



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC

April 2023

Earth Kind

April 22nd is Earth Day and every year our Extension Horticulturalist, Julia Laughlin, teams up with the City of Oklahoma City Water Utilities Trust and the Friends of Will Rogers Gardens to celebrate with an “Earth-Kind Earth Day” educational event. This event was held at Will Rogers Gardens in OKC and programs were taught on environmental topics like water conservation in the landscape, selecting drought tolerant, adapted and native plants, supporting pollinators, soil building, composting and nature friendly gardening methods.

The morning classes were followed by a locally sourced lunch and then demonstration in the gardens including a ladybug release, composting demonstration, a tree seedling, and seed giveaway.

This year’s event was attended by over 130 participants and involved almost 20 volunteers.





**OKLAHOMA COUNTY
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Food Science at After School Program

The kids at the Urban Mission SPARK after school program had some fun making fresh butter. Taylor Conner, Family & Consumer Sciences Educator, led the activity on April 18th. Using heavy whipping cream, a mason jar, and some muscle, the kids shook the cream for about 15 minutes until it formed a ball of butter. Taylor explained the science behind the process and how the fat molecules become agitated from shaking to eventually bond together and make butter. After their hard work, the kids sampled their butter with some pita chips and packed the leftovers to take home.



**FAMILY &
CONSUMER
SCIENCES**





OKLAHOMA COUNTY
EXTENSION

URBAN CHICKEN KEEPING 101

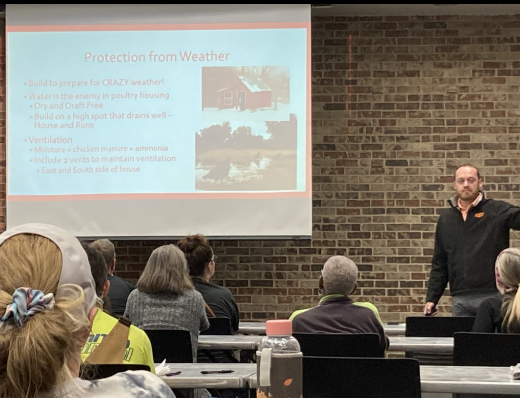
FRIDAY APRIL 7
3-5 PM
EDMOND LIBRARY
10 S BOULEVARD



Metro Library Urban Agriculture and Natural Resources Programs

Urban Agriculture Educator, Josh Campbell taught multiple classes in April at the Metro Library to support thier new garden tool lending library program. Class topics included Spring Vegetable Gardening, Backyard Composting, and Backyard Chickens.

Classes taught on backyard chickens were designed to fulfill the City of Edmond's 2-hour educational class requirement on chicken care before qualifying for a permit to keep backyard chickens.



Metropolitan
LIBRARY SYSTEM



**OKLAHOMA COUNTY
EXTENSION**



The mission of Community Nutrition Education Programs (CNEP) is to educate and empower limited-resource Oklahomans to improve nutrition and physical activity behaviors. CNEP's vision is to improve the health of Oklahomans. In 2021, CNEP had 10,707 program participants, 4,607 program graduates, 3,604 youth reached by the Virtual Farm to You exhibit and 10,324 individuals impacted by community grant projects.

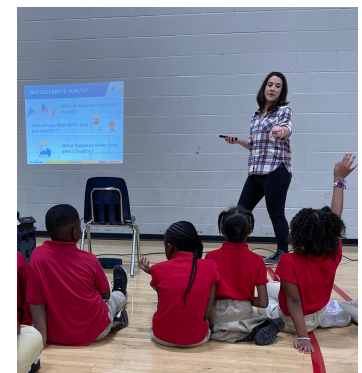
FRESH START Programming

The Fresh Start program is hands-on and teaches new skills that participants can use at home every day - from planning, shopping, and cooking tips to simple solutions for healthy eating and daily physical activity. Bianca is a special participant. She attended 100% of the program with her mom and aunt. She learned important skills in meal preparation and planning. Her overall energy increased when her activity level improved and her weight declined. It was a great time with this class full of success stories.

Lori Goodbary, CNEP Area Coordinator taught the Fresh Start Program.

**MILLWOOD
ELEMENTARY**

CATCH.org



The CATCH curriculum was taught by the newest Nutrition Education Assistant (NEA), Kaolin Porter for four weeks. She met with students twice a week. Kaolin prepared lessons with a variety of teaching strategies. The students learn important information about food, nutrition, physical activity, and how to overcome barriers in making healthy choices. Kaolin reached approximately 250 students during her first program. WOW!!!



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



**OKLAHOMA COUNTY
EXTENSION**



Eastside Fresh Market Grand Opening



Eastside Fresh Market celebrated the season's grand opening on April 18th with around 120 consumers who visited the market along with 20 local vendors.



The farmers market is a food access point for Northeast Oklahoma City and has created opportunities for NE OKC farmers and other OKC area businesses.



The market featured locally grown produce, meat, eggs, honey, and plants, as well as homemade jams & jellies, baked goods and more.



Eastside Fresh Market accepts SNAP benefits, Double Up Oklahoma, and Senior Farmer's Market Benefits.

Eastside Fresh Market is open to the public every Tuesday from 4 to 7 pm, 2500 NE 63rd Street, OKC, OK.



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BABYSITTING WORKSHOP/BOOK CLUB AT BELLE ISLE LIBRARY

A Babysitting 101 workshop was held at the Belle Isle Library in April, with twelve students becoming certified. Teens learned how to be responsible for children, created babysitting bags, learned how to market their business, and made healthy snacks. There was also information provided on infant care, focused on safe sleep practices. As an introduction to the workshop, the library provided free copies of a Babysitter's Club graphic novel, with plans to start a book club focused on the classic book series. Students discussed the babysitting experiences the characters had in the story and learned from their mistakes during the class.

Additional babysitting workshops will be held in June at the Choctaw Library and the Multi-Activity Center at Mitch Park in Edmond.





OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

Food Showdown

Oklahoma County youth competed in the annual Food Showdown competition. The Food Showdown is a culinary challenge where three member teams compete to create a dish while demonstrating their knowledge in foods and nutrition, kitchen safety, equipment, and creativity in food preparation.

Teams were provided secret ingredients and items from the common pantry, and tasked with making a meal in 45 minutes. From the secret ingredients, 4-H members must identify, prepare and then present information related to the serving size, nutritional value and cost of the dish. This year, we had eight teams participating, six junior teams and two senior teams. These kids entered the competition with varying levels of experience. The winning Junior and Senior level teams will go on to represent Oklahoma County in the District Showdown in May for a chance to advance to the State Food Showdown.





OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

Harrah High School College and Career Fair

Oklahoma County 4-H Educator, Mindy McNeil, has been working with the principal of Harrah High School, David Hairell, for two years. She has taught many programs at HHS including Mindfulness and Financial Literacy.

Financial Literacy has been a big focus for Harrah High School since it has become a graduation requirement. Over the last two years, approximately 125 students have received Financial Literacy education from Mindy.

Mr. Hairell and Miss McNeil decided to host a College and Career Fair for the Junior and Senior Classes this Spring. On April 26th, seven different schools and organizations gathered to share resources with these students. Mr. Hairell wanted to focus on programs close to home that offered students opportunities to enter the workforce as well as higher education. They plan on repeating and enlarging this program in the fall of 2023.





OKLAHOMA COUNTY EXTENSION

Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Josh Campbell - Urban Agriculture
& Natural Resources Educator

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

Lori Goodbarry - CNEP Area
Coordinator

OSU Extension provides research-based resources you can use to improve your home, workplace, and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/> to learn of new workshops or programs being offered.

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

Contact Us:



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