



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC**

### **May 2023**

### **OHCE WEEK CELEBRATED WITH MANY ACTIVITIES**

Volunteers of the Oklahoma County OHCE (Oklahoma Home and Community Education) organization celebrated OHCE Week May 7-13. President Gayla Mosteller read the OHCE Week proclamation at the Board of County Commissioners meeting to kick off the week of activities. The week also included a trip to the First Americans Museum, the annual achievement awards luncheon, displays in local libraries, and volunteering with the 4-H Mother's Day Tea fundraiser. Two new OHCE groups were started this year, for a total of eight groups across Oklahoma County.





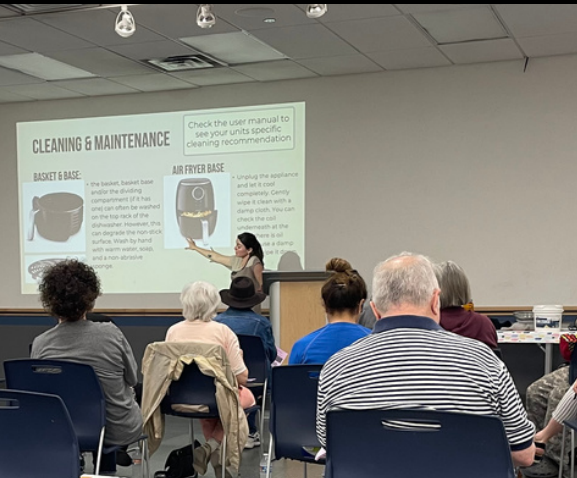
**OKLAHOMA COUNTY  
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## Ralph Ellison Library Program

During May, Taylor Conner, FCS Educator and Registered Dietitian, partnered with Ralph Ellison Library to teach "Intro to Air Fryers". The program took place on a Monday afternoon with nearly 20 people in attendance.

Taylor talked about how air fryers work and why they can be a healthier choice in comparison to deep fryers. She also shared how to choose an air fryer for those who are considering buying one and how to clean and store the units.

Afterwards, Taylor conducted a food demonstration with an air fryer tofu recipe. This provided an opportunity on how to use the unit as well as touch on protein food alternatives such as tofu.



**FAMILY &  
CONSUMER  
SCIENCES**





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## Water Conservation Programs

In May 2023, Urban Agriculture Educator Joshua Campbell presented a series of educational programs including three Water Conservation in the Garden programs at the Downtown OKC, Southern Oaks, and Ralph Ellison libraries. In this workshop series he discussed how to plan for irrigation and other important considerations for efficient management of water for landscape and vegetable gardens.

In addition, he teamed up with the Oklahoma County Conservation District to teach a compost and soil health workshop at Will Rogers Gardens.

**Squeeze  
Every  
Drop.com**  




**Metropolitan**  
LIBRARY SYSTEM



**OKLAHOMA COUNTY  
EXTENSION**

agRicultural  
educAtion  
Leadership  
extEension  
communIcation  
colleaGues  
friendsHips

## **American Association of Agricultural Education Conference**

In May 2023, Urban Agriculture & Natural Resources Educator, Joshua Campbell, traveled to Raleigh, North Carolina and North Carolina State University to attend the 2023 American Association of Agricultural Education Conference. During the conference, he presented on his work in urban Extension programming.

While there, he toured the North Carolina Department of Agriculture farmers market and local foods distribution center and learned about the local foods system and farmers market programs in North Carolina to support his work with local farm operations in Oklahoma County.





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**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.**



# Fresh Start

**LOU MCCULLOUGH, OKLAHOMA UNIT  
NEA SPENDS TIME AT A RECENT  
MOTHER'S DAY EVENT RECRUITING  
UPCOMING PARTICIPANTS AT HEALTHY  
START OKLAHOMA CITY**

The Healthy Start Oklahoma City program strives to engage women who are at risk in prenatal health care early in their pregnancy and provide ongoing care, education and support throughout their pregnancy and postpartum period. In addition to providing Prenatal Health Care, the program also provides critical screenings, counseling and referrals for drug and alcohol dependency, domestic violence, and mental health issues that impact the health of both the mother and child.

## MARK TWAIN ELEMENTARY

### *Health Fair*

Kaolin Porter, NEA presented to students about "Making Smart Drink Choices". Approximately 100 students rotated through the fair and gained knowledge of handwashing, dental hygiene, strong and healthy lungs, drug awareness and nutrition.



Youth are given the opportunity to learn essential nutrition concepts and engage in fun physical activities. Because youth involved in preparing meals are more likely to eat more nutrient-rich foods, KIK It UP! empowers participants by teaching hands-on, age-appropriate snack recipes they can make at home.

<https://extension.okstate.edu/programs/community-nutrition-education-program/recipes/index.html>



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## Grow a Row for the Hungry

The Oklahoma County Horticulture Educator, Julia Laughlin, and the Oklahoma County Master Gardeners are working on their second season of developing “Grow a Row for the Hungry” Community Garden at the Oklahoma City County Health Department NE Regional Health & Wellness Campus community garden. Approximately 8 volunteers are involved with this project and this year they are growing in three 14 x14 beds which will produce tomatoes, cabbage, sweet peppers, yellow squash, zucchini, cantaloups, winter squash and cucumbers. All of the food they grow will be donated to food pantries in the Northeast sector of Oklahoma City.



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**OKLAHOMA COUNTY  
MASTER GARDENERS**



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4-H YOUTH DEVELOPMENT**

# Stafford AIR & SPACE MUSEUM



## Oklahoma Association of Extension 4-H Youth Development Professionals Annual Conference

Mindy McNeil, Oklahoma County 4-H Educator, received several awards at the OAE4-HYDP Annual Conference at the Stafford Air & Space Museum in Weatherford, OK. These awards applications will now be judged at the regional and national levels. These awards include:

- Communicator Award for Individual Social Media Piece
- Communicator Award for Video Program
- Diversity & Inclusion Award (with 4-H'er, Violet Spencer)
- Excellence in Natural Resources and Environmental Education Award (Team Award with Joshua Campbell, Julia Laughlin, Cody Yount, and LaDonna Hines)
- Achievement in Service
- Edna Sams Memorial Scholarship
- NAE4-HYDP Conference Scholarship



Mindy is also serving as the association's Treasurer.



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

## Oklahoma County 4-H Celebrates Mother's Day

4-H Youth from across the county gathered to celebrate all the moms, and mother figures in their life with a Mother's Day Tea celebration. Complete with tasty sandwiches, delectable desserts, and a plethora of refreshing beverages.

In addition to providing the excellent goodies, 4-H'ers danced, and sang to honor the special women in their lives. We want to give a huge thank you to the OHCE members who volunteered their time and tea sets, as well as our wonderful 4-H adult volunteers.







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## *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 Goodbary - 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.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Joshua Campbell, Urban Agriculture and Natural Resources Educator.



## *Contact Us:*



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