We are pleased to present our 2019 Annual Report for University of Maryland Extension in Cecil County.

You will see the results of our efforts this past year in the areas of 4-H Youth Development, Family and Consumer Sciences (Nutrition & Healthy Living), Master Gardeners & Home Horticulture, and Agriculture & Natural Resources.

This past year, our coordination of volunteers and direct services to the community are valued at over $300,000.

We appreciate the support that Cecil County has provided Extension over the decades and consider it a great privilege to continue to provide research based programming that makes such a difference in the lives of Cecil County residents.
The University of Maryland Extension
Cecil County

County, State and Federal Partnerships

To serve 101,108 (2010 census) Cecil County residents
The University of Maryland Extension, Cecil County Office is a unique organization that provides research-based, informal education to citizens of the County and local area. Our educational programs cover a wide range of topics, including agricultural production, natural resources, food safety, nutrition and healthy lifestyles, youth development, volunteer development, master gardeners, and agricultural nutrient management. These educational and training programs provide current, practical information through workshops, seminars, clinics, camps, displays and newsletters.

The University of Maryland Extension Office represents a partnership of County government, the University of Maryland College of Agriculture and Natural Resources and the U.S. Department of Agriculture. We are glad to share with you this summary of our activities and accomplishments that provided noticeable impacts for the benefit of our communities.

How do we serve Cecil County residents?

With our-

- 11 University of Maryland Extension Faculty
- 395 volunteers
- Over 40 partnerships

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.
4-H Youth Development
Program Description

The Cecil County 4-H Youth Development Program provides a supportive setting for youth to reach their fullest potential.

Children learn beneficial cognitive and life skills through community-focused, research-based, experiential educational programs. Participation is open to all youth ages 5-18.
4-H YOUTH DEVELOPMENT

4-H has a 100 year tradition of voluntary action through strong public-private partnerships at federal, state and community levels.

Local volunteer leaders partner with Cecil County Extension staff to provide direct leadership and educational support to young people in urban, suburban, and rural communities.

- The **11,160** hours of service donated by our **372** 4-H Volunteers provided a volunteer value of **$283,798**.

- **53** Cecil County 4-Hers who submitted reports for the Volunteer Service Awards logged over **5,400** hours of community service.

- Cecil County 4-H staff secured funds and received donations totaling over **$40,000** in funds and donations directly for Cecil County 4-H programming.
Cecil County 4-H Camp, Rocks State Park, Maryland

140 youth attended the one-week residential camp

led by 24 volunteer leaders
4-H Youth Development

Partnered with schools, libraries & afterschool sites to deliver Agriculture, Embryology & STEM programs to over 4,800 youth.
4-H Youth Development

4-H Program areas include:

- STEM and Agriculture
- Healthy Living
- Civic Engagement
- Volunteer Development
Agriculture and Natural Resources
Agriculture and Natural Resources

Program Description

UM Extension Cecil County office offers a variety of educational services to the commercial farm community. Some programs train or recertify agricultural producers to meet State regulations. Other seminars provide technical and business information that introduce new technologies or practices that help farmers improve production, operate more profitability, and maintain the environment.

Approximately 250 participants reached through direct instruction for recertifications and trainings.

Monthly newsletter reached over 700 families.
Agriculture and Natural Resources

Agronomy Day is an annual meeting held for farmers and producers to educate on new agricultural policies and laws and provide credits for recertifications of nutrient management vouchers and private pesticide licenses. This is a comprehensive day of learning for the roughly 70 participants.
Days of Learning Program

The Days of Learning program is a program that connects the local School of Technology High School students with local agricultural businesses so that they can experience first-hand how a real agricultural business operates.
Agriculture and Natural Resources

Days of Learning Program

With this behind the scenes approach to learning, the students make a direct connection with one of these businesses and may possibly participate in a shadowing opportunity or an internship.
Agriculture and Natural Resources

Farm Bureau AG Book Reading

Annually, in partnership with the Cecil County Farm Bureau, a book reading is presented in elementary school classrooms.

A different elementary level book is chosen each year and read to the classrooms, focusing on agriculture.
Nutrient Management

Our office assists agricultural producers by writing and updating nutrient management plans that are required by Maryland regulations.

Maryland’s Nutrient Management Program provides clients with information on Best Management Practices (BMP’s) that aim to balance nutrient applications with crop nutrient requirements, thereby enhancing farm profitability while protecting water quality.
Cecil County 2019 Nutrient Management Plan Information

- **New**
  - 20 Plans
  - 751.5 Acres

- **Updated**
  - 84 Plans
  - 5463.29 Acres

- **Traditional**
  - 49 Clients
  - 98 Plans
  - 6011.49 Acres

- **Christmas Trees**
  - 3 Clients
  - 3 Plans
  - 70.5 Acres

- **Specialty**
  - 6 Clients
  - 6 Plans
  - 203.3 Acres

- **Orchards**
  - 1 Client
  - 1 Plan
  - 120 Acres

- **Organic Produce**
  - 1 Client
  - 1 Plan
  - 7.5 Acres

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Master Gardener Program
Certified Master Gardeners are county residents who have been selected and trained by University of Maryland Extension (UME) to deliver research-based horticultural information to the public.
Master Gardener Program

Master Gardeners assist county residents through several approaches including:
- demonstrations
- workshops
- lectures, and
- plant clinics

at:
- county libraries
- schools
- parks
- community gardens
- demonstration gardens
- fairs, and more.

Over 500 People attended programs and workshops

PROGRAMS
- 18 Workshops
- 2 Plant Swaps

COMMUNITY EVENTS
- Cecil County Fair
- St. Mary Anne’s Garden Market

COMMUNITY EVENTS
- Spring Garden Fest
- Fall Garden Fest

Over 500 People reached through community events
Master Gardener Program

The mission of the Master Gardeners is “educate residents about safe, effective and sustainable horticultural practices that build healthy gardens, landscapes, and communities.”

Provided over 1,000 volunteer hours

A value of over $25,000
Master Gardener Program

Program areas include:
✓ Bay-wise landscaping
✓ Composting
✓ Native and invasive plants
✓ Grow It Eat It (vegetable gardening)
✓ Integrated Pest Management (IPM)
✓ Children’s Gardening
✓ Pollinators
Maryland’s Food Supplement Nutrition Education (FSNE) offers nutrition education programs 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 local food banks, schools, out-of-school sites, farmers markets, community centers, and food assistance sites.
Food Supplement Nutrition Education (FSNE)

Collaborated with 10 community agencies/elementary schools

Reached over 1,117 low income participants

Trained 13 elementary school teachers in SNAP-Ed curriculum

Over 315 Pre-K/Head Start students participated in tastings/activities

What FSNE offers:

- In-person lessons with children, adults, and families
- Educational resources
- Education at farmers’ markets, food banks, and grocery stores
- Text messaging and other social media efforts
- Cafeteria interventions
- Gardening programs
- Teacher- and staff-driven wellness policy changes
University of Maryland Extension’s school-based Food Supplement Nutrition Education (FSNE) programs reach students, teachers, and parents in low income communities including after-school sites, summer meal programs and public schools where 50% or more students qualify for free or reduced-price school lunch.

The goal of the FSNE school-based programs is to integrate key nutrition messages into the school curriculum, policies, the lunchroom, and family shopping and meals.

Trained 6 cafeteria staff members

- In *Smarter Lunchroom* modules
- Assisted staff in implementing *Smarter Lunchroom* principles
- Assisted staff to improve cafeteria environment and
- Promote consumption of fruits and vegetables

Offered 3 school-wide tastings

- To promote fruits and vegetables in the cafeteria line
Food Supplement Nutrition Education (FSNE)

Implementing a variety of curriculum, FSNE uses in-direct and direct education to empower individuals to make healthier choices, buy healthy food on a budget, develop food preparation skills, and increase physical activity.

FSNE program outcomes show positive results.
Expanded Food Nutrition Education Program (EFNEP)
Expanded Food Nutrition Education Program (EFNEP)

- The EFNEP of the United States Department of Agriculture, the University of Maryland’s Department of Nutrition and Food Science and the University of Maryland’s Extension, focuses on diet quality, nutrition, food savings, and food safety.

- The EFNEP empowers limited-income families with children and youth to make diet and physical activity-related behavior changes as a way to facilitate a healthy lifestyle and reduce chronic disease risk.

**Adult Program**

**The Challenge**
- 37.6% of Cecil County residents are overweight and 26.7% are obese.*

**EFNEP Educational Reach**
- 58 adults in Cecil County received education
- 234 total of family members

**The Impact**

**Changes In Adult Behaviors**
- 94% improved diet quality behaviors
- 78% improved food resource management
- 71% improved food safety behaviors
- 76% improved physical activity behaviors
EFNEP educators teach youth to eat nutritious foods, participate in physical activity, and make healthy snack and drink choices through fun and interactive lessons.

**The Challenge**
18.8% of children in Cecil County are overweight & 21% are obese.*

**EFNEP Educational Reach**
- 136 youth in Cecil County received nutrition education
- 54% boys
- 46% girls

**The Impact**
- **89%** Improved Dietary Practices
  - By increasing fruit and vegetable intake
  - By choosing healthy snack
- **68%** Youth improved Food Safety Practices
- **65%** Youth improved Physical Activity Practices
Family Consumer Sciences (FCS)

Program Description
The mission of the University of Maryland’s FCS program is to ‘Strengthen Families, Individuals and Communities through Education’, with a long-term goal of ‘Healthy Living and Economic Success for Maryland residents at every stage of life.’

54 Programs offered/community events attended

PROGRAMS
- Dining with Diabetes
- Eating for Good Health
- Herbalicious
- Grow It, Eat It, Preserve It

PROGRAMS
- Green Cleaning
- Food Safety
- Brain Health
- Teen Cuisine

COMMUNITY EVENTS
- Cecil County Fair
- Drug-Free Cecil Youth Rally
- 55+ Expo for Older Adults
- Union Hospital Diabetes Fair

355 Total participants through direct and indirect education
To accomplish this goal, programs are offered to youth and adults regardless of income, in five areas:

- Nutrition, health, and wellness
- Healthy living environments
- Food safety
- Health literacy and
- Financial education.

**Current Partnerships**
- Department of Health and Social Services
- Elkton Housing Authority
- Senior Centers
- Libraries
- Community Centers

**New Partnerships**
- Elkton Vet Center
- Elkton YMCA
- Union Hospital’s Nutrition and Diabetes Center
Family and Consumer Sciences (FCS)

DINING WITH DIABETES (DWD) PROGRAM

Cecil County is the first county in Maryland to implement this national extension program that teaches people how to better self-manage their diabetes.

Through funding secured from the 2019 Video Lottery Grant, the four session, two hour program was presented five times.

As a result of the success of DWD in Cecil County, this program will be expanded and offered throughout the state.

- 70.7% fit exercise into their daily routine more often
- 29.3% decreased their sugary beverage consumption
- 63.4% use nutrition labels when choosing food more often
- 46 People Completed the Program
- 61.6% use program recipes
- 82.9% cook more at home
- 29.3% decreased their sugary beverage consumption
- 63.4% use nutrition labels when choosing food more often
- 46 People Completed the Program
- 61.6% use program recipes
- 82.9% cook more at home
Interest in preserving food is growing among Cecil County residents.

Workshops (of three hour duration) were offered to residents to learn how to preserve jams, tomatoes, apple butter, and learn how to dry herbs and fruits.
Family and Consumer Sciences (FCS)

2019 Drug-Free Youth Rally, Cecil College

With funding from the Robert Wood Johnson Well-Connected Communities Initiative, the FCS Educator facilitated a group of youth and adults at Elkton Housing Authority properties to address substance abuse.

Youth created interactive displays about the negative health effects of smoking and substance abuse.

18 youth and adults manned their booths and shared information at this rally.
Cecil County Watershed Stewards Academy (WSA)

10 participants
- 8 Cecil County residents
- 1 Kent County resident
- 1 Harford County resident

500 Volunteer hours valued at over $7,600.
WSA Rain Garden Presentation
Rising Sun Library’s “Science Café”

23 participants
Community Stormwater Assessment and Grant Assistance to a Local Community Near North East

(Unfortunately it was not selected for funding.)
Exhibitor at the Annual Cecil County Wade-In Event
The Cecil County Extension Advisory Council (CCEAC) serves an essential function in better understanding our local community and searching for new opportunities. They help to promote and market University of Maryland Extension through their personal and professional networks.

We are privileged to have engaged community leaders offer their time, on behalf of helping us to better serve Cecil County.

**Officers:**

Tracy Reynolds, **President:**
Banking/Business

Kordell Wilen, **Vice President:**
County Public Works
Master Gardener

Christy Michaud, **Treasurer**
Master Gardener

**Board Members:**

**Name:** Susan Knight  
4-H Leader/Volunteer/Camp Director

Trish LaSala  
4-H Volunteer