



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC November 2022

Youth Urban Agriculture Pilot Program

In November, Urban Agriculture and Natural Resources Educator, Joshua Campbell launched a youth urban agriculture training project in partnership with the Oklahoma City based community development organization Restore OKC. This pilot program is providing classroom and hands-on instruction to the students in the Restore OKC internship program. The content has been adapted from adult educational programs such as the Beginning Farmer school.

Students are provided with weekly lessons over a six-week period that cover important topics related to urban food production. Those include soil health, water, food safety, selling and marketing.





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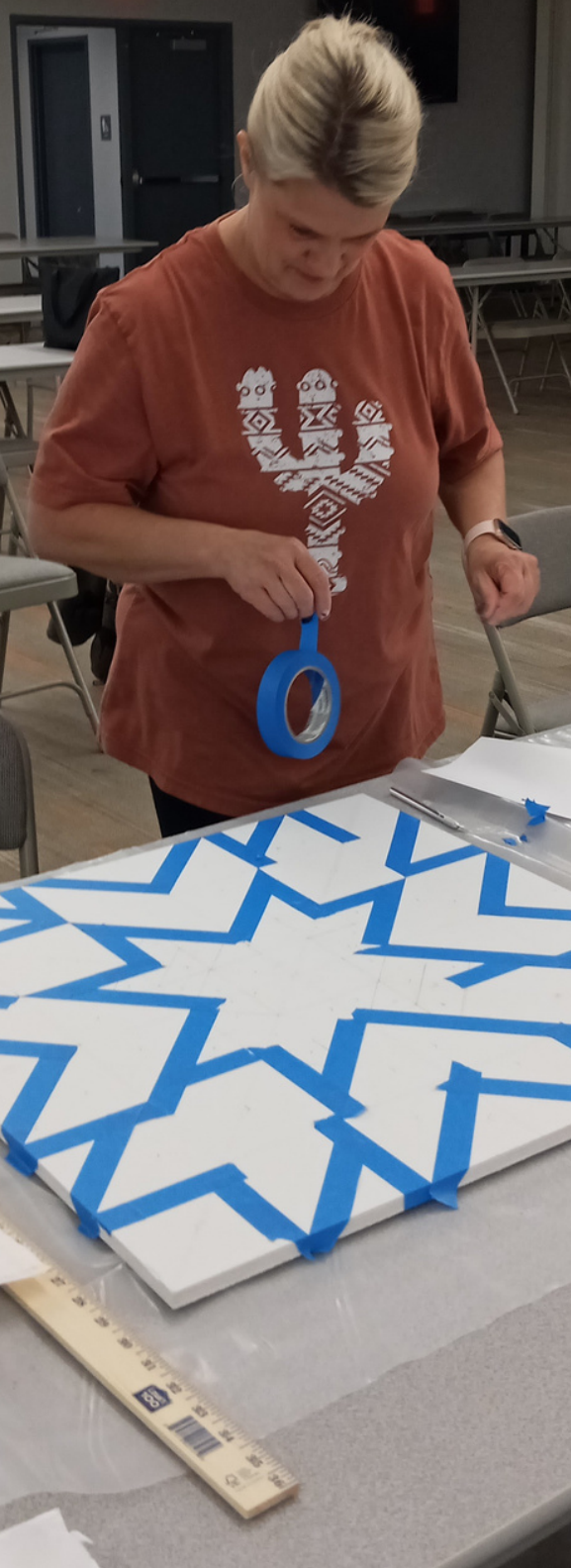
REPORT TO THE PUBLIC November 2022



OHCE Hosts Barn Quilt Workshop

A barn quilt workshop was recently taught by Oklahoma Home and Community Education, OHCE. Oklahoma County President, Gayla Mosteller was the instructor for this hands-on program.

Participants learned about the history of barn quilts, the popularity of barn quilt tourism in Oklahoma, and how to paint their own one-of-a-kind work of art. Plans are being made to host another workshop in the spring.





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PLANT A ROW FOR THE HUNGRY

The Oklahoma County Master Gardeners and their advisor, Julia Laughlin, managed three 18' x 18' raised beds at the community garden behind the Northeast Campus of Oklahoma County's Health Department last summer. They grew vegetables for those in need in Oklahoma City, including tomatoes, eggplant, peppers, watermelons, greens and other vegetables.

Although the heat reduced the amount of harvest, the Master Gardeners donated over 250 lbs of produce to local homeless facilities and church food pantries.





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Master Wellness Volunteers at Health Fair

Master Wellness Volunteers hosted an educational table for the Oklahoma City University Health Fair on Wednesday, November 9th. Volunteers included Honorata Gruzewski, Myra Moaning, LaDonna Hines and program advisor Taylor Conner, FCS Educator. MWVs shared educational information on the misconceptions of sugars and provided handouts from the Sugar Association. The table consisted of a display of different types of beet and cane sugars on the market. The health fair reached roughly 150 employees of the University.





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COMMUNITY NUTRITION EDUCATION PROGRAMS

CNEP a service of
OSU Extension,
educates and
empowers low-income
individuals, families,
pregnant teens and
school-age youth to
improve nutrition and
physical activity
behaviors.

Employment, partnership
and program
opportunities available
with CNEP

Self Advocates at DSACO have Special Place



The Self-Advocacy Center at the Down Syndrome Association of Central Oklahoma have brought a special friendship for NEAs Donna Albright and Lou McCullough.

Through the CNEP program they have received the Fresh Start materials. The participants have invited the NEAs to celebrate fall holidays together.

Invitations to Halloween and Thanksgiving celebrations have been highlights of this fall programming.

2022

Holiday Baskets

for CNEP families

Wednesday, December 14th
Deadline for donations

Oklahoma Unit of Community Nutrition Education Program will be collecting items for "Holiday Baskets." The list of items is attached or monetary donations are welcomed. All items can be brought by the Oklahoma County OSU Extension Office at **2500 NE 63rd Street, Oklahoma City** by **December 14th at 4:00 pm**


OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS

Sign Up or Contact
Lori Goodbary
Area Coordinator
405-213-2118
lori.goodbary@okstate.edu



OSU EXTENSION

**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

H.U.G.S. Donation Delivery

Oklahoma County 4-H in partnership with the Lynn Institute, collected donations of Hats, Underwear, Gloves, and Socks for the Homeless Alliance and Citizens Caring for Children. The Homeless Alliance provides support for vulnerable individuals with shelters, outreach programs, and supportive employment opportunities. Citizens Caring for Children provides support for foster families by providing clothing and school supplies for children in the foster care system.

Many donations were collected, including 466 items of clothing for children, 550 items of clothing for adults, and 56 hygiene kits. We would like to thank Oklahoma County Master Gardeners, OHCE members, and staff from the Oklahoma County Courthouse as well as the 4-H members who placed collection boxes at schools, churches, and local businesses. The community really reached out to help during this annual clothing drive and the 4-H'ers look forward to it every year.

Monetary donations to supplement this clothing drive are collected throughout the year. Please contact the OSU Extension at (405)713-1125 for more information.





OKLAHOMA COUNTY EXTENSION

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Mindy McNeil - 4-H Educator

Rachel Morse - 4-H Youth Mental
Health Multi-County 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.

Contact Us:



405-713-1125



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