



OKLAHOMA COUNTY  
EXTENSION

# Oklahoma County

## OSU Extension

### MLK Students Learn Basics of Water Conservation



OSU Extension has partnered with the Martin Luther King Elementary afterschool program. Cody Yount, 4-H Youth Development Educator, has been teaching the students the basics about how water gets delivered to the home faucet as well as simple conservation tips. Students are also learning how to reduce pollution in our water resources by reducing or eliminating the use of unneeded fertilizers and pesticides. The students all enjoyed the hands-on activities and were eager to learn more.



#### What happened at OSU Extension?

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# TEEN CUISINE

On Saturday, February 15<sup>th</sup>, Taylor Conner, Family and Consumer Sciences Educator, taught a group of teenagers at the Metropolitan Northwest Library about the basics of cooking. During the hour session, teens learned about the importance of eating a variety of foods modeled after the USDA's MyPlate, as well as practicing food safety while in the kitchen. They learned how to read recipes, safely use a knife, and properly use measuring cups and spoons when preparing food. Using their newly learned skills, each student prepared a healthy snack to enjoy.



# HEALTHY FOR LIFE GRANT

FCS Educator, Taylor Conner, and Community Nutrition Education Program (CNEP) Area Coordinator, Christi Evans, along with our partners including the American Association of Family and Consumer Sciences (AAFCS) and Oklahoma City-County Health Department (OCCHD), received a \$2500 grant as part of the American Heart Association's "Healthy for Life Educational Experiences". This grant is being used to reach more underserved populations in the Northeast OKC region, in what is deemed a food desert. Using the grant, the multiple partnerships created the Healthy for Life program series. These free, four session workshops, are taking place throughout February and March.

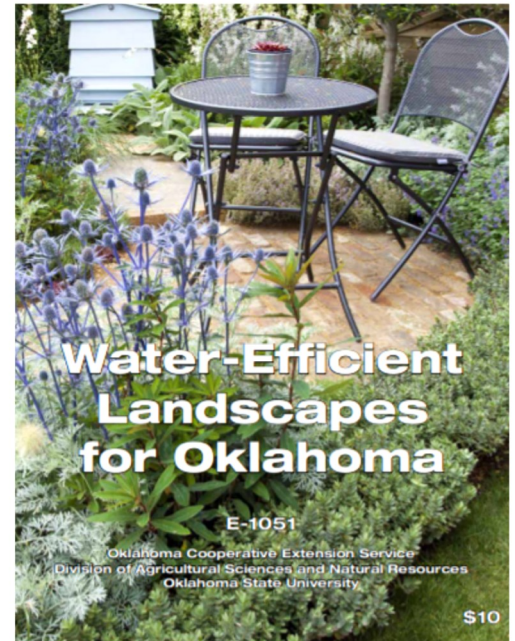
The workshops provided information on how to eat on a budget, how to safely and nutritiously prepare homemade meals, and provide money saving tips to use at the grocery store. The participants that complete all four classes receives two grocery gift cards, an American Heart Association Health Toolkit box, an electric pressure cooker, and free groceries as a part of the Regional Food Bank's Mobile Market.



# Blue Ribbon Extension Communication Award

Oklahoma County Horticulture Educator Julia Laughlin and Urban Agriculture and Natural Resources Educator Joshua Campbell were recently awarded the Blue Ribbon Extension Communication Award by the Southern Region of the American Society for Horticultural Sciences for their role in the development of the Water Efficient Landscapes for Oklahoma, E-1051 Extension publication. The publication highlights landscape design and plant selections for water-efficient landscapes.

The Blue Ribbon Extension Award was initiated in 1987 to recognize excellent research and publications developed by Extension professionals. The award recognizes outstanding contributions to the understanding of horticultural subjects in written, video, audio and electronic form, including internet-based formats.



## STEP INTO SPRING



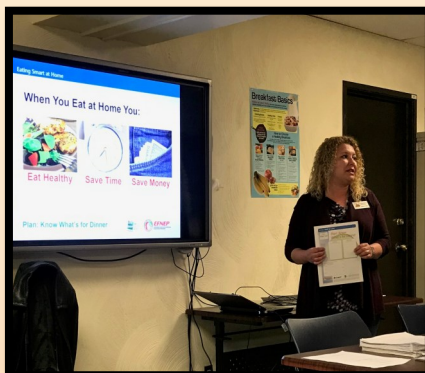
On February 21, as part of the “Four Seasons Living” series of quarterly workshops, the “Step Into Spring” workshop was held. The workshop, presented by Julia Laughlin, Horticulture Educator and Joshua Campbell, Urban Ag and Natural Resources Educator, was designed to help homeowners get prepared for

spring in the home garden, landscape and lawn. In addition, the Family and Consumer Sciences Educator, Taylor Conner, demonstrated how to prepare a healthy seasonal recipe with food tasting. Programming focused on spring gardening, timely tips for pruning, planting, fertilizing and general maintenance. Over 160 attended, 40% of which were new extension participants. Each person received a free “Four Seasons Living” 2020 calendar, funded by the CE-FCS Ambassador’s grant, which features healthy seasonal recipes and timely horticulture and conservation tips.



# CNEP Provides Nutrition Education for Expectant Mothers

The Community Nutrition Education Program (CNEP) provides weekly nutrition classes at Central Oklahoma Healthy Start Initiative. Class participants are typically expectant mothers and their families, but classes are free and open to the public. Nutrition lessons are taught by Cassandra Saldivar, CNEP Nutrition Education Assistant who focuses on planning meals, grocery shopping on a budget, and making smart choices using MyPlate guidelines. Cassandra states that she enjoys the interaction with the families, hearing how they improve their food safety and other nutrition practices, and how they improve their overall wellness. Classes meet each Tuesday from 1:30-2:30pm at Healthy Start, located at 3017 N. Martin L King Ave.



COMMUNITY NUTRITION  
EDUCATION PROGRAMS

## What's Coming Next?

### Co-Parenting for Resilience

Tuesday, March 3rd,  
12:30 PM-4:30 PM

Tuesday, March 24th,  
6:00 PM—10:00 PM

OSU-OKC Student Center, Rm. 304  
900 N. Portland Ave. OKC, OK 73107

### Spring 4-H Horse Show

March 7th, 9:00 AM  
OKC Fairgrounds, Barn 8

### Developing the Water-Efficient Landscape

Friday, March 13th, 12:00 PM—1:30 PM  
Okla. County OSU Extension  
2500 NE 63rd St. Okla. City, OK 73111

### Cooking Under Pressure

Thursday, March 19th,  
9:00 AM—12:00 PM  
Okla. County OSU Extension  
2500 NE 63rd St., Okla. City, OK 73111  
You must pre-register: (405) 713-1125

### Wednesdays @ Will

March 11th, 6:00 PM  
"Dealing With Shade"  
Presenter: Josh Campbell  
Will Rogers Garden  
3400 NW 36th St., OKC, OK

### Co-Parenting for Resilience—Spanish

Saturday, April 4th  
12:30 PM—4:30 PM  
OSU-OKC, 900 N. Portland  
Business Technology Building, Rm. 305  
Oklahoma City, OK 73107



Ph. 405-713-1125



2500 NE 63rd St.  
Oklahoma City, OK 73111



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