual Christmas cooking demonstration and craft show was held in December with a record attendance.