

# Monongalia County Annual Report 2020

## Putting Knowledge to Work!

The West Virginia University Extension Service works to provide solutions in your community through key programs and resources, including agriculture and natural resources; 4-H and youth development; food and nutrition; health and wellness; financial planning; and home gardening. These research-based programs and services are available to all Monongalia residents thanks to the tremendous support of our community members, local organizations, volunteers and local partners, including the Board of Education and County Commission.

# Highlights

- The 4-H program reached 4,760 youths in Monongalia County through clubs, school enrichment programs, camps and other programs. 424 youths were involved in clubs, 370 youths were involved in short-term programs, 115 youths attended camping programs and 4,125 youths participated in school enrichment programs.
- 59 animals were exhibited and sold by 40 4-H youths. 76 Monongalia County 4-H exhibits were shown virtually through the statewide exhibit website. Monongalia County had a 62.4% project completion rate (up from 40% last year).
- Regional Beef Quality Assurance Feeder Calf sales marketed through the WV-PA pool totaled \$427,880 for regional beef farmers.
- The Monongalia County CEOS supported the community with a total of 13,622 volunteer hours from 48 total members.

# 4-H/Youth Development

### Camping

• 89 youths participating in Monongalia County virtual camp were supplied with STEM activity kits in their "Camp in a Bag" supplies to learn about rocketry, ultraviolet rays and polymers through hands-on, educational lessons.

### Energy Express

- 70 youths participated in Energy Express with a variety of ethnic backgrounds, ages and special needs. 47% of the participants were free and reduced-meal eligible. 60% of the youths who took part in the pre- and post-test assessments increased their reading level skill from the beginning to the end of the program.
- Worked with two site supervisors and 14 AmeriCorps members to plan and implement the 2020 COVID version of Energy Express. Secured funding for necessary supplies to implement porch-kits delivered/picked-up by youth participants.
- Demonstrated activities on three episodes of the Energy Express Show, which aired on West Virginia Public Broadcasting this summer. An average of 777 people watched the show this summer.

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#### 4-H School-based Programs

- 680 youths were taught various hands-on STEM lessons, including stomp rockets, robotics, coding and circuitry (between January and March before schools were closed).
- Arranged porch pick-ups for four elementary schools, where families could get STEM activity kits to complete at home. 250 kits per site were provided three times that summer.
- Created 250 gardening education kit that were supplied to community members through local elementary school porch pick-ups. 800 additional "See Them Sprout" seed kits were distributed through low-income food boxes and porch pick-ups.

#### Traditional 4-H Programming and Clubs

- Provided a countywide Camp Clover SPIN Club in the fall of 2020 for eight youths (per COVID-19 guidelines). Members met six times to take part in educational, fun activities including tie-dye, baking, crafts, art, STEM, service and archery.
- Partnered with the Morgantown Public Library to provide 250 educational kits focused on a variety of monthly hands-on lessons.
- Partnered with the Mountaineer Food Bank to offer a free farmers markets, which provided youths with fresh fruits and vegetables to share with their family members. Due to the pandemic, only one school was reached this year with 327 youths participating.

### **Agriculture and Natural Resources**

### Youth Agriculture

4-H members raised livestock animals to show and sell. Due to COVID-19, the show was held virtually. 59 animals were exhibited and sold by 40 4-H youths. 76 Monongalia County 4-H exhibits were shown virtually through the statewide exhibit website. Monongalia County had a 62.4% project completion rate (up from 40% last year).

#### Soil Testing

• Direct economic benefit to the residents of the county/region from using the WVU Soils Test Lab and Extension Diagnostic Services were \$12,317. Monongalia County submitted 293 samples to the lab, many with consultations on results following.

### Master Gardeners

- Monongalia County Master Gardeners volunteered 1,934 community service hours, which was an economic benefit of \$31,794; plus, they participated in 762 hours of training.
- A \$5,000 funding grant for building a high tunnel was secured by the Monongalia County Master Gardeners.

### Farmers Market

• Despite COVID-19, Morgantown Farmers Market Growers Association still sold \$304,247 worth of agricultural products from local producers.

### Beef Quality Assurance

• Regional Beef Quality Assurance Feeder Calf sales marketed through the WV-PA pool totaled \$427,880 for regional beef farmers.

#### Consultations

- Provided educational information, advice and insight to 1,134 direct contacts—163 of which were pest, disease and weed identifications.
- Assisted livestock producers in West Virginia and Pennsylvania in bulk mineral ordering. The spring order contained 62.5 tons equaling \$35,406.90, and the fall order contained 44.38 tons equaling \$25, 793.00. The estimate of savings to farmers was \$42,752.00.

# Family and Community Development

### Community Educational Outreach Service

- Despite the pandemic, the Monongalia County CEOS still supported the community with a total of 13,622 volunteer hours from 48 total members. Activities included:
  - 69 totes were made, filled with supplies and donated to local law enforcement for youths who were removed from homes or involved in accidents
  - o 203 pillows were made and donated as a comforting care item for breast cancer patients
  - Over 1,700 masks were made and donated to hospitals and other health care facilities
  - Collected and provided donations to local food pantries, classroom supplies to local schools and found objects for Energy Express, as well as supplies for 4-H educational kits provided to youths
  - Provided donations for the 4-H hat, glove and scarf tree that were donated to schools
  - Provided first responder support and appreciation by donating food and making signs to show support for those on the frontlines of the pandemic response

### Family Nutrition Program

Adult Nutrition Outreach Instructor

- Graduated 50 participants from the Eating Smart Being Active program.
- Continued the partnership with SPOKES to provide educational, hands-on learning experience for six participants enrolled in their Eating Smart Being Active program. The program began in-person and was switched to virtual programming when the pandemic hit.
- Assisted with food distribution through the Pantry Plus More program and provided food and recipes for seven local families.
- Continued the partnership with Early Head Start and Happy School to teach Eating Smart Being Active and Healthy Cooking and Eating programs to 42 participants (25 - Early Head Start; 17 - Happy School). Participants received a certificate for nutrition education.
- Three Eating Smart Being Active in-person lesson/classes were transitioned to a virtual platform. 50 individuals participated in the program.

Youth Nutrition Outreach Instructor

- Reached a total of 405 students between January to March 2020 through in-person educational lessons in Monongalia and Marion counties. Youth participants were provided with hands-on educational lessons related to physical activity and healthy eating.
- Participated in the Grow This! effort to package and deliver record numbers of seeds to families that registered for the program. Statewide 20,000 individuals participated in the Grow This! campaign.
- Supported the effort to feed families in Monongalia and Marion counties by helping to distribute and pack food items in partnership with Pantry Plus and Marion County BOE. Approximately, 900 Monongalia County school families were served each week with food distribution and about 1,000 school families were served each week in Marion County.
- Created and provided educational take-home kits to students in Marion and Monongalia counties. Sent information in the form of activity sheets, recipes and fact sheets to students with the food boxes at food distribution sites.
- Recorded 12 FNP food demonstration videos (one for Choose Health, Food, Fun and Fitness; 7 for Show Me Nutrition; 4 for Teen Cuisine) that could be shown to youths virtually on a statewide basis.