

EXTENDING KNOWLEDGE, ENRICHING LIVES

NC COOPERATIVE
EXTENSION



NC STATE
UNIVERSITY



FARMERS INVEST IN NEW MARKETS

Fifty-five families increased their awareness of local food while increasing their intake of fresh fruits & vegetables. ~\$26,000 was spent in the local food economy while providing a new market for farmers.



KEEP MCDOWELL BEAUTIFUL

Litter cleanups makes for a cleaner, more appealing McDowell. Nearly 3,500 lbs of litter were collected by 50 volunteers to cleanup a valuable natural resource. Many other community cleanups have taken place.

EDUCATING YOUNG PEOPLE ABOUT AGRICULTURE

McDowell Middle Schoolers learn where their food comes from. Nearly 1,500 students learned about agriculture and its importance to society.



BRINGING STEM TO THE SCHOOLS

Embryology teaches basic biology & life science to McDowell students. Nearly 500 students in McDowell 2nd & 3rd grades follow the 4-H Embryology curriculum to learn basic biology.

HEAT THE FOOD TO THE RIGHT DEGREE

Adults increased food safety knowledge & how to use a meat thermometer after an adult summer program. 94% of participants showed improvement in using a meat thermometer.



GO.NCSU.EDU/MCDOWELLCES

EXTENDING KNOWLEDGE, ENRICHING LIVES

NC COOPERATIVE
EXTENSION



**NC STATE
UNIVERSITY**



GROWING MINDS

Extension oversaw designing, planting, & harvesting garden beds for Elementary School afterschool programs. Twenty-five students successfully grew produce & flowers. Research shows people who grow food have healthier diets.



TEAM BUILDING THRU SERVICE

Extension gains cooperation & communication skills. Staff spent ~330 hours packing 4,000 food boxes for COVID Hunger Relief during staff meeting time. Staff had a meaningful team building experience outside of the conference room.

2021 PROGRAM EFFORTS

Offered **778** hours of formal training or facilitation

855 volunteers contributed **3,027** hours, valued at **\$78,643**

Generated **\$54,150** for program use

19,975 website page views

WE GROW MCDOWELL

Molly Sandfoss, County Extension Director
Janet Bryan, Program Assistant, EFNEP
Matt Burneisen, Program Assistant, Keep McDowell Beautiful
Vacant, Agent, Agriculture & Natural Resources
Cathy Hohenstein, Agent, Family & Consumer Sciences
Heather Peek, Administrative Assistant
Chad Ray, Agent, 4-H & Youth Development

NCCE-MCDOWEL COUNTY CENTER

County Services Bldg
60 East Court Street
Marion, NC 28752
Molly_Sandfoss@ncsu.edu | 28-652-8104

GO.NCSU.EDU/MCDOWELLCES