Educating the Next Generation
At the Charles County Fair, Master Gardeners performed “Misadventures of Farmer MacGregor and Peter Rabbit”. In this puppet show adaptation of Beatrix Potter’s timeless story, kids learned about the role of pollinators in a healthy ecosystem, the benefits of eating fruits and vegetables and more. Master Gardeners hope to expand performances to reach youth throughout the county.

What is a seed? How do they know when it is time to grow? These are some of the questions kids explored at the Needs of Seeds program in partnership with Charles County Public Library this past June. Over 60 kids learned about different types of seeds and what makes them grow. They also got their hands dirty by planting seeds in a container and making “seed bombs” to take home and plant in the garden.

USEFUL INFORMATION

Food Supplement Nutrition Education

Jessica Conjour - Agent Associate, FSNE Project Leader / Nutrition Educator

Recipes for Success
The Food Supplement Nutrition Education (FSNE) program is a collaborative community nutrition program, offering nutrition education to assist low-income individuals and families in making healthy food choices, improving shopping skills, and increasing physical activity. FSNE’s work focuses in five initiative areas: farm to family, healthy changes for out of school youth, healthy school communities, healthy tos and healthy families, and securing food resources for families. In 2016, FSNE provided direct nutrition education to 1,019 individuals, while reaching over 6,000 individuals through community events and print materials.

Jessica Conjour - Agent Associate, FSNE Project Leader / Nutrition Educator

University of Maryland Extension expresses its appreciation to the members of the Charles County Extension Advisory Council who served in 2016: President Ann Herbert, Vice President Gale Kladitis, Treasurer Mike Mohler, Assistant Treasurer Turner Coggins, Paul Bailey, Jeff Bossart, Mary Agnes Swann, Rick LaNore, Arthur Ellis, Charlie Gardiner, Steve Walter, Ronda Goldman, David Hancock Jr. and Margo Champion Alam.

University of Maryland Extension, Charles County
Annual Report 2016

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The 4-H program in Charles County has shown growth in both the rural and urban participation throughout the county. The Charles County 4-H Program supported approximately 3,674 youth in 2016 that participated in community clubs, camps, school enrichment programs, county workshops and as individual study members. This number is an increase of 878 youth being able to experience a 4-H program.

Bonnie Boyden - Program Management Specialist
Dale Bowling - Extension Program Assistant / EFNEP
Debbie House - Program Assistant
Jeanne Herbert - 4-H Program Assistant

The 4-H program has three defined 4-H educational areas which are Animal Science, Environmental Science, and Human Science. Through these areas youth gain knowledge and skills that they will use well into adulthood.

Animal Science:
Charles County has a diverse Animal Science program, with youth participating in several project areas: Horse, Dog, Rabbit, Poultry and Livestock. All animal projects focus on best practices of animal husbandry including nutrition, health and safety. Quality Assurance (QA) classes are required of all youth participating in livestock, horse, and poultry projects to increase their knowledge of not only animal safety but also food safety. In 2016, 98 youth completed the QA course.

Environmental Science:
Charles County 4-H offers two camping experiences which provide this opportunity with both a day and overnight camp where 171 youth between the ages of 8-18 were able to participate. The 5-7 year olds get to enjoy a mini camping opportunity through our 2 day Clover Days. Youth prove the value of our camping program in the county by their return rate which varies from 80-90% annually.

Human Science:
This area is compiled of Healthy Lifestyles, Communications, and Leadership Development. These projects include foods and nutrition, crafts, photography, leadership and sewing projects. These projects continue to be among the most popular entries at the county fair. There were 1,500+ exhibits of these projects in the 4-H Building at the county fair in 2016. The Health Rocks Grant is in its 5th year and has reached over 3,000 youth in Charles County. In these sessions youth learn to make wise decisions relating to alcohol, drugs and smoking. They also learn the impacts of these decisions not only affect them personally but their entire family.

To Make the Best Better
The 4-H club program in Charles County has shown growth in both the rural and urban participation throughout the county. The Charles County 4-H Program supported approximately 3,674 youth in 2016 that participated in community clubs, camps, school enrichment programs, county workshops and as individual study members. This number is an increase of 878 youth being able to experience a 4-H program.

Animal Science:
Charles County 4-H programs in the state as a result of participants taking advantage of the wide variety of 4-H experiences and opportunities offered by staff and 183 UME certified volunteers along with an additional 65 short term volunteers. Volunteers donated 47,580 hours in 2016 of their time to the 4-H program, serving as club leaders, activity leaders, mentors, camp leaders, judges and instructors.

Environmental Science:
This program in the county by their return rate which varies from 80-90% annually.

Human Science:
This area is compiled of Healthy Lifestyles, Communications, and Leadership Development. These projects include foods and nutrition, crafts, photography, leadership and sewing projects. These projects continue to be among the most popular entries at the county fair. There were 1,500+ exhibits of these projects in the 4-H Building at the county fair in 2016. The Health Rocks Grant is in its 5th year and has reached over 3,000 youth in Charles County. In these sessions youth learn to make wise decisions relating to alcohol, drugs and smoking. They also learn the impacts of these decisions not only affect them personally but their entire family.

The 4-H Outcome:
One of the many benefits that parents see in the 4-H program is that it provides opportunities for families to find common interests and goals and to share activities and experiences. This supports the 4-H mission of providing a supportive setting for all youth to reach their fullest potential. 4-H provides opportunities which promote positive youth development; to teach knowledge and life skills which enhance quality of life; and to engage young people in the work of the Land-Grant University.