We provide education… that produces solutions to societal, economic and environmental issues. We teach Tennesseans in the places they live, work and play through hundreds of programs. Our efforts are based on local needs, research and a commitment to improve the quality of life.

### Programs in Livestock & Forage

In 2009 we focused much of our attention on educational programs in livestock and forages. Thirty producers from five area counties including Van Buren County participated in the very first Master Meat Goat Producer course to be offered in this area. Cumberland Beef Day was held in April by the White/Van Buren Cattlemen’s Association and had over 400 attendees. We also held beef meetings on topics such as weed control, forage and soil testing, mineral feeding, cattle grading, and genetic defects in cattle.

- 81 beef producers have improved knowledge about record keeping.
- 77 beef producers have improved knowledge of economic returns from improved pasture management.
- 23 goat producers have improved knowledge about genetic improvement, nutrition, health, reproduction and other information as a result of the Master Goat Program.
- 19 goat producers report improved production efficiency due to practices implemented from their Master Goat Program participation.

**Shaping Up Van Buren County**

The lack of nutrition education is a problem statewide but can be especially severe in small rural counties. Many of our families do not eat balanced meals because they do not understand the basics of good nutrition. They also miss opportunities to get out and exercise. Educating and motivating families to live healthier lives is a major goal of the Van Buren County FCS program.

**Reaching Van Buren County**

<table>
<thead>
<tr>
<th>Method</th>
<th>Number of methods</th>
<th>Contacts Reached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meetings/Demonstrations</td>
<td>715</td>
<td>14,185</td>
</tr>
<tr>
<td>Client Visits</td>
<td>115</td>
<td>409</td>
</tr>
<tr>
<td>Targeted Mail/Telephone Consultations</td>
<td>455</td>
<td>943</td>
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<tr>
<td>On-site Visits</td>
<td>51</td>
<td>491</td>
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**Contacts by Extension Personnel**

<table>
<thead>
<tr>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>Youth</td>
<td>10,809</td>
</tr>
<tr>
<td>Adult</td>
<td>5,219</td>
</tr>
</tbody>
</table>
• 175 of 215 participants decreased consumption of high-sugar foods.
• 197 of 215 participants now eat more fruits and vegetables.
• 143 of 215 participants engaged in physical activity for at least 30 minutes five or more days during most weeks.

Opportunities for Our Youth
4-H in Van Buren County has had some great successes this year thanks to our hard working volunteers, our generous donors, and of course the kids themselves! The 4-H program reached several milestones this year including a record number of youth attending Junior Camp, a record number of youth participate in the Chick Chain project, and new judging teams such as poultry and horse.
• 230 youth can speak loudly enough to be heard when giving a speech or talk
• 115 youth report that they know how to set goals and they use that ability when leading a group
• 162 youth who report they now listen to people with more experience than themselves.

On Track with TNCEP
The TNCEP program is also a critical part of our educational efforts. Lessons in the schools, programs and classes at our local Senior Center, meetings with clients at DHS, Commodities, Health Department and more all go in to making this program a success. A new program was implemented in the school system called “You Are What You Eat” that received statewide recognition from the Governor’s office. Each of these programs has reached out to our SNAP eligible clientele to try to inform them with new and exciting ways to stay healthy and fit.
• 50 Volunteers helped feed over 200 SNAP eligible family members a healthy Thanksgiving meal with 100% of the food being donated.
• 20 youth learned how to exercise and how to cook healthy meals for their families during Camp Energize.
• Over $25,000 in “In Kind Hours” came from volunteers.

Improving Life in Our County
An important area of UT Extension that is often overlooked is Resource Development. The UT Extension office works closely with the Van Buren County Chamber of Commerce to organize and carry out Leadership Van Buren, which is a vital part of our 3-Star program. Leadership Van Buren is a personal development program designed to motivate participants to develop and enhance the quality of their leadership in addressing pertinent community needs. This year, 10 participants went through the program and learned more about their county and how they can get involved in improving it.

Contact Us
Our office is located at 445 College Street inside the Burritt College Building in Spencer, TN. Office hours are 8 a.m. to 4:30 p.m. weekdays. Contact us at 931-946-2435 or at any of the below e-mail addresses.

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