

MSU Extension Educators & Staff Serving Saginaw County

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Saginaw County 2023 ANNUAL REPORT


\$34,437,604
economic impact


422
enrolled students at MSU


\$679,174
spending with local businesses


3,419
MSU alumni in Saginaw County


\$6,644,124
financial aid disbursed


2,269
Youth Participants
in 4-H

Message from the District Director

Michigan State University Extension offers a broad range of research-based education outreach to county residents. Over this past year, we've continued to innovate and have empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more.



Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs. Our partnership with you makes all this possible. On behalf of the MSU Extension team serving Saginaw County, thank you for another great year.

We look forward to your continued support and hope you will be able to join us during one of our upcoming programs.

Mark Rankin, District Director

Serving Bay, Genesee, Midland, Saginaw and Shiawassee Counties



Farm Management

Welcome Teresa Crook, Field Crops Agronomist Educator

As of December 2023, [Teresa Crook](#) is one of the



newest members of the Michigan State University Extension team. She will serve as a field crops agronomy educator serving the Saginaw Valley and Thumb region. Her past work experience has provided opportunities to collaborate directly with producers, and she looks forward to becoming reacquainted with producers

by attending meetings and interacting with growers. Crook's office is located at the Saginaw Valley Research and Extension Center in Frankenmuth, Michigan.

Originally from southern Illinois, Crook attended the University of Illinois: Champaign-Urbana for her bachelor's degree in agricultural economics with additional classes in agronomy. Her formal education was completed by her master's degree from Michigan State University in weed science under the direction of Karen Renner. As a result of her research, her love of plants became firmly cemented.

After graduation, Crook was an MSU Extension agricultural agent before moving to the Thumb to become an agronomist for Michigan Sugar Company where she conducted research trials and supervised the research and grower laboratory. She also served as the agronomist for a potato producer before becoming a loan officer and credit analyst for GreenStone Farm Credit Services.

Crook and her husband started a small dairy operation, which continues today, located in the Frankenmuth area. Their three grown children all graduated from Michigan State University.

I understand crop growth and physiology, soils and nutrient management," said Crook. "My goal as a field crops agronomist educator is to ensure MSU Extension remains relevant for those utilizing us. I look forward to helping producers with agronomic concerns or questions. I recognize farmers have many options to acquire information, and MSU Extension is a provider of unbiased scientific data. While I cannot promise to accommodate every request, I can do my best to help supply balanced information."

If you have any questions concerning field crops or nutrient management or have ideas for how MSU Extension can better serve you, please feel free to contact Crook at 989-652-3552. Crook said, "I'm looking forward to this next career chapter and helping to serve producers in my new role."

This article was published by Michigan State University Extension. For more information, visit <https://extension.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <https://extension.msu.edu/newsletters>. To contact an expert in your area, visit <https://extension.msu.edu/experts>, or call 888-MSUE4MI (888-678-3464).



Registered ServSafe Proctor & Certified ServSafe Instructor

Michigan State University Extension offers ServSafe, a national certification program for those working in food service, specifically managers and other leaders.

ServSafe teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. The ServSafe Manager course uses proven techniques,

provides new Food & Drug Administration food code rules and content related to the food industry.

Topics include: providing safe food, forms of contamination, the safe food handler, the flow of food, food safety management systems, safe facilities & pest management, cleaning & sanitizing.

This course provides participants education to successfully pass the ServSafe Food Protection Manager Certification exam.

The Food Safety Team served **123** Saginaw County residents in 49 different programs. For ServSafe only, there were **16 sessions** offered in Saginaw County and **28** residents attended.

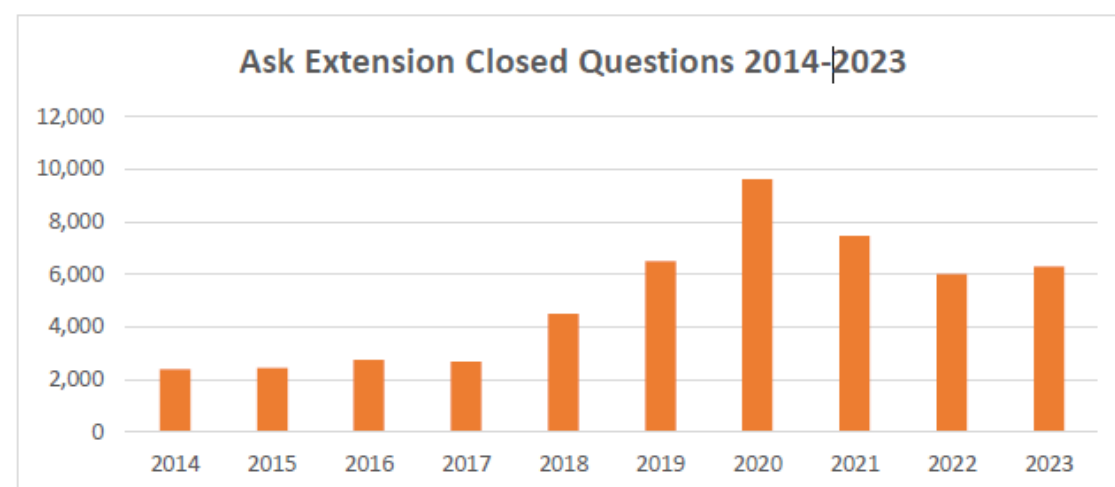
STOP Grant

Entering Michigan State University Extension, the **STOP** (Schools, Teachers, and Officers Preventing school violence) grant operates as a funding source to raise awareness to youth mental health challenges (anxiety, depression, self-harm, etc.) by offering mental health education within the state of Michigan.

The settings that services are offered include (but not limited to) the following: high schools, youth organizations, and local businesses. By doing this, the **STOP** grant can play a vital role in reducing risk factors within mental health challenges and school violence prevention. Programming underneath the **STOP** grant includes various national trainings and workshops.

Youth Mental Health First Aid (YMHFA) is a national training that teaches adults that interact with adolescents the signs/symptoms of mental health challenges and ways to support them during crisis and non-crisis situations. Additionally, **Teen Mental Health First Aid (tMHFA) targets 10th-11th graders** to be trained within mental health education, to support their peers who are experiencing mental health challenges. Furthermore, workshops such as Mindful Mechanics and Your Thoughts Matter operate as curricula to teach mindfulness-based practices and emotional wellness.

CHART 1. Annual Number of Questions Answered 2014 – 2023.



ADDITIONAL DATA

The tables below represents the number of closed questions by Saginaw county for 2023 and the number of closed questions from 2014 through 2023, State of Michigan.

Number of Closed Questions Saginaw County - 2023.

County Closed Questions

Saginaw 106

Number of Closed Questions State of Michigan 2014 - 2023.

Year	Number of Closed Questions
2014	2,390
2015	2,446
2016	2,764
2017	2,691
2018	4,492
2019	6,500
2020	9,612
2021	7,740
2022	6,023
<u>2023</u>	<u>6,471</u>

Vegetables

Welcome Saltanat Mambetova, Vegetable Educator

I am honored and excited to join Michigan State University Extension (MSU Extension) as a Vegetable Extension Educator. My assigned area covers eastern Michigan (Thumb area). I will be based at the Saginaw Valley Research and Extension Center in Frankenmuth, Michigan.



I am originally from Kyrgyzstan and grew up in a post-Soviet time when every citizen who had land became a farmer. My parents had a patch of small land near our house where we grew our own vegetables, fruits, potatoes, etc. I became passionate about growing and caring for plants which led me to receive my bachelor's degree in Agronomy from Kyrgyz State Agrarian University. During my undergraduate program, I participated in the [Student Field School](#), a collaborative project between the university and Michigan State University (MSU). One of the research projects focused on developing new techniques to use hoop houses during the winter to grow vegetables, and another project evaluated drought-resistant tomato varieties for development into commercial production. These opportunities enhanced my interest and motivation in agricultural science and led me to graduate school. Through the Student Field School I was connected with MSU professors and other experts.

I pursued my [Master's of Science degree at MSU in Crops and Soil Sciences through a full scholarship from the United States Agency for International Development Integrated Pest Management Lab](#). My research focused on evaluating late blight gene combinations and the durability of late blight resistance in the potato breeding program with Dr. Dave Douches, Professor and Director of the MSU Potato Breeding and Genetics Program. Through my research, I gained experience in plant breeding, tissue culture, marker technology, and plant pathology.

Over the course of my studies I became interested in plant pathology and I pursued this area as I advanced my education at MSU. My Ph.D. research focused on developing new techniques to detect economically important diseases, such as late blight, black leg/soft rot and common scab of potato, turnip, and table beet. After completing my Ph.D. in Plant Pathology, I was a postdoctoral research associate in plant pathology for one year.

During my graduate and postdoctoral studies at MSU, I had the opportunity to participate in and organize field days, grower meetings, and conferences as well as collaborate with potato and vegetable growers. Along with my Ph.D. advisor Noah Rosenzweig, MSU Extension Educators, and the ANR Communication team we published a series of YouTube videos about the [importance](#) and management of soft rot diseases during [planting](#), [growing](#), [harvest](#), and [storage](#).

After completing my postdoctoral position, I went back to Central Asia to accept an assistant professor position at the University of Central Asia (UCA), Tajikistan. My main responsibility was teaching, but I also had research and community service appointments. At UCA I worked on two projects that gave me the opportunity to continue collaborative research with local growers and greenhouse owners, as well as further the Extension vision for the region.

I am excited to return to Michigan for the opportunity to serve vegetable growers in the eastern region of the state. I aim to develop an Extension program based on the needs of the industry and continue the legacy of a strong partnership between growers and stakeholders and MSU.

My office is located at the Saginaw Valley Research and Extension Center in Frankenmuth, Michigan. I encourage you to stop by, call, or send an [email](#) if you want to talk about your production challenges, invite me to your operation, or discuss how MSU Extension can best assist you.

Saginaw County 4-H

Saginaw 4-H Volunteers

Volunteers are essential partners of Saginaw 4-H.

4-H volunteers share their time and talents in their local communities by leading community clubs, teaching learning projects, coordinating education events/fundraising opportunities, and leading county councils in partnership with 4-H youth.

TOTAL Saginaw 4-H
Volunteers
102

NEW Saginaw
4-H Volunteers
23

Saginaw 4-H Participation

TOTAL Youth
Participation
2,269

Community
Partnerships
29

You do not need to own an animal or live on a farm to join 4-H.

We have many 4-H experiences, programs, and clubs that focus on crafts, science, shooting sports, archery, outdoor education, sewing, baking, gardening, hiking, fishing, camping, and more!

In 4-H, we believe in the power of young people.

We see that every child has valuable strengths and real influence to improve the world around us.

There are several paths for youth to experience 4-H learning experiences.

4-H offers school programs, community based and short-term clubs, camps/workshops, and youth enrichment programs.



TOTAL Number of
Community-Based 4-H Clubs = 15

MSU Extension has **36** MSU Extension Master Gardener responders (hotline and Ask Extension) who are trained to help address the high number of plant-related questions. The MSU Extension Lawn and Garden Hotline answers lawn & garden related calls weekly for Michigan residents. (Mondays, Wednesdays, & Fridays from 9-noon EST). It is a vital tool that complements Ask Extension by providing an accessible option to those without computer or internet access. Additionally, it offers technical support for those needing assistance submitting questions to Ask Extension. In 2023, **1,753** calls were answered, with the most common topics discussed being trees/shrubs and lawn care.

MICHIGAN STATE
UNIVERSITY
EXTENSION



Training for MSU Extension Master Gardener Diagnostic Responders: A program developed in 2021 called "**Five Little Questions**" intended to equip EMG Diagnostic Responders with timely resources and information; this educational training program continued in 2022 and 2023. The premise of this was to have MSU specialists and educators join and discuss the five most common questions they receive in their area of expertise, as well as how they move through the diagnostic process. The **8-session** program gave responders insight into emerging issues, helped them identify key symptoms to look for through the diagnostic process, provided them with questions to ask clients, and kept the responders abreast of current issues in the field. Designed and organized by MSU Consumer Horticulture team members, Rebecca Krans and Rebecca Finneran, the program was well attended and, through recordings, was accessible to the whole team at their convenience.

Topics covered during the series included emerging horticulture issues such as pesticides, conifer and woody plant disorders, invasives, lawn diseases, weeds, trees and fruits. EMG Diagnostic Responders are also provided weekly e-mail updates on emerging client questions with appropriate resource links and MSU news articles on subjects including how to find an arborist, spruce decline, gypsy moth, wildlife damage, poison hemlock, and spotted lantern fly.

Food Safety questions that are asked through Ask Extension and/or the MSU Extension lawn & garden hotline are, at times, routed to the food safety hotline for more detailed responses.

RESULTS/IMPACT



The Ask Extension system continues to be an imperative tool for connecting MSU Extension experts with clients in Michigan and beyond. Since 2017, when the Ask Extension web presence was enhanced on the MSU Extension website, there has been a significant increase in the number of questions. MSU Extension staff continue to promote this online tool through large events such as Home and Garden Show, articles, email signatures, presentations, program related websites, and more. In 2023 additional methods of advertising Ask Extension were implemented such as including Ask Extension information in MSU Extension digest email subscriptions and directing general questions from social media to our Ask Extension online form.

ASK EXTENSION 2023 REPORT

Through the Extension 'Ask Extension' system, Michigan residents can ask questions and receive expert answers quickly on a broad range of subjects through an online form. University, research-based information is provided to help residents improve their quality of life, family, garden, business and community.

WHAT HAPPENED AND WHO WAS INVOLVED?

In 2023 there were **106** questions from residents in Saginaw County and **14** questions from out-of-state clients that were answered by our experts.

Types of Questions

Question topic areas are broad and span the expertise of Extension and the University. Even so, a high percentage of questions were related to areas such as trees/shrubs, insect/plant identification, lawns, and general gardening. Specific topics included:

Additional topic areas included:

- Trees and shrubs
- Insects
- Fruit trees
- Plant identification
- Lawns and turf
- Vegetable gardening
- Soil
- Flowers (gardening)
- Weed issues
- Agriculture/Livestock
- Food safety and food preservation
- Wildlife
- Water quality
- Beekeeping/Pollinators
- 4-H Programs
- Land use
- Home ownership
- Nutrition/Healthy living
- Entrepreneurship

Saginaw 4-H Programs

4-H Teacher CPR to Youth

Taught by a local retired firefighter and EMT, 16 youth from the Frankenmuth Pacesetters 4-H Club earned their CPR and AED certification. During the class youth learned how to recognize emergencies, stay calm, seek help, and provide care. These are all incredibly important life skills to develop along with responsibility, leadership, and self-management.

Below is a sampling of just some of the 2023 4-H program offerings. See a current list of 4-H programs in the monthly newsletter <https://www.canr.msu.edu/saginaw/4-h/newsletter> or <https://www.canr.msu.edu/4h/events/> for more 4-H regional and statewide events.

4-H Educational Programs	4-H Camps	4-H Events
<ul style="list-style-type: none">• Parliamentary Procedure• Wild Spartans• Capitol Experience• Adulting 101• Sailing• Introduction to Fishing• Maple Syrup Making• Future Squad• Archery• Embryology• STEM	<ul style="list-style-type: none">• Animal and Veterinary Science Camp• Great Lakes Natural Resources Camp• Saginaw Bay 4-H Fish Camp• Youth Spectacular Leadership Camp• Dog Camp• Exploration Days• Forestry Camp• Creative Arts Celebration	<ul style="list-style-type: none">• Animal Science Career Quest• Animal Skill-a-thon Championship• Livestock Workshop• Cash Competition Contest• Show Your Money Smarts• World Food Prize• National Congress• Animal Shows – Various• Month of the Military Child Challenge



Saginaw 4-H Programs

4-H Embryology Program

591 students across Saginaw County participated in the 4-H Embryology program.

This program teaches students about the parts of an egg to caring for freshly hatched chicks and everything in between! Students also learned about the parts of an egg and their function, what is required to hatch an egg, how it hatches naturally and artificially, stages of embryo development, responsibility and care for living things.

"My personal favorite thing you did/taught us was the actual egg experiment, looking into the egg and at all the parts inside. It was very cool and great to me." - Embryology Student

"Thank you for your help hatching the eggs. It was really fascinating to learn about the parts of an egg. It was awesome to see the chicks hatching! They were so adorable! It was an amazing experience." Embryology Student

- Saginaw County Embryology Schools**
- Big Rock Elementary School
 - Carrollton Elementary School
 - St. Charles Elementary School
 - Thomas White Elementary School
 - North Elementary School
 - Trinity Lutheran School
 - Saginaw Public Library – Hoyt Branch
 - Arrowwood Elementary School
 - Martin G. Atkins Elementary School



MSU Extension Child & Family Development Team

The **MSU Extension Child and Family Development Team** offers programs and services that support families in a variety of ways. From helping parents and caregivers increase early childhood science, math, preliteracy and social and emotional skills in young children to developing critical life skills and healthy behaviors in youth of all ages, MSU Extension works to ensure Michigan's families are stronger and children are prepared to excel in school and life.

With the Family Enrichment Program (FES), Extension Staff from the Children and Youth Institute and the Healthy Nutrition Institute come together to offer a six-week parent and family series combining "Guiding Principles for Highly Successful Parenting" with "Healthy Foods, Healthy Families".

The "Guiding Principles for Highly Successful Parenting" curriculum focuses on key parenting strategies such as: creating family routines, developing emotional control in children, becoming calm and assertive parents, establishing consistent rules and relationships, helping children learn from their mistakes, and developing empathy.

The "Healthy Foods, Healthy Families" curriculum teaches parents how to prepare and shop sensibly for healthy meals on a budget, how to identify different food groups and why our bodies need a variety of foods and discuss the importance of proper nutrition on a young child's development, body, and mind. A major aspect of the FES program is emphasizing habits, routines, and traditions by helping parents and caregivers to create a secure and safe foundation for their children in this ever-changing world.

Music and movement playgroups are part of a child's healthy appreciation for sound identification, physical coordination, and social/emotional development. Skills gained during a structured class help with later math, reading, and overall learning success. Families attend weekly sessions consisting of hour-long learning to listen to culturally interesting music while dancing and playing a variety of child sized instruments.

Participation in experiences like this help young children gain exposure to, and knowledge of, basic principles in rhythm/rhyme, patterns, and gross motor coordination which all contribute to healthy development and foundational building blocks to reading and math.

Parents, caregivers and early childcare professionals have access to virtual series/classes and one-time presentations to topics such as parent communication, building early emotional skills, positive discipline, developing early literacy skills, math and early childhood, promoting social-emotional health, building tools for the resilient child, and preparing young children to start school. The virtual classes are held on Tuesday and Thursday evenings with professional development classes held on Friday afternoons. Virtual series are held no less than twice a month rotating evenings, afternoons, and mornings throughout the year.

Professional development webinar's were held for Saginaw childcare providers in partnership with the Great Start to Quality Eastern Resource Center. Five webinars were held with **55** providers attending to receive credit for professional development hours. Staff worked directly with the Saginaw Great Start Collaborative to provide workshops for monthly parent meetings. Presentations included topics such as "What Children Need to Know to Start School", "Essential Skills for Learning and Life", "Parent Talk", "Building Early Emotional Skills", and "The Importance of Play".

MSU Child and Development Team Staff were also major contributors to the 2nd Annual Father's Count Conference, which was held at Victorious Believers Ministries on Saturday, November 18th. An Extension Educator was part of the conference planning committee and also provided a breakout session entitled "Father's Get Stressed Too! Tips for Managing Anxiety and Frustration". The conference saw a full registration of over 50 fathers and male caregivers and is being planned for a 3rd year in 2024.

Michigan Sea Grant—Extension



Michigan Sea Grant (MISG) Extension promotes research, education, and outreach to enhance the responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, MISG works with Michigan residents, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state's economy, environment and quality of life.

Saginaw Bay Sturgeon Restoration

MISG Extension works with local, state, and federal partners to facilitate Lake Sturgeon release events throughout the Saginaw River system. At these events, community members learn about and help restore this iconic native fish species. This year's release events marked an important milestone – **over 5,000 Lake Sturgeon were released into the Saginaw River system**. Learn more at www.saginawbaysturgeon.org.

SAGINAW: Over **300** people helped release **+460** juvenile Lake Sturgeon into the Cass and Shiawassee Rivers. These release events take place each year in August and September at the Gunzenhausen Walkway in Frankenmuth and at Cole Park in Chesaning.

Lake Huron Regional Fisheries Workshops

In the spring of 2023, MISG Extension hosted three hybrid Lake Huron Regional Fisheries Workshops – focused on the open water fisheries and nearshore fisheries, including Saginaw Bay. These workshops engaged over **150** anglers, charter captains, and others with fisheries researchers and managers from across Michigan – close to **60 participants** learned about the Saginaw Bay fishery. Participants gained a better understanding of Lake Huron fisheries ecosystem changes, and these stakeholders learned about research and management activities relating to Lake Huron and local communities.

www.michiganseagrants.org

Center for Great Lakes Literacy

MISG Extension provides leadership for the Center for Great Lakes Literacy (CGLL), a collaborative effort led by Sea Grant educators throughout the Great Lakes watershed. CGLL engages and inspires teachers, scientists, and students to promote improved stewardship of our shared freshwater treasure. A Great Lakes literate person is someone who understands, appreciates, shares about and helps to protect the Great Lakes resources and the watersheds that feed them.

Twenty educators from across MI participated in the 2023 Lake Huron Place-Based Education Summer Teacher Institute hosted in Au Gres. The 2023 institute focused on climate change and green infrastructure in the Great Lakes as both an issue and a student stewardship opportunity.

To support their implementation of a place-based education project, each educator – including one from Midland County – received a \$500 project stipend with support from CGLL and the Great Lakes Restoration Initiative. Northeast Michigan Great Lakes Stewardship Initiative network and its leadership partners also supported the Summer Institute.

Health Team

Program Highlights:

The Arthritis Foundation Walk with Ease exercise program is now being offered in the community. This self-



The Tai Chi for Arthritis and Fall Prevention program continues to thrive at local senior centers, with over **200** older adults participating in an **18-session** weekly program. Recognizing its success, a weekly class has been established at a nearby senior center to allow participants to continue their practice. People from across the county come together each week to focus on physical activity, balance improvement, and socializing.

paced program is designed to alleviate pain and enhance overall health for individuals with arthritis. Participants gradually increase their walking duration to 30 minutes at least three days a week. The program focuses on improving balance, boosting confidence in walking ability, and reducing limitations associated with arthritis.

The Michigan Substance Use Prevention, Education and Recovery (MiSUPER) team continues to evolve and expand its content, developing a 3-part educational webinar series titled "Reimagining Recovery: A Systems Approach to Addressing Substance Use Disorder." The series explores the research behind structural, social, and root determinants of addiction, limitations of the brain disease model of addiction, and how criminalizing and punitive approaches to substance use are both normalized and exacerbating the overdose crisis.

This webinar series emphasized non-punitive strategies to support people who use drugs and/or are living in recovery, including harm reduction.

MSU Extension Managing Farm Stress Team

Collectively, the MSU Extension Farm Stress team conducted a record number of programs, reaching a record number of participants in 2023. Across all staff reporting program activities in PEARS on behalf of the MSUE Farm Stress team, there were **68** unique direct program activities in 2023, which spanned **169** distinct sessions with **5,657** participants.

We also had **103** individuals enroll in the Rural Resilience online D2L training course. Furthermore, **33** farmers and farm family members were referred through our teletherapy partnership to Pine Rest for behavioral health.

Health Team

Mindfulness Lunch and Learn Programs

MSU Extension health educators provided **40** virtual mindfulness lunch and learn sessions on Mondays and Wednesdays throughout the year, reaching around **2000** audience members. These sessions cycled through our mindfulness menu of programs, with topics ranging from mindful walking and eating to building resilience to avoid burnout. Participants who registered for these programs through MiRegistry were able to receive continuing education credits by attending these sessions.



SLEEP Program Success Story:

"Liz, I am so glad you mentioned the sleep class during the Tai Chi class. The sleep class was extremely helpful in both the information you provided and the tools we learned. The class helped me identify bad habits that were preventing me from getting restful sleep. I also learned knowledge and actions I can apply to create better sleep habits. Lastly, I learned not to get frustrated if I can't fall asleep or if I wake up during the night....instead, I stay calm and pull out my "toolbox" and take action. I am getting better quality sleep and feeling more energized during the day. Thank you for having a passion for this subject and inspiring me to continue learning about sleep."

Powerful Tools for Caregivers

Success Story:

Our virtual Powerful Tools for Caregivers of Children with Special Health and Behavioral Needs program included a lot of childcare workers who often needed to attend to children while participating in class. This group not only benefitted from the information shared from the program's curriculum but also bonded over shared struggles and successes that come from being a caregiver of children with special needs.

One participant shared, "I've been sent to many seminars to learn how to communicate, and this has by far been the best one. I'm so glad I took this class!"

MiSUPER Reimagining Recovery Webinar

Series Success Story:

"Several articles you mentioned in the training are ones I've referenced for this paper, so the whole training was very relevant and a great fit with some things I'm working on. And it was just very interesting in general, it broadened my perspective on what harm reduction is." - Participant

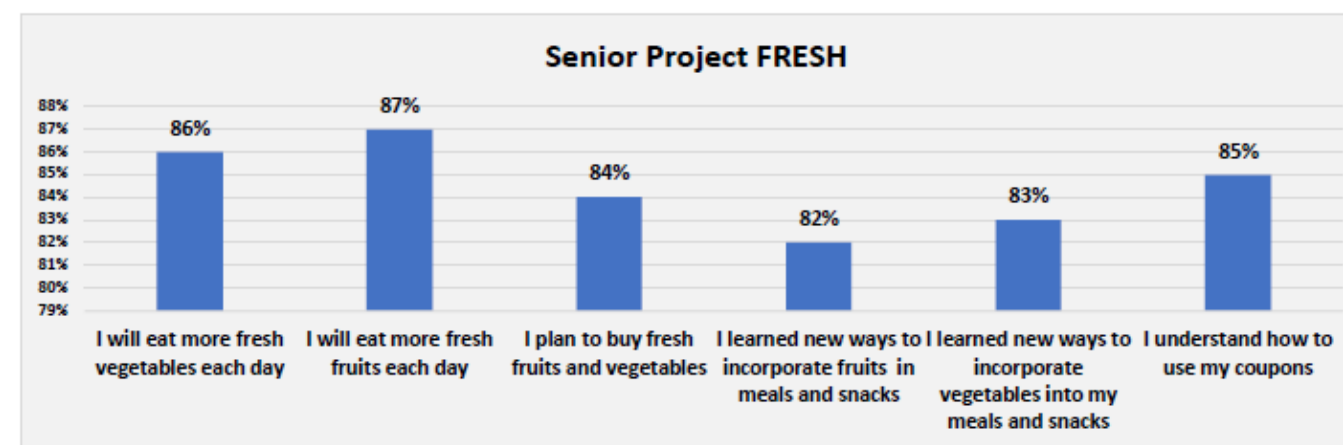
This quote, "The opposite of addiction isn't recovery, it's connection." A powerful reminder to continue to engage and meaningfully connect with folks in my family and community who are dealing with substance use issues." - Participant

"The way concepts have been explained within the first two webinars have made me feel like I am strengthening my own understanding, so I can better serve the communities I work with." - Participant

Senior Project FRESH

Senior Project FRESH is a nutrition education program designed to help older adults improve their fruit and vegetable consumption. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

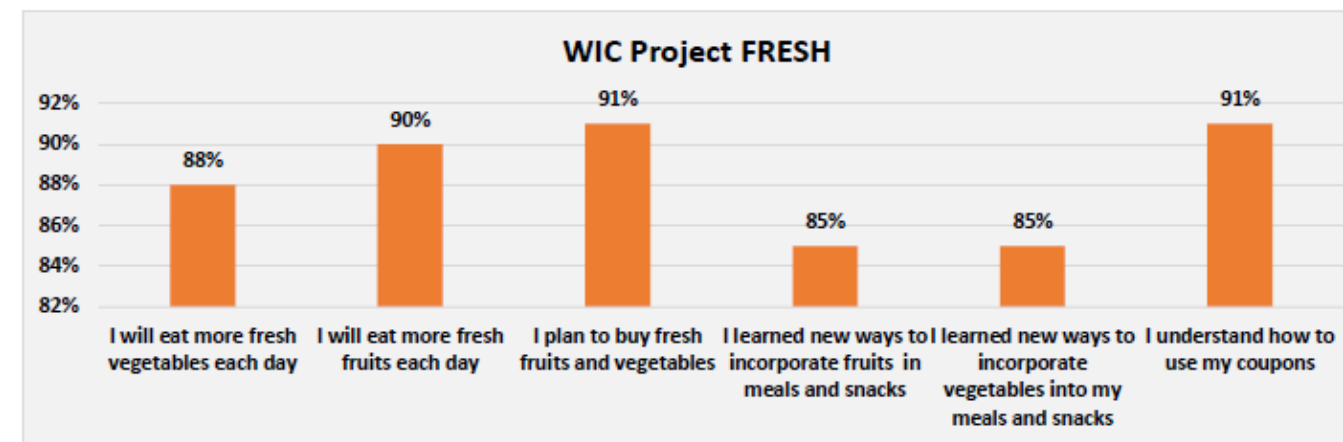
In FY23, 136 adults participated in the Senior Project FRESH program in Saginaw County. At the end of the presentation, participant were asked to complete a brief survey about their intentions to purchase and consume fruits and vegetables, as well as use their program coupons at their farmers market. Below is a summary of their responses.



WIC Project FRESH

This program provides healthy and nutritious produce to Michigan WIC participants. The program encourages participants to shop their local farmers markets for fresh produce and instructs participants how to use their food assistance benefits to purchase fruits and vegetables.

In FY23, the program reached 230 participants in Saginaw County. At the end of the presentation, participant were asked to complete a brief survey about their intentions to purchase and consume fruits and vegetables, as well as use their program coupons at their farmers market. Below is a summary of their responses.



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ADULT PARTICIPANTS

Below is a summary of **SNAP-Ed and EFNEP** nutrition education adult programming in **Saginaw County** from January 1st to December 31, 2023. Participants in series-based programming were asked to complete a pre- and posttest survey before and after the program, respectively. Only participants who completed both surveys are included in the following outcomes: missing data for each item was excluded case wise.

Food Resource Management

- 📊 40% of participants **planned meals in advance** more often
- 📊 30% of participants **compare prices when shopping** more often
- 📊 47% of participants reported **using a food budget** when shopping more often
- 📊 38% of participants reported **using coupons while shopping** more often
- 📊 45% of participants reported using a **grocery list** more often



Food Safety Practices

- 📊 33% of participants were less likely to **thaw frozen meat at room temperature**
- 📊 27% of participants improved **hand washing** behaviors
- 📊 33% of participants use a **meat thermometer** while cooking more often



Diet Quality

- 📊 47% of participants reported an increase in **fruit** consumption
- 📊 39% of participants reported an increase in **vegetable** consumption
- 📊 50% of participants reported consuming more **legumes**
- 📊 35% of participants reported consuming more **milk or soy milk**
- 📊 28% of participants reported consuming more **yogurt or smoothies**



Physical Activity

- 📊 48% increased their participation in **moderate physical activity**
- 📊 34% of participants increased participation in **muscle-strengthening activities**
- 📊 31% of participants made **small changes in their daily routine** to be more active



Program Impact Report

Michigan State University Extension SNAP-Ed Program

In 2023, a total of 860 youth and adults were influenced by 25 policy, system and environmental nutrition and physical activity changes. These include:

- Creation of a policy that encourages the establishment of new food distribution site
- Clients have the opportunity to choose at least some foods they would like to take from food pantry (a client-choice model)
- Improved food safety practices
- Initiation, improvement, expansion, reinvigoration or maintenance of edible gardens
- Opportunities for parents/students/community to work in the garden and access fruits and vegetables from the garden
- Participate in farm-to-table/use of fresh or local produce
- Improve child feeding practices
- Onsite garden produce used for meals/snacks provided onsite
- Improved menus/recipes (variety, quality, etc.)
- Improved storage for fresh produce and other perishable foods

A total of 31 needs and readiness assessments were completed with eleven community sites. The St. Mary's Center for Hope Food Pantry perception survey was completed by 77 pantry clients to improve pantry operations.

In addition, eight childcare homes were coached to make ten systems and environmental nutrition changes focused on farm to early care and education in their homes.



"Yvette said that she did not participate in the CACFP food program, which was fine as it isn't a prerequisite to participation in the Growing Healthy Eaters program. After a couple weeks of coaching and reviewing the nutritional quality of the meals, I suggested she could re-join the federal Child and Adult Care Food program. The next week when I met with her, she was extremely excited to announce, "I joined the food program!" She now will receive funding to support each meal she serves to each child in her care.



Annual Report: January 1st – December 31st, 2023 – Saginaw County



Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars.



Throughout the state, community nutrition instructors (CNI's) deliver comprehensive, evidence-based programming to SNAP-Ed and EFNEP-eligible participants in their communities. These programs include face-to-face classroom instruction, one-time health presentations or demonstrations, and initiatives that improve the policy, system, or environmental factors of an organization, worksite, or school.

PROGRAM REACH



735

Youth participants reached through direct education programming

582

Adults reached through direct education programming

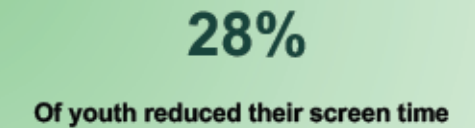
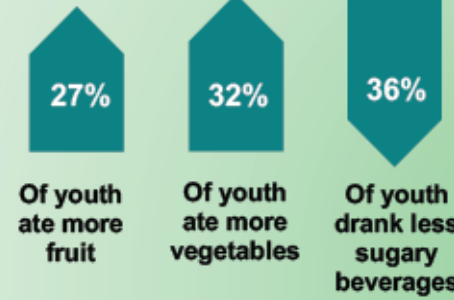
41

Partner organizations

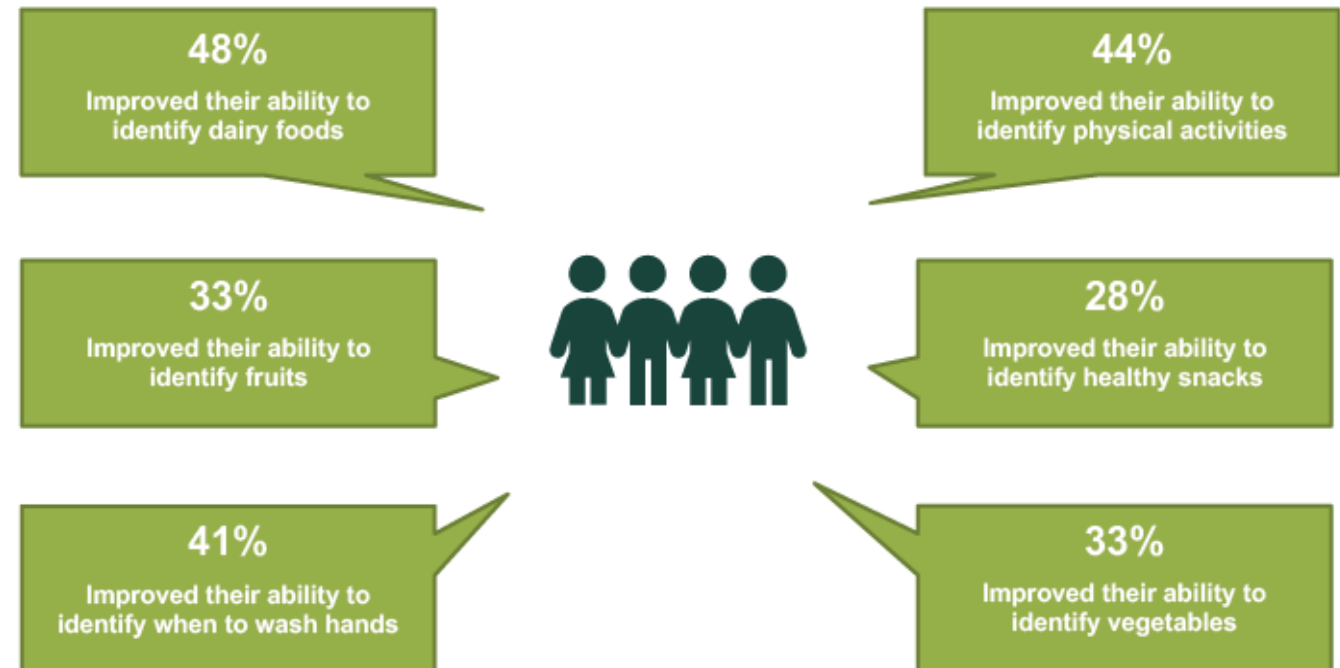
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Local network coalitions

EFNEP: YOUTH GRADES 3rd-5th



EFNEP: YOUTH GRADES K-2nd



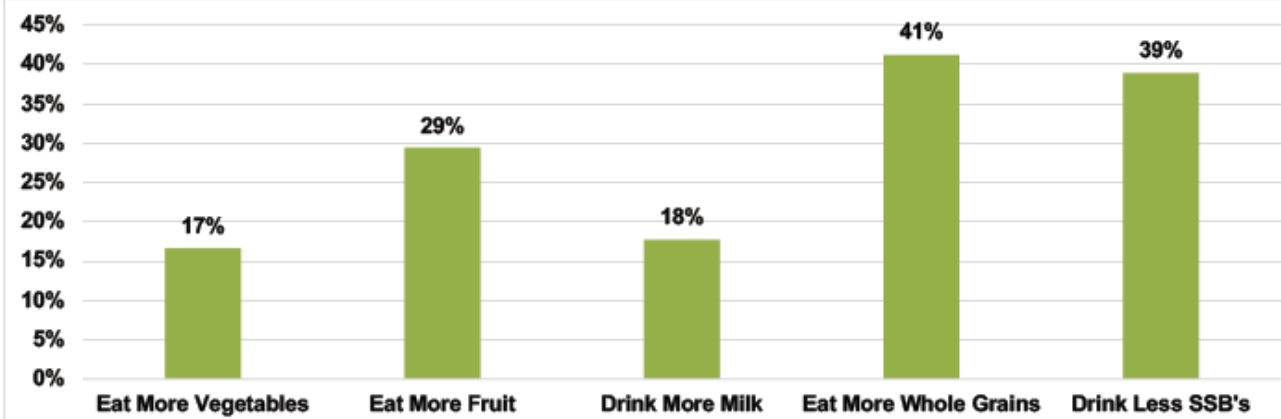
Below is a summary of **SNAP-Ed** and **EFNEP** nutrition education youth programming in **Saginaw County** from January 1st to December 31, 2023. Participants in series-based programming were asked to complete a pre- and posttest survey before and after the program, respectively. Only participants who completed both surveys are included in the following outcomes: missing data for each item was excluded casewise. Students in grades K-2nd were assessed using a Teacher Observation Form at the end of programming.

SNAP-Ed: K-2nd Grade Teacher Observation Form

Teachers observed the following improvements in their student's healthy behaviors:

- 100% of teachers observed more handwashing behaviors
- 80% of teachers observed students being more physically active
- 90% of teachers observed their students eating more fruits and vegetables

NUTRITION: Grades 6-12



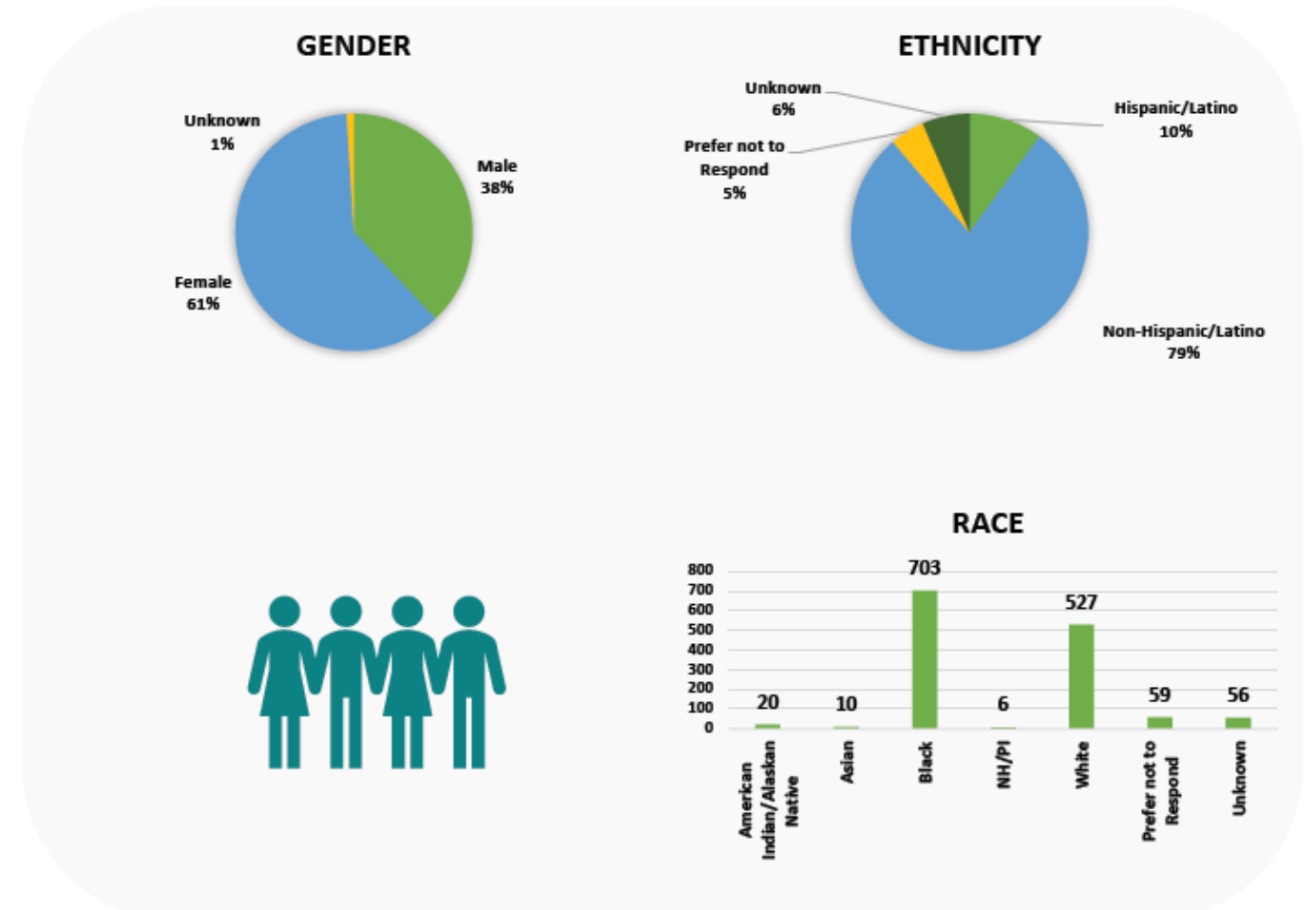
PHYSICAL ACTIVITY: Grades 6-12



FOOD SAFETY: Grades 6-12



PARTICIPANT DEMOGRAPHICS



Success Stories

Toni is a daycare provider in Saginaw County that participated in the Growing Healthy Eaters program. Toni really enjoyed the Growing Healthy Eaters program, even more than she thought she would. She purchased specific things with her incentive money to help her to use fresh produce. One included a shelf close to her counter where she could put her recently purchased fresh produce as a reminder to use while planning and preparing meals.

One big thing she said she learned from the Growing Healthy Eaters program was to use Michigan grown produce. This came from receiving her CSA box and using local foods from the farmers market. She said she learned that Michigan produce tastes better, lasts longer and are just better than buying from where ever grocery stores gets their produce.

