

EXTENDING KNOWLEDGE, ENRICHING LIVES

**NC COOPERATIVE
EXTENSION**



**NC STATE
UNIVERSITY**



LOCAL FOOD FEEDS PEOPLE

Local food feeds people affected by the economic downturn caused by COVID-19. A 6-wk CSA filled with fresh, local produce was distributed to 50 families. The CSA along with other local food purchases put ~\$15,000 in farmers pockets.



CLEANER, SAFER MCDOWELL

Litter cleanups and pesticide disposal makes for a cleaner, safer McDowell. Nearly 2,000 lbs of litter were collected by 57 volunteers, and nearly 3,000 lbs of pesticide were disposed of properly.

TEACHING LIFE SKILLS TO FUTURE LEADERS

Teaching life skills to future leaders pays off now and in the future. Virtual livestock judging practices were held regularly. Seven youth competed in a livestock judging competition with individuals winning multiple awards & the senior team winning it ALL!



BRINGING STEM TO THE SCHOOLS

Vitural embryology teaches basic biology & life science to McDowell students. Fifteen video sessions were viewed over 3,000 times using FB Live.

SCREEN FREE ACTIVITIES

Outside hands-on learning reduces screen time. Two hundred fifty bucket garden kits were distributed to youth to gain skills in gardening. Twenty seven youth ventured outside to learn about the wonderful world of trees with the Scavenger Hunt for Trees. Both activities encouraged families to get outside & off the screen.



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COMBATTING OBESITY

Moving & exercising combats obesity. West McDowell Middle School students increased knowledge about different ways to move. Upon evaluation, 72% of the students improved their physical activity habit!



TEAM BUILDING THRU SERVICE

Extension gains cooperation & communication skills. Staff spent ~120 hours packing 2,160 food boxes for COVID Hunger Relief during staff meeting time. Staff had a meaningful team building experience outside of the conference room.

2020 PROGRAM EFFORTS

Offered **461** hours of formal training or facilitation

473 volunteers contributed **2,242** hours, valued at **\$57,015**

Generated **\$20,424** for program use

8,500 website page views

WE GROW MCDOWELL

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