



MAKING A DIFFERENCE

TARRANT COUNTY

Despite the Pandemic...

*A message from our Tarrant County Extension Director,
Courtney Davis*

The past two years have been a challenge as we have faced an ever-changing world and have been pushed outside of our comfort zone along with the rest of you. Despite having to navigate the new territory brought on by COVID-19, this pandemic has allowed us as an Agency and an office to pause and use our creativity to develop new programs or new methods to continue to serve the residents of Tarrant County. To say that I am proud of our AgriLife team (agents, administrative assistants, and volunteers) is an extreme understatement. Despite the pandemic, we've continued to flourish. Despite the pandemic, our programs have reached more people not just in Tarrant County, but across the state. Because of the pandemic, the programs and education offered by Texas A&M AgriLife Extension in Tarrant County is relevant now, more than ever.



In the past year, despite the pandemic...

- We saw a large increase in the number of livestock animals validated for the major livestock shows and for our Tarrant County Junior Livestock Show (680 animals and 1,100 poultry orders).
- We expanded our educational series for new land owners.
- We will be able to reach more youth to teach them about the importance of agriculture through our partnership with the Fort Worth Stock Show.
- Our annual Horse O Rama event had more participation than any years past and included teams from four states.
- We ended the 4-H year with 88% of our previous year's 4-H enrollment despite the fact that we could not be in schools and our youth could not meet face-to-face for 9 months of the year.
- We were able to reach new schools and new audiences through virtual programming and curriculum kits delivered to teachers.
- Our *Pros in Parks* program moved to a hybrid format locally and is being replicated in a virtual format across the state.... we're trend setters in Tarrant County!
- The *Water Efficient Certified Green Professionals* program was replicated in other counties.
- We ended the year with 365 certified Tarrant County Master Gardeners and 52 trained interns. Our Master Gardeners taught four state-wide specialist trainings and contributed more than 32,000 hours back to Tarrant County!
- We delivered virtual hands-on cooking classes for youth and their families.
- We saw a 300% increase in our Master Wellness Volunteers program!
- We saw an increase in the number of families reached through our EFNEP program and our results continue to surpass the state average!

And despite the pandemic, we will continue to serve the needs of Tarrant County residents by bringing research-based information to our community for years to come.

Wishing you all a happy and healthy 2022!

2020-2021 AgriLife Extension Volunteer Award Recipients

Each year, our Extension team nominates individuals and program partners for their dedication to AgriLife Extension's mission to provide research-based information to better the lives of every Texan. Since last year's awards were not recognized due to COVID, we recently honored both our 2020 and our 2021 award recipients during our annual Interpretation event and award recognition ceremony held at the Tarrant County Resource Connection on December 9, 2021.

Darlene Myatt Friend of Children Award

The Darlene Myatt Friend of Children Award was initiated upon the retirement of long-time EFNEP Agent and Texas A&M Regents Fellow, Darlene Myatt. This award recognizes an individual or organization who reach our youth in Tarrant County by dedicating their time, talent, and treasure teaching children, using dynamic enthusiasm, and loving leadership in Texas A&M AgriLife Extension Service.

Mike Warren (2020)

Mike Warren has worked with youth for many years at the Tarrant County Juvenile Justice Alternative Education Program, and has collaborated with the Extension programs for several of those years, serving as a Master Gardener, assisting with Pizza Ranch, and partnering with EFNEP to provide nutrition education to his students. It was obvious during our first face-to-face EFNEP Teen Cuisine nutrition sessions at the JJAEP that he had a solid and positive rapport with the students and parents.

As we transitioned to virtual platforms in 2019, Mike worked with the EFNEP educator to continue providing the youth with our nutrition services and information. He put forth a tremendous amount of effort to ensure that the youth and their parents were aware of the learning platforms available to them to continue/begin their nutrition classes. Mike worked until his retirement date – and thereafter – to keep the youth encouraged and engaged in our EFNEP Healthy Teens Healthy Futures virtual nutrition program because he knew that even if they made small nutrition and physical activity changes, it would make a big difference in their lives.

Thank you Mike, for everything!

Ms. Kelly Perry (2021)

Tarrant County Master Gardener, Kelly Perry showed up to Glen Park Elementary full of energy and ready to support the growth of a new school garden and its young gardeners. For 10+ weeks Kelly assisted in conducting lessons, garden preparation, and problem-solving obstacles that arose with the garden. Ms. Perry also challenged students to take their garden assignment beyond school by bringing them plants to care for and providing them home activities. She even hand-drew a special coloring worksheet for students to strengthen their understanding of seed germination. Each week students were anxious and excited to share their observations with her.

Throughout the Learn, Grow, Eat, & Go project Kelly demonstrated her passion for gardening and her love for teaching children. She was an influential team-player in the growth of this school garden program. Her time, energy, knowledge, plants she shared, and cheerful spirit is greatly appreciated.

Thank you, Ms. Kelly Perry.

Michelle Wood-Ramirez (2021)

Michelle Wood-Ramirez has been a part of the 4-H CEP Advisory committee for the past 4 years. She has provided numerous volunteer trainings on the stream trailer and water education programs to agents and teachers around the district. The resources and information she provides for educational opportunities for youth and adults in our community allows new and fun opportunities for 4-H members. She has a very busy schedule but always makes time to help give insightful program ideas and potential partnerships. We would like to congratulate Michelle Wood-Ramirez on the Darlene Myatt Friend of Children Award.



Left to right: Melanie Migura, Craig Turley, Wendy Pappas, Laura Miller, County Extension Agent-Hort, Claudia Montoya, and Bobby Spence

states that his relationships with the Extension team and the hands-on learning opportunities that were provided made him a better employee and have made him a successful farmer. His most memorable volunteer moment was taking his supervisor from the City of Arlington to a program committee meeting as he was so impressed by the local educational network.

Craig, thank you for your 20+ years of service and the difference that you've made in Tarrant County.



Left to right: Mike Warren and County Extension Director, Courtney Davis



Ms. Kelly Perry - 2021



Left to right: Michelle Wood-Ramirez, Jordan Peldyak, Extension Agent-CEP-4-H, and County Extension Director, Courtney Davis

John South Spirit of Extension Award

The John South Spirit of Extension Award is given in honor of retired County Extension Agent Agriculture and Texas A&M Regents Fellow, John South, which recognizes a Program Area Committee member or an individual who exemplifies the same passion, by providing exemplary support and service of educational programs which enhance the quality of life for the people of Tarrant County.

Craig Turley (2020)

Craig Turley of Turley's Fruit and Veggie Farm has been a member of an Extension Program Committee for more than 20 years! He began working with Extension in 1997 when he asked then County Extension Agent, Doty Woodson, to work with him to provide an educational series for employees at the City of Arlington Parks and Recreation Department. Since this partnership began, he has helped to educate hundreds of parks employees from Arlington, Mansfield, Fort Worth and several other smaller municipalities through the Pros in Parks program. Even in his retirement as a full-time vegetable farmer, Craig has continued to train today's workforce as he has hosted field days and result demonstrations at his local farm. Craig

John South Spirit of Extension Award - Continued

Wendy Pappas (2021)

Our John South Spirit of Extension Award recipient for 2021 is Wendy Pappas. Wendy is the chair of the Texas Water Star Tarrant Commercial Horticulture Committee and serves on the Pros in Parks and the North Texas Urban Forestry Conference committee. Additionally, she serves as chair of the Horticulture Division of the Tarrant County Junior Livestock Show. Wendy has worked with Extension in these capacities since 2013 and brings both technical knowledge and a fresh perspective to planning Extension programs. She has taught pruning and tree risk assessment to parks employees and helps prospective Certified Arborists get a handle on urban forestry. Wendy most enjoys serving with Extension programs because she gets to meet people in her field and expand her professional contacts. Plus, she really enjoys getting together for meetings and programs. Her most memorable volunteer moment was serving as the Master of Ceremonies at the North Texas Urban Forestry Conference – she got up and spoke to a large group without passing out! Note – she does this all the time now! On April 1, she spoke to 258 Tarrant County Master Gardeners about butterfly gardening!

Wendy, thank you for the work that you do!

Friend of Extension

The Friend of Extension award is presented by the Tarrant County Extension office to a person, business, or organization and is designed to recognize truly outstanding support and involvement in Extension efforts. A Friend of Extension has consistently exhibited leadership, initiative, excellence and helped enrich Extension programs within Tarrant County.

Tarrant County Validation Committee (2021)

This year, the Tarrant County Friend of Extension Award was presented to the Tarrant County Validation Committee. We all know 4H & FFA is about more than cows, plows, and sows. But an important project program area is the Livestock program, whether this include cattle, sheep, goats, or swine, the list can go on forever. This particular program area has been responsible for teaching exhibitors many lessons including responsibility, a strong work ethic, and sportsmanship. Anyone who has been involved with the livestock projects can attest to this, whether from experiencing it themselves, or watching these 4H & FFA exhibitors on a daily basis.

But the one thing that most people don't see is what happens behind the scenes with helping these exhibitors make sure their projects are eligible to show at any major show and even county shows. This is the validation process, which is the verification of ownership of the animal(s) to the exhibitor. And for those of you who have never seen the process or been involved with it, let me tell you it is a process, between the paperwork, DNA collection, tattooing, and nose prints. By the time the process is completed for the day there are several of us that are covered in blue and green ink and have it on a few places we all try to figure out how it got there. But this validation endeavor would not be possible without the validation committee. The members of this committee are individuals who are dedicated to these exhibitors and making their experience the best of their show career. This year alone the committee has validated over 600 head of livestock for the Texas Majors show circuits.

It is our honor and privilege to present the Friend of Extension award to a committee who work many long extra hours, take time from their families, and who seek no accolades for what they do - The Tarrant County Livestock Validation Committee.



Left to right: Tanner Smith, Shelby Hale, Jacklyn Jones-Doyle, County Extension Agent-Ag/NR, and Keven Smith



Left to right: Emily Dubowski, Nory Kemmer, and Maggie Phillips
Not pictured: Sofia Varela, LaTeaka Buchanan, and Cynthia Thomas

The Women's Center (2021)

The Women's Center of Tarrant County has inspired and empowered women, men, and children in the Tarrant County Community to overcome violence, crisis, and poverty for more than 40 years. They provide comprehensive programs which help people overcome obstacles and discover a path to a brighter future. EFNEP's partnership with The Women's Center began with a simple contact made to Ms. Maggie Phillips, who then passed EFNEP program information to other staff members, including Cynthia Thomas, Homeless Case Manager and Project Coordinator – the partnership took off from there.

Through the height of the pandemic, and beyond, The Women's Center has made it possible for us to connect with participants in a way that has encouraged genuine engagement and interest in adopting healthy behaviors. These new behaviors have, in turn improved the lives of participants at various shelters throughout the county, as well as with individual clients enrolled in The Women's Center's PEARLS program. Participants have expressed their appreciation for what they learned while attending the EFNEP nutrition series.

Now we want to express OUR appreciation to The Women's Center for your support and dedication to fostering hope and empowering women and families. Through your support, by way of our partnership for over a year now, we have reached nearly 100 families, providing nutrition education and practical skills to help improve the lives of program participants. It has been an honor and a pleasure to work with you, and we look forward to continuing our partnership in the future.



Director's Award

The director's award is presented each year at the discretion of the County Extension Director and acknowledges a key individual or partnering agency for providing exemplary support for Extension educational programs and support of Extension volunteers.

Ed Kinter (2021)

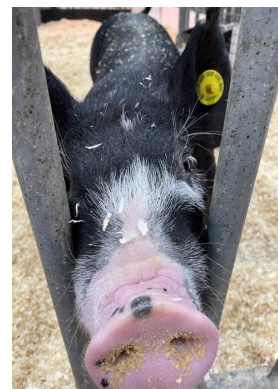
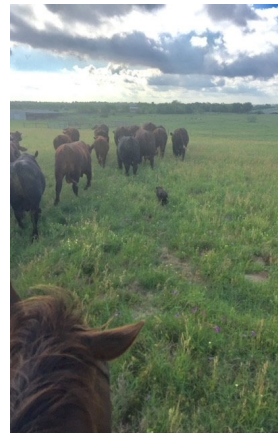
Edward Kinter has devoted 10+ years of service to the Texas Extension Education Association (TEEA). As a member of TEEA, Mr. Kinter became well-known across the state for his support and assistance to other members in the association. He has been an educator, cook, driver, door opener, purse holder, and the list goes on. Ed also served as Treasurer for the North Tarrant TEEA Club for over 5 years. Through this position he has carried the responsibilities of managing club finances, calculating volunteer hours, and submitting necessary paperwork without hesitation. Mr. Kinter we honor you and say thank you for your time, patience, generosity, concern, and care.

One Look Back to Two Step into 2022

Jacklyn Jones-Doyle, County Extension Agent, Agriculture/Natural Resources



As we look back on 2021, we can be grateful in terms of some things getting back to normal, or at least to whatever normal is these days. But then again there are some things that never change, such as the sun still rises in the East and sets in the West. Farmers and Ranchers are still up at the crack of dawn and don't call it a day until the tasks are done for the day. For the Farmers and Ranchers, 2021 has been a blessing and a curse, many statewide receiving 30+ inches of rain in May and June just to be hit with more drought like conditions later in the year. However, YTD grain and livestock markets are showing to be anywhere from 3% - 40% higher than last year. But even that may not be enough to offset the continuing rising costs of yearly inputs needed to stay in operation.



Looking at things closer to home, agriculture, in whatever form you look at, has been a topic for discussion. New Land-owner programming has been a hot topic. Due to the last 2 years of dealing with this global pandemic, people are seeking information to get back to their roots, or better yet getting back to what the land has to offer. Questions and programs related to Ag Valuation, Soil health, animal production as well as water and mineral rights have been nonstop. What you may find surprising is most of the questions have been coming from women. The Agricultural Industry nationwide is beginning to see more and more women taking an active role in Farming and Ranching.

From a multi-county Metroplex perspective, partnering agents are seeing much of the same. However, one of the larger topics which has presented itself is the impact of feral hogs. The impact of feral hogs has always been a concern for Farmers and Ranchers, but we are now beginning to see some impact in more urban areas as well. Control and eradication of feral hogs is something the State continues to work on. More information to come with Wildlife programing in 2022, so stay tuned.

How can we talk about agriculture without taking a moment to mention the 4H Livestock? 2021 proved to be a great year for our 4H exhibitors with many of them making the sale with the Tarrant County Junior Livestock Show as well as participating in many of the Major shows. The 2022 show season is shaping up to be another great year for these kids as well with over 600 head of livestock projects tagged in to show at all the spring major shows (mind you this number is not counting any poultry, fowl, or rabbits that will be participating either). In addition to the livestock entered for the shows, I am proud to announce we have some exhibitors also participating in photography, Range and Pasture Plant ID, Archery, and Public Speaking at various shows.



Thanks for looking back at 2021, now let's get our dancing boots on and Two Step into 2022!

Tarrant County 4-H

2020-2021



25 Chartered 4-H Clubs

Representation from all geographical areas of Tarrant County.

15 community clubs
5 project-specific clubs (shooting sports, robotics, veterinary science, etc.)
5 school clubs



530 enrolled youth



2,849 youth reached
through direct education

Tarrant County 4-H are Tech Changers!

Tarrant County was the recipient of the 4-H Tech Change Makers grant through the National 4-H office. Through this grant we were able to hire a part-time program assistant who is working with local youth to provide educational opportunities for adults on different aspects of technology (basic computer skills, resume building, computer applications, internet safety, etc.).



Hatching in the Classroom

462 students completed the series taught virtually by Agent.

This program uses a hands-on learning approach to incubate and hatch chicken eggs in the classroom. It teaches students complex systems such as nutrition and the circulatory system, basic life skills like data measurement, collection analysis and biological concepts to more deeply understand life science.



2021 Yearly Summary (Tarrant County)

Jordan Peldyak, Extension Agent, Cooperative Extension Program, 4-H Youth Development



Water/STEM Education

The CEP 4-H advisory committee helped plan my Water/STEM Education plan by reviewing water education curriculums "There is No New Water," "National Ag in the Classroom," "Enviroscape Interactive Water Table," Code.org coding platform and Technokids website building curriculum. Michelle Wood-Ramirez from Tarrant Regional Water District also trained and scheduled virtual stream trailer days for Tarrant County schools. The programs provided were a combination of the 4-H curriculums, "There is No New Water," "National Ag in the Classroom" and 4-H national science experiments "4-H2O." The water education lesson's focused on where water comes from in Tarrant County, how water is distributed through the state, pollution, calculating water density, how carbon dioxide effects the environment and water sources, watersheds, and the natural water cycle. Panther Programming Coding classes and website building classes were done virtually and in-person and included lessons on block coding programs and virtual website building, done in a six-lesson series. The primary locations of programming were provided in Tarrant County Schools, community centers, 4-H club meetings and county-wide virtual programs. Below is a list of educational lessons provided and total youth reached.

Water/STEM Education Youth Reached: 641 youth contacts, totaling 705 educational hours and 105 total graduates from water programs and 64 graduates from coding/website programs totaling 169 total graduates in this plan. Youth completed 6 educational hours or more in these programs. Pre and Post-test results from graduates included two questions from Water education graduates and two questions from post-test coding/website graduates. Pre and Post-test results are shown below in the charts. In bold are significant post-test results.

- **98% (71 of 72 surveyed)** I can determine if a location has erosion.
- **97% (70 of 72 surveyed)** I learned more about water conservation and / or STEM related careers (71 surveyed Pre-test)
- **84% (38 of 45)** I would like a job involving coding, robotics, and/ or other STEM careers.
- **88% (31 of 35)** I learned more about careers involving, coding software, robotics, or how technology such as google suites or Microsoft office helped me learn basic word processing, spreadsheets, and presentation skills.
- **Results above are students who surveyed 2 (fair) or above in knowledge gain on a 0-4 scale.**

Youth Gardening Education

The CEP 4-H advisory committee helped plan my Youth gardening education plan by reviewing gardening curriculum's "Growing and Nourishing Healthy Communities" and "Junior Master Gardeners Golden Ray Addition." These curriculums were combined to create an in-person and virtual option for school enrichment and 4-H clubs. The 4-H CEP Advisory committee helped make a plan to reach out to new limited resource communities that may be interested in starting a garden program. The programs provided were a combination of the 4-H curriculums, "Junior Master Gardeners," "Growing and Nourishing Healthy Communities," and "National Ag in the Classroom" one day garden projects. The lessons focused on seven key components of gardening. Importance of Agriculture, starting a garden, soil & compost, parts of the plant, planting/ transplanting, nutrients from vegetables, plant disease and insects and plant growth maintenance. The primary locations of programming were provided in-person and virtually at Fire Station Community Center, Arlington East Library, Destiny CenterPoint Church, Meadowcreek Elementary, June Davis Elementary and Tarrant County-wide through a virtual six-session series. Below is a list of educational lessons provided and total youth reached.

Youth Gardening Education Youth Reached: 530 youth contacts, totaling 587 educational hours and 130 total graduates from the programs, completing 6 educational hours or more. Pre and Post-test results were collected from graduates including statistics from four questions asked to all gardening graduates. Pre and Post-tests are shown below in the charts. Post-test results are condensed in chart and directly below and show number of participants that selected good or excellent when surveyed.

- **95.4% (83 of 87 surveyed)** I know the components it takes for my plants to grow.
- **93.0% (80 of 86 surveyed)** I understand the benefits of composting materials.
- **94.2% (82 of 87)** I can observe, evaluate, and describe physical characteristics of my garden's location.
- **95.4% (83 of 87)** I can create alternative types of gardens to fit the space I have (Container, raised beds, etc..)
- **Results above are students who surveyed 2 (fair) or above in knowledge gain on a 0-4 scale.**



And Cut.....That's a Wrap on 2021!

"At the end of the day, your feet should be dirty, your hair should be messy and your eyes sparkling." -Shanti

Brittnay Meyer, County Extension Agent, Horticulture

As 2021 comes to a close I wanted to take the time to highlight the amazing work the Tarrant County Master Gardeners have done over this past year. It's incredible to see all the over 32,378 volunteer hours throughout the community our over 400 Master Gardeners have completed.

This year alone the Tarrant County Master Gardeners welcomed 52 new certified Master Gardeners from our 2021 Intern Class! The interns worked on many projects to benefit the community of Tarrant County. Interns revamped a neglected butterfly garden at Alice Carlson Learning Center, built a pollinator garden at the Bob Jones Nature preserve, rejuvenating neglected gardens at the Samaritan House so the residents have a space to enjoy, and so many more. We are excited to add these wonderful and hardworking new members to the Tarrant County Master Gardener family! I look forward to beginning the search for our new 2022 Intern Class in January 2022.

Our Tarrant County Master Gardeners have been bettering our community by raising funds to install a new shed for the gardens at Durham Intermediate School to ensure the students had not only a nice shed to store tools but a safer shed than the pervious one on property. This was possible with the help of The Young Men's Service League to help with the heavy work of tearing down the old shed. These young men have been an amazing asset to the Durham Project.

Our team of Master Gardeners also work at many schools around the county. Meadowbrook Elementary focused on teaching fifth graders how to plant and take care of vegetable gardens. Even though the pandemic put a end to having more formal classes with these students a small team of 5 MG's continued to tend to the garden. Ensuring vegetables were harvested for the students and parents, the office sets up a table at dismal for parents to grab a bag of vegetable to take home. The parents love being able to pick up fresh produce every week! Our MG's enjoy being able to provide these families with access to healthy choices as well.

As always, the Master Gardeners have been manning the Help Desk, answering any and all gardening or plant related questions. Remember the only dumb question is the question you don't ask! Working in a hybrid format adopted during the summer months, we have Master Gardeners both in the office and at home answering phone calls and emails. Whether you are an experienced gardener or just starting to get your hands dirty, the Tarrant County Master Gardeners are ready to help!

I cannot wait to see what this amazing group of volunteers accomplish in 2022!



TIPS FOR GETTING YOUR GARDENING QUESTIONS ANSWERED:

Contact the help desk

Phone: 817.884.1944

Email: TarrantMG@ag.tamu.edu

Take high quality pictures

Include multiple perspectives

For insect ID: White background with a coin or know object for size reference

Describe when the problem began and how it has developed

Inform of any previous work done around the area or to the plant directly

Observe if neighbors are having the same or similar issue

Note the plants age, location, the amount of daily light and water.

It was good for plants. It was bad for plans.

Tarrant County

Laura M. Miller | Commercial Horticulture

The global pandemic has been good for commercial horticulture in many ways. Despite dealing with the same supply chain challenges and labor shortages that almost everyone has faced, green industry professionals have also enjoyed a renewed public interest in everything they have to offer—plants, gardening information, landscape services, parks and public gardens, and even locally grown fruits and vegetables—was in record demand. And then we had a little unusual weather.

The sixteen dedicated members of the Texas Water Star Tarrant Commercial Horticulture committee not only planned and evaluated programs to deliver research-based education to the green industry in Tarrant County, but they also re-planned to make things work in new circumstances, and with the help of other project specific volunteers, donated over a thousand hours of their time and an unmeasurable amount of expertise.



Chat with Green Aggies

This statewide webinar series for the Green Industry started chatting on April 9, 2020, when in person educational programs stopped, holding 44 programs in 2020. The February Winter Storm follow up programs broke all attendance records with 240 participants on February 19 and 487 on February 26, when the internet was back up. The chat went on 42 times in 2021.

Water Efficient Recognized Green Professionals

Since 2016, 98 landscape service providers have learned how to make landscapes beautiful AND water efficient. In 2021, we offered a hybrid format with online classes and two outdoor site visits. Twenty-five pros, both new and returning, participated. Designing and maintaining multiple properties, Green Pros have an outsized impact on the adoption of better practices.

Pros in Parks

While parks employees struggled to keep up with all their new users, we struggled to connect online. Guess which week we tried to offer the required annual pesticide CEUs? We did have to do it again in May but got everyone recertified. Thanks to the efforts of our great Extension specialists, there are now four Pros in Parks modules online at agrilifelearn.tamu.edu.



2021 had its challenges, but it also offered some unique opportunities. Our summer was a little more exciting with the addition of an outstanding intern and an intriguing soil health project. Julia Minter took a snapshot of soil health at five farms and came up with some ingenious ways to analyze them with a little help from the Texas A&M Soil, Water and Forage Testing lab. Her results and the impressive display of the wide variety of soil types and the impact of organic material on those soils have been used at three educational programs this fall, inspiring 94 participants.

Thanks again to everyone who maintained a strong commitment to learning, helping other learners, and making our community a better place.

Reflecting on the Past, Making Plans for the Future

Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program

It's here again; yes, that time of year when people come to the realization that, yet another year has flown by. During this time of year many of us take a moment to reflect on the past 365 days and begin making plans for the weeks and months ahead. This time last year, the Tarrant County Expanded Food and Nutrition Education Program (EFNEP) staff was still working from home and Microsoft Teams had officially become an ally in providing quality nutrition education to our participants. There was some uncertainty as to when we would return to the office full-time, yet we were steadily working to develop partnerships and work through the opportunities brought on by the COVID-19 Pandemic.

Having been back in the office since May 2021, the Tarrant County EFNEP team has embraced a new normal, teaching nutrition lessons both virtually and face-to-face. We have also established new office routines to help balance the various teaching platforms while working to meet our goals. We faced a few challenges along the way, yet we did not allow those challenges to hinder us from having a successful programming year.

Notable outcomes from the 2021 EFNEP programming year include:

- 164 total program families were reached in our adult component, up from 151 program families last year.
- 98% of adult participants made improvements in one or more diet quality practices, a figure exceeding the state average of 95%.
- 100% of adult participants made improvements in one or more food resource management practices, a figure exceeding the state average at 90%.
- 1,350 youth were served in the youth component; total youth comprised of 43 groups, 23 of which received their instruction via pre-recorded lessons.
- 89% of youth participants improved in their ability to choose foods according to the Dietary Guidelines, a figure exceeding the state average of 83%

New program partners for the 2021 EFNEP programming year include:

Adult Component

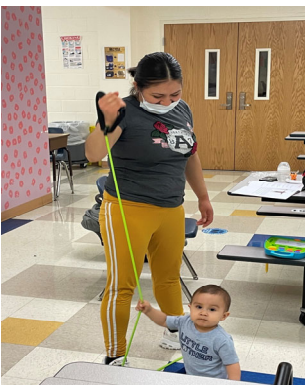
- Glen Park Elementary
- Presbyterian Night Shelter
- The East Arlington Recreation Center and Library
- The Women's Center Program to Encourage Active and Rewarding Lives (PEARLS)
- Trinity United Methodist Church Fort Worth

Youth Component

- Andrew "Doc" Session Community Center
- Chisolm Trail Intermediate School
- Daggett Montessori School
- Glen Park Elementary
- Northside High School
- Rosemont Park Elementary
- Trinity United Methodist Church Fort Worth

As we look forward to what's to come in the year ahead, Tarrant County EFNEP is making plans to exceed our 2021 outcomes. In-house training and professional development, offering a variety of learning platforms for participants, and securing new partnerships are all key elements to our plan for success in the upcoming year.

What plans have you considered making for a healthy and successful 2022? As your health and wellness plans for the upcoming year evolve, remember that EFNEP is here to assist by providing practical tips and tools to promote positive behavior changes in dietary and physical activity practices. We would be happy to partner with you or your organization to help you exceed *your* 2021 health and wellness outcomes; don't hesitate to contact us at 817-212-7501.



Family and Community Health

Alaina Woolsey, County Extension Agent, Family & Community Health

In 2021, one of the Family and Community Health agents in Tarrant County, Alaina Woolsey had 3 major focus areas: Diabetes, General Health, and Wellness and Youth Kids in the Kitchen. Through these three focus areas these are the impacts that were made in Tarrant County.

Childhood obesity is one of the most serious public health challenges we're facing in 2021 but, by encouraging kids to get in the kitchen, we're able to improve healthy eating habits. In 2021, 62 kids went through the Kids in the Kitchen program and learned basics of cooking in a kitchen.



Diabetes affects approximately 2.33 million Texans. In 2021, two different diabetes classes were offered via zoom. 15 people attended the virtual classes. AgriLife Extension Diabetes programs led to an estimated lifetime health care cost savings and improved productivity of \$132,806.

Tarrant County residents reported an average of 4.4 poor mental health days in the past 30 days. AgriLife Extension partnered with two worksites to deliver Stress Less with Mindfulness, teaching 186 individuals the benefits of mindfulness for stress reduction.



Two worksites in Tarrant County identified Dinner Tonight as a program that would benefit their employees health and wellness. A total of 47 employees learned about meal planning, label reading and healthy food preparation.

IN 2022
PROGRAMMING FOR KIDS IN THE KITCHEN,
DINNER TONIGHT AND STRESS LESS WITH
MINDFULNESS WILL CONTINUE AND EXPAND
IN TARRANT COUNTY



Family and Community Health Program Highlight of 2021

Fralonda Aubrey, County Extension Agent, Family & Community Health

Sparked by ideas of a community garden project in the Fort Worth Glencrest community in early 2020, initiated the development of the Learn, Grow, Eat, & Go (LGEG) Program at Glen Park Elementary. The program began March 23, 2021, despite setbacks due to the pandemic with the after-school program.

Tarrant County Extension Agents and Master Gardener volunteers join forces to deliver twenty sessions to the after-school program. Each week students engaged in lessons to enrich their knowledge and behavior in science, math, language arts, and health through question-and-answer sessions, garden construction and maintenance, cooking, exercise, and games. Introducing gardening ignited several of the student's interest to learn more about seeds, plants, soil, entomology, and basic horticulture. Nutrition and cooking sessions allowed students to become food scientists through taste testing and exploring culinary concepts. Outdoor gardening and active games granted student's the opportunity to achieve their daily recommendation for moderate to vigorous movements. Allowing them to strengthen bones, build muscle, and burn calories.

At the start of the new school year, the LGEG program was granted approval to continue and expand to include all 3rd-5th grade science classes. Glen Park Science Teachers participated in a LGEG Instructor Training to incorporate the curriculum into their 2021-2022 lesson plans. Master Gardeners continued to support the program through garden prep, campus visits, and interacting with students in the garden when needed. Along



with the lessons conducted within the classroom; volunteers enhanced the gardening experience by leading discussions about fertilizing, earthworms, and photosynthesis.

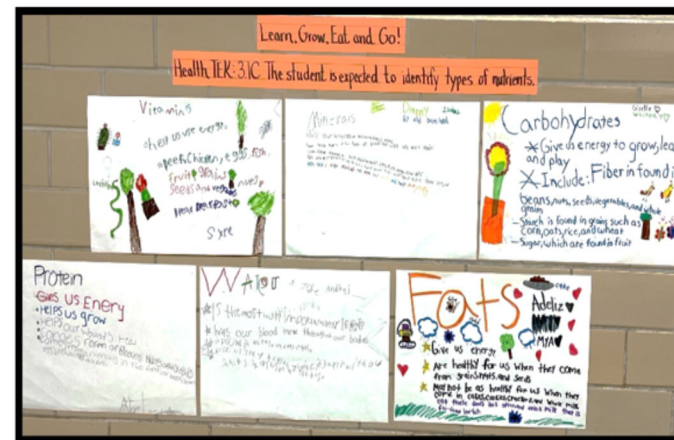
In addition to gardening, the first LGEG Food Demonstration Assembly was conducted. All 196 3rd through 5th grade students attended an assembly designed as a live cooking show using the LGEG Recipes. During the assembly students were allowed to follow along through chants and watch as their peers demonstrated how to prepare the recipes. Samples were provided to all students to taste. Currently two assemblies have been conducted using the recipes, Sunflower Spinach Chard Power Salad and Cinnamon Carrot Crunch.

Objectives of the LGEG program are to positively impact student's health, decrease obesity risk, impact family health, increase family mealtime, and encourage produc-

tion of home gardens. The foundation and strength of the program has relied on the support of the Glen Park faculty and staff and volunteers. With their dedication and support; LGEG has proven to be an exciting educational experience for Glen Park students. The school has set a foundation to sustain the continuation of gardening and health and wellness opportunities for the students of Glen Park Elementary.

Other 2021 FCH Highlights

- Kicking off the year with a mission to increase physical activity amongst teachers, staff, and students Chisholm Trail Intermediate School participated in Walk Across Texas-Youth. The group walked 2,950 miles across Texas. Animal protein, plant protein, fruits, and vegetables were highlighted as the group journeyed across the state. This program provided an innovative approach in learning about active living and healthy eating.
- New partnerships were created with the Community Enrichment Center and The Link Event Recreation Center of Richland Hills to connect summer campers with health and wellness. The Community Enrichment Center summer campers planted summer seedlings in their garden and engaged in lessons that explored science through horticulture. Summer Horticulture Intern student, Julie Minter led the group in activities such soil prep, seed germination, and insect identification. The Link summer campers engaged in sessions on making healthy eating choices through understanding MyPlate and recognizing healthy substitutions for their favorite foods.
- Tarrant County Area Food Bank hosted the Dig Deep Conference in which I served as a panelist for the "Growing Our School Garden Campus." This panel discussion explored how we can collaborate and grow the school garden projects in the Fort Worth area. Other panelist included: Mary Jo Greene, British School Garden Educator, Tiffany Rogers, a full-time parent volunteer, & Helen Duran, Chef and Culinary Trainer for Coppell ISD.



UPCOMING EVENTS 2022

FEB 18 – County Share the Fun Contest
MARCH 11 – County Photography Contest
MARCH 22-23 – County 4-H Round-Up
JUNE 6 – County Record books & Award Applications/Scholarships
JUNE 13-14 – County Record book Judging
JUNE 27 – County Awards/Scholarship Interviews
AUG 11 – Tarrant County 4-H Awards Reception

4-H



AG/NR

DATES AND LOCATIONS TO BE DETERMINED

Women in Agriculture series – Virtual
New Landowner series
Multi-County Wildlife series



DATES AND LOCATIONS TO BE DETERMINED

FEB 2022 – Food Protection Management Courses
Courses include Certified Food Manager Training &
Food Handlers Training – Fees Apply

FCH



COMM HORT

JAN 12, 26 – Water Efficient Recognized Green Professionals
JAN 13, 20, 27 – Pros in Parks Fort Worth
FEB 1, 8, 15, 22 – Pros in Parks Arlington
FEB 3 – Pros in Parks Fort Worth
FEB 9, 23 – Water Efficient Recognized Green Professionals
FEB 16 – North Texas Urban Forestry Conference
MARCH 9 – Water Efficient Recognized Green Professionals
ANYTIME – Pros in Parks Online



HOME HORT

MARCH 2 – Colleyville Garden Club – Lawns talk
MARCH 31-APRIL 2 – Advance Tree Care Specialist Training

