

## Family & Consumer Sciences – EFNEP and FFNEWS

A six week series of parenting classes, which included topics such as Communicating Clearly, Disagreeing Respectfully, Managing Your Anger, Talking Positively and Domestic Violence, were taught to the parents of the Even Start Program. 25 parents participated, learned and implemented positive parenting practices.

Conducted 12 Parenting and 12 Financial Management classes for the parents in the STEPS program. 30 parents attended this session and learned positive parenting practices and effective money management practices.

Fact sheets were distributed, a display was set up and a presentation was given on the opportunity of a career in Extension at the College Career Fair. 400 youth and parents increased their knowledge about the worthiness of attending class, what is the importance of nutrition as it relates to learning and tips to show love for the children. They also gained knowledge of career choices and education.

Set up display and presented fact sheets on food safety and portion sizes and diabetes to 500 clients who increased their knowledge of healthy eating at the annual health fair.

Over 2,200 clients received fact sheets and learned the importance of establishing healthy eating habits, physical activity and food safety practices and budgeting food dollars. This information was disseminated at group meetings, home visits and individual one-to-one contacts at commodity sites, the Health Unit, Food for Seniors, Office of Family Services, Council on Aging and health fairs.

125 persons gained knowledge about the nutrition education programs conducted by the Southern University AgCenter at a nutrition summit.

## Agriculture & Natural Resources

Conducted an estate planning workshop for 17 farm families. These families learned the importance of estate plans and became familiar with the concepts of wealth.

Conducted a cooperative development workshop in partnership with the Federation of Southern Cooperatives. Representatives from 12 farms participated.

Presented a presentation on fruit and nut productions. Participants gained knowledge of suitable fruit and nut varieties for north Louisiana. They were also made aware of specific cultural practices associated with different fruits and nuts.

Conducted a farm tour highlighting vegetables, poultry, beef cattle production and community garden. Participants exchanged information about marketing and production practices. Approximately 50 people participated.

## 4-H Youth Development

77 4-H'ers and leaders participated in the annual parish-wide Make a Difference Day and learned the importance of community involvement and support and the significance of beautifying their community.



4-H Agent Kris Mayers rewards Samuel Bishop with a prize and a medal for placing in the Catfish, Rice & Egg Nutritional Cooking Contests.

32 youth participated in parish commodity nutritional cooking contests and learned nutritional facts about egg, chicken, sweet potatoes, catfish and rice.

700 youth and leaders displayed the characteristics of caring, citizenship and responsibility by donating food to elderly and needy people in the community.

350 youth and leaders increased knowledge in financial management and leadership by participating in the annual fundraiser to help raise funds for their individual clubs.

700 youth and leaders are increasing their knowledge in health and fitness by attending monthly club meetings that offer a wide range of information based on healthy lifestyles.



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Associate County Agent  
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East Carroll Parish Staff

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E. Carroll Parish  

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Cooperative  
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