

4.3 million educational contacts - \$9.88 return for every \$1 invested - \$484 million annual economic impact



TENNESSEE EXTENSION
BUILDING A BETTER FUTURE COUNTY BY COUNTY

Rutherford County Extension

2017 Highlights

Follow any road in Tennessee and you'll find people whose lives have been influenced by Extension's educational programs. Approximately 16,000 professional Extension agents across America, are teaching citizens how to have better homes, farms, and communities. Four hundred of these agents live and work in Tennessee. Each county office is staffed with agents who are college graduates in agriculture and/or family and consumer sciences and provide information to their county residents ranging from landscaping to nutrition, from animal health to family money management. Extension also gives special attention to youth. Challenges facing Tennessee's young people are greater than ever before. Extension's 4-H youth development program helps youth from 4th grade to 12th grade develop self-esteem, leadership, citizenship skills, and gain knowledge in a wide range of subjects. From health to wildlife, from livestock to public speaking, 4-H brings tomorrow's world to today's youth, and encourages advanced education.



4-H



ANR/CED



FCS

Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

TENNESSEE
STATE UNIVERSITY
Cooperative Extension

Rutherford County Extension 4-H

4-H is a community of young people learning citizenship, leadership, and life skills. The Rutherford County 4-H Program offers a variety of hands-on educational programs to the youth of Rutherford County. 4-H is available to all youth in grades 4th-12th. Our programs are delivered via in-school, after-school, and project group settings.

On My Own

Financial Education Program

- **Over 2500** participants from 1 alternative, 1 homeschool tutorial, 5 middle and 6 high schools
- Real-world simulation in career exploration, calculating income and expenses
- Teaches budgeting and decision making skills

Enrollment

6795 4th –12th graders in

173 in-school clubs, **3** after-school clubs,

8 judging teams,

12 school enrichment clubs, and **8** project groups

Family and Consumer Sciences Programs

164 4-H'ers involved in:



Cooking

Sewing

Pottery

Exchange Trip

This year, the 4-H Exchange hosted seven 4-H'ers and two adults from Grafton County New Hampshire. We had a wonderful week



showing them all the Volunteer State has to offer. Our activities included: whitewater rafting on the Ocoee, a tour of downtown Murfreesboro, a digital scavenger hunt in Nashville and a visit to the Grand Ole Opry. We enjoyed sharing our love for our county and state with our New Hampshire friends.

322

Students participated with hands-on science projects with 4-H STEM.



STEM
Science • Technology
Engineering • Math

Innovative programs in **Animal Science** have been successful in:

- Providing hands-on experiences with livestock
- Increasing awareness of careers in Animal Science
- Providing a better understanding of importance of math, biology and chemistry in Animal Science field of study
- Rutherford County has actively had Livestock, Horse, Hippology, and Poultry judging teams. Over the course of this year, the 4-H Livestock Judging team and the 4-H Hippology team went to the National level!
- This year we offered showmanship clinics and seminars for multiple species, we had over 70 4-H'ers attend.



Rutherford County Extension ANR/CED

The Agriculture, Natural Resources, and Community Economic Development Team serves a diverse clientele including livestock and row crop producers, commercial vegetable and fruit producers, horticultural service providers, and consumers who manage home landscapes and grow backyard fruits and vegetables.

Participation

26,546 Contacts were made in 2017 thru meetings, on-site visits, demonstrations, and workshops.

Livestock and Crop Producers

- 57 producers completed Beef Quality Assurance training
 - 51 producers completed Advanced Master Beef Producer training
 - 51 producers completed Master Small Ruminant training
 - 151 aspiring farmers participated in four *Considerations for Beginning Farmer* workshops
 - 48 individuals recertified their pesticide application card
- 150+ producers learned about:
- Latest strategies for in-crop weed control
 - Managing forages after a drought
 - Pasture rotation and utilizing alfalfa in pastures
 - Safe and effective pesticide usage
 - Tennessee crop variety trial results
 - Harmful Weed Identification for livestock

Farmers Market

- 108 vendors sold locally grown produce and products
- 76,492 Shoppers
- \$472,800 in vendor sales
- \$17,711 in SNAP (Supplemental Nutrition Assistance Program) sales
- \$18,565 redeemed for the Fre\$h Savings program (double SNAP benefits up to \$10 a day for fruits and vegetables). This is a 43% increase from last year and we are the TOP market in the STATE with this program.
- 49 educational programs were presented at the market, including beekeeping, gardening, lawn care, cooking classes, recycle education, and more! Over 900 people attended these classes.



Program Partners

Rutherford County Farm Bureau
Farm Bureau Women
Tennessee Department of Agriculture
Farm Service Agency
National Resource Conservation Service
Middle Tennessee State University
Rutherford County Schools
Meaningful Gleaning of Rutherford County
Rutherford Co & TN Cattlemen's Association
Master Gardeners of Rutherford County
Rutherford County Beekeepers Association
WGNS Radio
Rutherford County Health Department
AARP Foundation
Tennessee Association of Farmers Markets
Local Agriculture and Horticultural Retailers

Horticulture

- Over 1000 soil, plant, and pest samples were submitted by Green Industry professionals resulting in savings of 850,000 due to increased control efficiency, reduced retreatment and customer retention.
- Over 500 residents and commercial growers were assisted with insect and plant pest identification and control recommendations.
- 85 Extension trained Master Gardeners volunteered in excess of 5,000 hours by providing education and assistance to Rutherford County citizens, valued at \$117,800
- 412 commercial horticulture pesticide applicators received continuing education pertaining to pest control and safe pesticide usage
- 242 residents received education and training in areas of home turf management, pesticide usage, establishing landscaping, and more!

Rutherford County Extension FCS

The Family & Consumer Sciences team strengthens individuals, families, and communities through education by addressing critical issues and needs related to home, finance, and personal needs.

Family, Home, Health & Money

- Over \$800,000 is the estimated economic impact of Rutherford County Family and Community Education (fce) members in 2017, fce volunteers serve their communities in an educational, leadership, or charitable role. This past year, 104 fce members in seven community clubs, completed the following trainings: Hands Only CPR, What is Safe to Eat?, Minimizing Food Waste, LifeHacks 2.0, Online Banking, Reverse Mortgages, Obesity, Importance of Physical Activity, and Car Seat Safety.
- Walk Across Tennessee programs were implemented with 161 participants who logged a total of 30,094 miles this year. Participants reported weight loss and improving their overall fitness.
- 46 “First Time Homebuyers” classes were presented to help new buyers learn skills in budgeting, mortgage selection, and managing finances. As a result, 22 individuals were able to receive up to \$15,000 each in down payment assistance through THDA to purchase homes. This number is 4X higher than last year!
- Over 20 individuals attended the Chronic Disease Self-Management Workshops. Participants learned techniques for managing their illnesses, stress relief, healthy eating, and communication with family and physicians.
- 327 youth at seven Murfreesboro City Schools and one daycare learned about MyPlate, sampled food from all food groups, and received the “Two Bite Club” book.
- Tai Chi classes were implemented in three 8-week series. The 35 participants reported improved balance and energy as a result of the training.
- A Healthy Homes program about decluttering was a hot topic this past year. This program was presented at the Mental Health Consumer Association, Schneider Electric, Smyrna and St Clair Senior Centers, Patterson Park, Wherry Housing, Farm Bureau, and Sunnington Assisted Living.

Expanded Food & Nutrition (EFNEP)

Nutrition classes for families with limited resources were presented at various schools and other locations to 84 families. This was done with the help of 30 volunteers who contributed more than 200 hours. Participants learn to read nutrition labels, watch sodium and sugar intake, plan meals, budget food resources, and use food safety precautions.

Supplemental Nutrition Assistance Program Education (SNAP-Ed)



SNAP-Ed Programs for families with limited resources were presented to over 600 adults from Head Start, Rutherford County Correctional Work Center, Doors of Hope, Habitat for Humanity, Dominion Financial Management, Murfreesboro City Schools, Rutherford County Schools, ARC, TN Department of Disabilities, Easter Seals, and Rutherford County Health Department. Sessions covered subjects such as: Healthy Food Choices & Physical Activity; Food Safety; Food Security; and Wise Resource Management.

Head Start & Murfreesboro City Schools are having their parent field trips at Rutherford County Extension which has brought more diversity to Extension events and has increased SNAP benefits used at the farmers’ market. In turn, increasing the knowledge and purchase of fruits & vegetables (hopefully consumption as well). They provide parents with transportation by bus and provide all food, etc. for programs. Because of classes previously implemented at Drug Court, SNAP-Ed been asked to head up a new nutrition program with the TN Department of Corrections in Rutherford County and to have SNAP-Ed and other nutrition education classes offered in 4 other counties.