

# 2020 Report to County Partners

North Carolina Cooperative Extension

Northampton County Center

## 4-H Virtual Animal Ag Day

Working with Northampton County schools, Cooperative Extension created a virtual farm experience to expose students to the agricultural industry in Northampton County.



- Extension agents created video clips of farms in the county and interviewed farmers to provide education to students about cotton, peanuts, chickens, bees, horses, cows, sheep, pigs and farm equipment, highlighting how food comes from the farm and ends up on their plate.
- A twenty-minute video was produced from these video clips for students to see live animals such as cows, chickens, goats, and pigs and learn about how field crops such as cotton and peanuts effect their lives.
- All 4th grade teachers in Northampton County were given the video link with a short questionnaire to test the knowledge gained from watching the educational video. As a result of this video, students now have a better understanding that Northampton County produces foods that ends up on their tables.

## Nutrition Goes Virtual

Northampton County Cooperative Extension has adapted to go virtual with our education and outreach. Here are just a few of the ways we are staying connected with the community to provide healthy eating and food safety education to Northampton County citizens.



- Med Instead of Meds: 6-week class series that explores simple steps to eating the Mediterranean way.
- Turkey Talk: Food safety tips for buying, thawing and preparing your turkey for the holidays were posted daily on our Facebook page.
- In the Kitchen with Extension: Virtual cooking club where you gather your ingredients, log onto zoom and cook together, then you log off and enjoy dinner with your family.
- Monthly Healthy Carolinian support group: the first Wednesday of the month at 10:00 am log onto zoom for a monthly support group with tips to reduce your risk for and/or manage chronic disease with healthy living tips in collaboration with the Northampton County Health Department.
- Color Me Healthy: preschool program to encourage students to eat healthy and move more.



## Cooking with Herbs Series

Northampton County Cooperative Extension's Horticulture Agent and Family & Consumer Sciences Agent partnered to create an educational series on how to grow and prepare fresh herbs at home.



- Over a 5-week course, you learned to grow, harvest, and prepare five herbs. These herbs included Dill, Rosemary, Mint, Cilantro and Basil.
- The course was done through a video series along with handouts. Videos were created on growing and preparing herbs with an accompaniment of an educational handout including growing tips and healthy recipes.
- The series was able to reach 2,332 participants on our Facebook and Youtube platform.
- Positive feedback has inspired us to continue with another series highlighting different herbs next year.
- The program was a great success and Cooperative Extension plans to continue this workshop throughout Northampton County.

## Respirator Fit Testing



Northampton County Cooperative Extension hosted two respirator fit testing workshops for pesticide applicators so they would comply with the federal law under the new 2020 Worker Protection Standards. Extension partnered with the Northampton County Health Department to perform the respirator fit testing and certification for the pesticide applicators. They also helped each pesticide applicator select and purchase the proper respirator, cartridge filters, and size that would best fit their face. As a result of the respirator fit testing workshops in Northampton County, a total of 57 pesticide applicators were successfully fit tested and certified to wear a respirator when applying pesticides. These pesticide applicators are now in compliance with federal law under the new Worker Protection Standards.



## Nutrition Card Packet Distribution



As unemployment surged in North Carolina this spring during the COVID-19 pandemic, so did the demand for food from food banks, food pantries and other emergency sources. Two NC State Extension programs, Expanded Food and Nutrition Education Program (EFNEP) and Steps to Health collaborated across the state to make sure that people receiving the food had the information they needed to make safe and healthy meals. Specifically, in Northampton County, the FCS Agent, Steps to Health Nutrition Educator, and EFNEP Educator reached out to organizations in the county to provide **over 600 nutrition card packets** to people in need through emergency food distribution sites. The card packets contained 12 recipes and nutritional information for healthy main courses plus side dishes. The cards also included information on preparing and storing fruits and vegetables; on food safety; and how to connect with the programs responsible for creating them: [Steps to Health](#) and the [Expanded Food and Nutrition Education Program \(EFNEP\)](#).



## Elementary Home Gardening Kits

During COVID-19, students were in need of learning about plants, parts of plants, growing plants, gardening and where their food comes from. Schools were inundated with virtual activities, so Extension and 4-H wanted to offer a hands-on activity to students that provided families with education and fresh foods.



- 4-H having a “learn by doing” hands on activities approach to programming; created a take home program to teach students all about plants, gardening and where their food comes from.
- “The Home Gardening kits” included all the supplies students needed to grow fruits, vegetables and flowers right at home.
- The kits created were handed out to all students in Pre-K through 5<sup>th</sup> grades, during the home deliveries from the schools.
- Over 800 kits were prepared by Extension agents and volunteers to hand out to every elementary student in Northampton County.
- These kits provided families with education about gardening, plants, fresh vegetables, fruits, and flowers to enjoy over the summer.



## Protecting the Health and Well-being of the Our Farming Communities During COVID-19



In order to meet the needs of our farmers, Cooperative Extension packaged COVID-19 safety kits for farmworkers in our county with items donated by the NC Department of Health and Human Services. Each kit contained 15 disposable masks, 5 cloth masks and 2 8oz bottles of hand sanitizer. Over 150 kits were distributed in Northampton County to farmers, migrant workers, H2A visa workers, seasonal and full-time farm employees, and their families. Educational posters and handouts in both English and Spanish were to better educate recipients of safety measures to be followed to protect them from COVID-19

## SNAP-Ed in the Schools



The COVID-19 pandemic hit quickly and hard, shutting down schools suddenly in March. During this time, Central Elementary and Gaston Elementary were coming to the final weeks of Color Me Healthy with their Pre-K and Kindergarten classes. After conversations with the teachers, they made the decision to try to complete the program virtually. The Nutrition Educator recorded the last two sessions and sent it to the teachers to share with their students and parents virtually. This allowed the students to have some fun while completing the program during their virtual school time. Teachers reported “Wonderful, I will send it right now” and “Thank you so much for doing this! I enjoyed the video lesson and will get it to the students.”

