The University of Maryland, College of Agriculture and Natural Resources programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.
Message from the Director

Greetings!

It is my pleasure to provide you with the University of Maryland Extension (UME)-Baltimore City Annual Report for 2013!

The first UME office in Baltimore City opened in the 1940’s. The intent was to serve residents of the city, just as it had been done in Maryland counties for several decades. Our focus then and now continues to be to meet the needs and interests of an urban audience. UME-Baltimore City is a part of a statewide, community based educational component of the College of Agriculture and Natural Resources (AGNR), University of Maryland at College Park and the University of Maryland Eastern Shore. It delivers research-based programs to residents in the areas of Urban Agriculture, 4-H Youth Development, Nutrition Education and Financial Management to solve problems and improve lives and communities.

In 2014, we celebrate the 100th anniversary of the Smith-Lever Act, which established the Cooperative Extension Service, a unique educational partnership between the U.S. Department of Agriculture and the nation’s Land-grant universities that extends research-based knowledge through a state-by-state network of extension educators. The Smith-Lever Act has stimulated innovative research and vital educational programs for youth and adults through progressive information delivery systems that improved lives and shaped a nation. UME-Baltimore City’s unique qualities capture the tradition of what we historically understand of Extension as a Land-Grant University, but it also focuses on the direction that Extension must go in order to meet the needs of our growing, diverse and global community. It’s clear that UME-Baltimore City has positioned itself well and that its vision and programs are on the cutting edge. Our organization accomplished tremendous outcomes this year, and we will continue to create new initiatives, partnerships, and opportunities to build human, social, and financial capacity for city residents. UME-Baltimore City will not forget that it is deeply rooted in the University’s Land-Grant tradition to:

1) **Reach people where they are through education, interest, understanding, and ability.**
2) **Teach people to determine their own needs by engaging clientele in educational programs.**
3) **Teach people to “help themselves.”**

We will continue to provide “Solutions in your Community” and we will also continue to add value to this great City of Baltimore.

- Manami Brown
University of Maryland Extension-Baltimore City

Mission

Teaching Baltimore City residents to help themselves and each other. At the University of Maryland Extension-Baltimore City, our mission is to build stronger individuals, families and communities.

Values

*Helping people
*Diversity of programs and people
*Intellectual freedom and creativity
*Excellence in educational programs
*Lifelong learning
*Truth, ethical and professional conduct and integrity

Impact Areas

*Local food and agricultural systems
*Environment and natural resources
*Healthy living
*Resilient communities

“Extension offers trusted research, life-changing programs, useful information, science-based solutions and inspiring stories.”

- Stakeholder
A parent who attended a three-month adult workshop reported that her daughter’s blood pressure had dropped considerably and that she was no longer on medication for diabetes, because she was following the tips that she was learning in class.”

- FSNE Workshop Participant
University of Maryland Extension-Baltimore City: Programs

4-H Youth Development
Baltimore City 4-H educational programs provide youth (ages 5-18) with opportunities to enhance their individual gifts, talents, knowledge and skills in a safe and healthy environment. In addition to building an array of essential life skills, youth participants learn to work as part of a team and develop a strong sense of personal and community responsibility.

Financial Management
This program provides guidance to limited and moderate-income youth and adults. The program focuses on financial education, economics/finance, rental eviction prevention education and job preparation training.

Expanded Food & Nutritional Education Program (EFNEP)
EFNEP assists limited income families, pregnant teens and youth by providing free, interactive and culturally appropriate nutrition workshops. Participants acquire knowledge and skills in nutrition, all fundamental factors for improving and maintaining individual and total family health.

Food Supplement Nutrition Education (FSNE)
This program offers nutrition education to help Supplemental Nutrition Assistance Program (SNAP) households and those eligible for SNAP. FSNE programs are provided at no cost to support the work of community agencies serving SNAP-eligible individuals and families, such as literacy centers, local food banks, soup kitchens, WIC offices, senior centers, community centers, neighborhood groups, and homeless shelters.

Urban Agriculture
This program promotes urban greening initiatives through environmentally friendly horticulture practices designed to help participants contribute to the development and maintenance of a healthier environment.

“Being in the nutrition program, I have learned the importance of eating healthy.”
- EFNEP Workshop Participant
University of Maryland Community Development Plan

The University of Maryland Extension (UME)-Baltimore City’s community development approach identifies the interests and needs of communities, and intentionally provides resources to meet the community interests and needs through capacity building initiatives. It delivers educational programs that address major issues including:

- Positive youth development
- Obesity
- Health
- Financial Literacy
- Food quality and access

UME-Baltimore City also educates and trains community members so that they can then, in turn, educate and train peers. The result is an entrepreneurial and economically sustainable model that is a platform for self-reliance and increased quality of life.

“Extension teaches residents to help themselves and each other to live, learn, and earn a better life.”

-Community Partner
Currently, UME-Baltimore City programming takes place in every Baltimore City Council District. While its citywide programming continues, UME-Baltimore City has developed a targeted Community Development Plan intended to invest concentrated time and resources on comprehensive entrepreneurial workforce development programming, in several high need communities in Southwest and West Baltimore along the Red Line. As a result of this intentional strategy:

- UME-Baltimore City partnered with the Academy of Success, Inc. (AOS) to deliver a comprehensive menu of services to youth and families throughout the communities of Southwest Baltimore. This is a self-sustaining program that will generate both financial returns on investment and invaluable public good. UME-Baltimore City will integrate its full range of Urban Agriculture, 4-H Youth Development, Nutrition Education and Financial Management into three primary programs at AOS:
  - Healthy Food Solutions: To address the lack of healthy food sources, and create job opportunities for youth participants and community members of Southwest Baltimore City.
  - Youth Leadership Development: To provide workforce readiness, leadership, science, technology, engineering, math (STEM), and civic engagement development opportunities for youth participants and community members.
  - Strengthening Families Program: To increase nutrition and financial literacy practices for the youth participants, their families, and community members in Southwest Baltimore City communities.

“We will take what we’ve learned and partner to develop ways that the entire youth community can earn service hours, plus help their community to be a vibrant light for all of the State of Maryland to see.”

-4-H Volunteer
• A youth-led urban farm at a local school which includes a high tunnel (portable greenhouse), raised beds for produce production and a tilapia farm, sold produce to local restaurants to further their sustainability efforts. Four of the youth and one adult mentor had the opportunity to take community engagement to another level. Utilizing the skills learned in the Baltimore City 4-H Teen Corps Leadership Program such as:
  o Identifying assets and needs in the community,
  o Identifying types of businesses,
  o Public speaking,
the members were able to engage with others in the West Gate community. Their goal was to promote an upcoming Green Street Academy School Market Day in support of their urban farm project, so they chose to go to three highly populated businesses, an apartment complex, an adult rehabilitation center and an elementary middle school. They were positively received and commended for their presentation skills.

• Current and former 4-H members teamed up to provide “4-H at a Glance” activities including:
  o A recycle relay
  o Nutrition Addition
  o More about 4-H
  o A jump rope contest (physical activity)
  o Guess What’s Growing Inside Me (gardening)

The goal was to introduce 4-H to the community. Members of the 4-H Seed to Harvest Gardening Club and a newly formed club, the 4-H Trailblazers, worked together to support a community art selection process held at the Lockerman-Bundy School.

These sixty youth and their families from these communities have increased their awareness and knowledge in leadership development, STEM, urban agriculture, workforce and career development, entrepreneurship, nutrition, and service-learning. As a result, they will implement a full-scale urban farm, greening, nutrition education, civic engagement initiatives and business ventures in 2014.

All of these Baltimore City communities will continue to benefit from the trainings, resources and skills obtained by the members of this collective, whose purpose is the building of human, social and financial capital with the support of UME-Baltimore City.
4-H Youth Development

- Four hundred and sixteen youth participated in 4-H clubs and programs; learning practical life skills such as entrepreneurship, workforce readiness, GIS community mapping, service-learning, leadership development, environmental science (STEM), and nutrition and fitness education.

- Three hundred and five youth participated in the 4-H Nutrition and Fitness Education Summer Program. Results from pre- and post-data indicate 83% of the youth gained knowledge and skills about My Plate; 87% of youth gained knowledge and skills about eating healthy snacks; and 84% of youth gained knowledge and skills about the importance of eating breakfast.

- Twenty-two youth and adult 4-H members participated in monthly 4-H Teen Corps Leadership Development Program trainings to increase their skills in leadership development (private value). They returned to teach lessons to members of their clubs and communities and engaged an additional 2,000 participants in implementing STEM, workforce readiness, entrepreneurship, service-learning projects and initiatives in their communities, and the 13th Annual Baltimore City 4-H Youth Expo (public value).

- The UME-Baltimore City 4-H Volunteers garnered 2,646 hours valued at $67,287.78 (Volunteer hours x $25.43; Source: Independent Sector).

“4-H has provided me with the right skills to enhance myself, work with others, and make a positive difference in my community. I now lead by example!”

-4-H Youth Leader
Financial Management

- Tenant Eviction Prevention Education: Ninety-four Housing Authority of Baltimore City – mixed housing residents attended eviction prevention training and after training 96% were actually paying rent as compared to 50% before training.

- Family Finance Professional Development: Sixty-two Baltimore City Department of Social Services caseworkers received financial management training that reached 2,600 social service clients, including foster care parents and recipients of family investment benefits.

- Job Preparation Training: Twelve Salvation Army homeless residents attended job training and as a result, nine found jobs using skills obtained through the training.

- Entrepreneur Development Program (Inmate): Twenty-nine inmates scheduled to be released from incarceration attended small business planning training and 98% of them indicated that they would start a small business after incarceration.

“After participating in the program Learning and Practicing Basic Technique for better Decision-Making and Money Management -most students demonstrate increased enthusiasm about saving money.”

-A Baltimore City Public School Teacher
Expanded Food & Nutrition Education Program (EFNEP)

Using “hands-on” instruction, EFNEP educators taught 412 Baltimore City families (impacting 1,285 persons) about stretching food dollars, improving eating habits, practicing food safety principles and increasing physical activity. EFNEP educators teach program participants how to:

- Choose nutritious snacks and beverages
- Plan and prepare healthy meals
- Handle and store foods safely
- Read nutrition labels and compare prices
- Become more physically active

In 2013, Baltimore City participants in EFNEP demonstrated a Percent of Positive Change in:

- Dietary Improvement: Grains: 59%, Whole Grains: 48%, Fruits: 64%, Vegetables: 55%, Dairy: 53%, Protein: 59%
- Increased Physical Activity: 46.3%
- Average Cost Savings in Monthly Food Expenses: $50.30
Food Supplement Nutrition Education (FSNE)

FSNE educators reached all ages and districts in Baltimore City with nutrition education by:

- Engaging 12,678 youth by teaching directly in 11 elementary schools and Judy Centers as well as training staff in 171 Head Start classrooms, 21 library branches and 4 other elementary schools to implement monthly nutrition lessons independently. Students receive 8-40 lessons annually, strengthen their math, science and language arts abilities in addition to cooking skills and healthy habits, and at 5 schools, get dirty in the garden!

- Training 1,106 teachers, community educators, volunteers and collaborating government/NGO staff to extend nutrition education to youth and adults at community action centers, farmers’ markets, public housing, rec centers and emergency services sites.

- Working with 2,264 low-income adults, including seniors and parents with young children, through series classes at schools, substance abuse treatment centers and emergency food pantries. We also text message with parents about their students’ activities, community events and food resource budgeting tips.

- Establishing strong partnerships with city schools, agencies and organizations that allow FSNE to impact the fruit, vegetable and whole grain preferences of our series participants and bring healthy eating and physical activity to the forefront of conversations across the city.

“My kids were so much more knowledgeable about what they were eating. They enjoyed learning from Project Refresh.”

-FSNE Refresh Teacher
UME Strategic Plan Initiative:  
Local Food and Agriculture Systems  

Baltimore City’s Priority Outcome:  
Cleaner and Healthier City  

Urban Agriculture

- UME-Baltimore City in partnership with UME Specialists hosted major trainings for Baltimore City gardeners and urban farmers. The Better Yields through Better Soils All-Day Workshop reached over 140 participants in 14 sessions on managing soils in urban areas.

- The Greening University training was dedicated to training community gardeners and community green space managers; reaching over 90 attendees through 12 concurrent sessions.

- Twenty-five UME Master Gardener interns completed the required volunteer commitment and became certified Extension Master Gardeners.

- The Urban Agriculture educator and UME Master Gardeners have provided agriculture literacy to over 4,500 individuals at numerous events, such as: B’more Healthy Expo, UMD Wellness Fair, Baltimore Herb Festival, Creative Minds Festival, Maryland State Fair, and the JFX & Waverly Farmers markets. In addition, the UME Master Gardener garden committee provided technical assistance and educational workshops to 17 schools. The committee assisted schools to establish gardens on their grounds, and built an outdoor classroom at Hamilton elementary/middle. Six of the seventeen schools participated in the Charm City Farm & Garden Tour. All six schools were awarded $50 gift certificates to Meyer Seed Co. for their garden and greening efforts.

- The Master Gardeners donated 465 lbs. of produce to Govans Ecumenical Development Corporation Care Food Pantry.

- The UME-Baltimore City, Master Gardener Volunteers garnered 5,266 hours valued at $133,914.38 (Volunteer hours x $25.43; Source: Independent Sector).

“Extension’s Urban Agriculture Program has given me the opportunity to enhance my knowledge about composting and how to use it to improve the garden’s soil.”  
-Forest St. Garden Leader