**Family and Consumer Sciences – 2010 Program Highlights**

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**Food and Youth Initiative** – Food and Youth Initiative (FYI) is a school-based educational program developed by Le Bonheur Children’s Medical Center and UT Extension which promotes healthy nutrition choices aimed at elementary age children. FYI is a ten-week program and includes topics on the importance of physical activity, fruits and vegetables, portion sizes, and fats and sweets.

**Tipton County:** From January through March 2010, FYI was implemented at Drummonds Elementary School to 143 students. Once a week students were taught 30 minute nutrition lessons, which were designed to make learning fun and inclusive. Students were given an evaluation observing their nutrition-based knowledge before and after the program and FYI greatly improved their awareness. At the end of the program, teachers and parents completed surveys about FYI, resulting in positive feedback:

One parent commented, “I appreciate what my child is learning about nutrition. He has recently started reading nutrition labels to me and has been more selective with his snacks! Thank you!”

“I hope we do this again next year! Students have really enjoyed the program! Now I have noticed that students are choosing green vegetables at lunch. Before FYI students only chose tater tots,” said one teacher.

**Dining with Diabetes** – is an educational program designed for individuals with diabetes and their caretakers (both youth and adults). The goals of the program are to increase the knowledge of participants regarding diabetes and proper nutrition.

**Tipton County:** In February, 12 caregivers and diabetics participated in the program. Topics include: Carbohydrates and Sweeteners; Fats and Sodium; and Vitamins, Minerals, and Fiber. As a result of the class, half of the participants were able to name foods that raise their blood sugar levels, used the food labels to help control diabetes, and used artificial sweeteners to reduce the total carbohydrates in their diets.

**Parent Apart: Effective Co-Parenting** - Tennessee has one of the highest divorce rates in the United States. Because of concerns about the negative impact of divorce on children, the Tennessee State Legislature passed a law requiring parents of minor children to attend a parent education program. The University of Tennessee’s Parenting Apart: Effective Co-Parenting classes help divorcing parents learn how to help their children cope with the issues that arise because of the parents’ divorce.

**Tipton County:** Since March, five divorcing parents have completed the 4-hour parent education class. Classes are offered each month at the UT Extension Office from 1:00p.m. – 5:00p.m.

**Building Blocks for Excellent Child Care: A Provider’s Retreat:** This two-day conference was held in 2010. This free training was made available to day care providers in Tipton, Lauderdale, Crockett, and Haywood. Participants had the opportunity to relax, learn, and receive up to 7 hours of training credit, which is Department of Human Services approved. During this training, providers experienced the “Stress Free Zone” which included presentations on stress/time management, health, interpersonal relationships, and other issues that could impact a provider’s ability to be effective and enthusiastic when it comes to caring for children. Providers attended sessions, taught by Extension personnel and agency partners, on the following topics: Family Economics, Health & Safety, Nutrition & Food Safety, and Human Development. As a result of the conference, participants stated: they enjoyed the overall conference, planned to use the information at their Child Care Centers, and would be willing to pay for a training of this quality. Funding for this training was made available through the Emma Ree Crooks Dates and Stimulus Funds Grant.

**Tipton County:** A total of 18 Child Care Providers and 2 Child Care Directors attended this conference.

If you are interested in the Family and Consumer Sciences programs or would like to schedule a program for your school, church group, or organization, please contact Priscilla Eddins at (901)476-0231.
Agriculture

MASTER GARDENERS

The Master Gardener racked up some impressive figures for 2009:

We have 26 Master Gardeners and 15 interns. The Master Gardeners and interns donated 2,294 volunteer hours. The dollar value for a trained volunteer is $20.25 per hour in Tennessee. The dollar value for the hours Master Gardeners donated is $46,454 dollars in Tipton County. Also, the Master Gardeners must receive 8 hours of continuing education per year. We are grateful for what the Master Gardeners do in Tipton County. The Master Gardeners divide their hours by doing Administrative work in the Extension Office, Community work and by teaching others about gardening.

Here are some of the Impacts that were made through Extension programs in 2009:

1. 28 Master Gardeners gained knowledge in ornamental horticulture.
2. 17 Master Gardeners gained knowledge in soil testing.
3. 18 Master Gardeners gained knowledge in identifying turf grass.
4. 28 Master Gardeners gained knowledge in plant disease.
5. 27 Master Gardeners have used the knowledge and skills they learned in the program to assist 60 people to identify plant disease.
6. 23 Master Gardeners have used the skills and knowledge they learned in the program to assist 75 people in the importance of a soil test.

2010 is off to a great start with the Master Gardening program

Fifteen interns are in the Master Gardening class. They are out in the community doing volunteer work. Applications for the 2011 Master Gardening class are now available at the Tipton County Extension office at 111 West Washington Avenue in Covington, TN. The 14 week class will begin in January 2011. If you have any questions, call me (Booker T. Leigh) at 901-476-0231.

*Have you noticed the well pruned roses at the courthouse?*
They were done by the Master Gardeners.

*How about the landscape around some of the city signs on Hwy 51?*
They too were done by Master Gardeners.

The Master Gardeners had their 3rd “Gear up Your Landscape for Spring Expo” on April 10, 2010 at Brighton Middle school. Over 500 people attended this year. They keynote speakers were Leslie Kelly, PhD with Mississippi State University, Carol Reese, with the University of Tennessee and Tom Mashour, with the Shelby County Master Gardening Program. If was a wonderful Expo.

Consumer Horticulture

In 2009 the Tipton County Extension Staff made over 5,070 contacts to the residents of Tipton County:

- 238 clients visited the Extension Office for information dealing with horticulture, home economics, crops and other agriculture related information.
- 1,310 clients called the Extension Office for information.
- The Extension staff had 247 group meetings that reached over 2,900 clients. The agents made over 103 on site visits that reached over 622 clients.
- In 2009 the Extension agents did 79 news articles and 60 T.V. programs

The Extension Agent and Master Gardeners will diagnose plant problems from 3:00 to 5:00 p.m. at the Munford Park and Recreation center, 63 South College Street, Munford, TN. Come and get all your questions answered about your trees, garden shrubs, lawn, etc. The dates are June 10, June 24, July 22, and August 12.

The Master Gardening Program is a voluntary educational program that started in Tipton County in 2004, designed to meet the gardening needs of our community. The Master Gardening Program has allowed the Extension Service to extend its educational efforts and its audience to better meet the public demand for information. Since the program started in Tipton County, we have trained more than 140 Master Gardeners. We currently have 26 active Master Gardeners and 15 interns that finished class work on April 20, 2010. They will be busy doing their volunteer hours until August. They will have their graduation on August 24 at the Chamber Center.

To become a Master Gardener, individuals must receive 42 hours of in-depth horticultural training from the University of Tennessee specialist, agents and local experts in their field of horticulture. In return they must donate 40 hours of volunteer service and community. Also, they must get 8 CEU’s (Continuing Educational Units). For more information about the Master Gardener Program please contact Booker T. Leigh with the University of Tennessee Extension office at (901)476-0231.