Annual Report
2013
October, 2013

Dear Schenectady County Residents:

Cornell Cooperative Extension, Schenectady County continues to provide educational programs that address the challenges of local residents, businesses and communities and connects the people of our county with Cornell University - New York’s Land Grant College.

This year we added an innovative program called HealthShares to our portfolio. HealthShares is funded through the AstraZeneca Health Care Foundation. HealthShares addresses cardiovascular and other chronic diseases by increasing access to fresh produce and educating participants about healthy lifestyles including nutrition and physical activity. HealthShares has gathered data on 111 participants and directly increased access to, and knowledge of, fresh vegetables for over 500 residents. In total over 6,000 pounds of fresh vegetables have been distributed in the community. As with most innovative projects, we have committed and strong community partners such as Schenectady County Public Health Services, Ellis Medicine and Schenectady ARC. We are thankful to Ellis Medicine for referring their patients to HealthShares, Schenectady County Public Health Services for assisting us with data collection and outreach, and to Schenectady ARC for assisting us with production of the vegetables distributed.

Another accomplishment this year was the completion of the National People’s Garden Grant. This project provided four City of Schenectady elementary schools with school gardens and curricula in an effort to increase fruit and vegetable consumption among youth in the elementary schools. Again, we could not have completed this project without the help of partners and volunteers.

These are just the highlights of our accomplishments in 2013. We invite you to take a few moments to read through our annual report and learn more about the educational programs offered through Cornell Cooperative Extension, Schenectady County.

Sincerely,

Jay Quaintance

President, Board of Directors
Cornell Cooperative Extension, Schenectady County
Healthy Eating for Life

Goal: Healthy Eating for Life (HEFL) encompasses three nutrition education programs: Eat Smart New York (ESNY), the Expanded Food and Nutrition Education Program (EFNEP) and Collaboration for Health Activity and Nutrition in Children’s Environments (CHANCE). These programs have a common goal of helping eligible families and individuals to adopt healthy eating patterns and active lifestyles that are consistent with the current Dietary Guidelines for Americans and Choose MyPlate.

Participants: ESNY and EFNEP are designed to reach food stamp recipients and other limited resource individuals and youth living at or below 185% of poverty. CHANCE builds partnerships between Cornell Cooperative Extension and local agencies such as schools, churches, Head Start, Schenectady County Health Department, WIC etc. to make changes in children’s environments in order to promote good nutrition and active play.

Funding Source: ESNY partners with Schenectady County Department of Social Services with funding provided by USDA’s Food Stamp Program. EFNEP is funded by USDA through Cornell University and Schenectady County. CHANCE is made possible through funding from USDA’s Cooperative State Research, Education and Extension Services, the College of Human Ecology and the Division of Nutritional Sciences at Cornell University.

Methods: Six to eight education sessions provide participants with pertinent, research-based information and hands-on skill building activities. Sessions are delivered by trained nutrition educators either one-on-one with participants or in a group setting. CHANCE collaborates with community agencies to promote locally driven and effective childhood obesity prevention strategies that increase the access that children and families have to active play and healthy foods.

Outcomes: In fiscal year 2013, HEFL made a positive impact in the lives of 411 families and 1,350 family members in Schenectady County. 239 graduated (completed six sessions) with 119 continuing. In addition, HEFL reached over 12,980 individuals through one-time community events, health fairs, Farmers’ Markets, website, and other media coverage.

As a direct result of completing six nutrition education sessions in HEFL, participants showed improvements in the following areas: (Results are based on participants’ response to specific questions asked pre- and post program.)

<table>
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Nutrition Education for Seniors

**Goal:** Seniors will increase their knowledge and awareness of nutrition, as it relates to improving overall health and wellness. The senior meal centers will prepare and serve meals according to safe food handling practices.

**Participants:** 485 individuals at five senior meal centers; 2190 clients receiving home-delivered meals and eight seniors in their homes.

**Funding Source:** Schenectady County Senior and Long Term Care Services; Office for Aging.

**Methods:**
- Bi-monthly nutrition education presentations at five congregate meal centers.
- Monthly nutrition education handouts for meal center and home-delivered meal participants.
- Individualized nutrition education for seniors attending the congregate meal centers or receiving home-delivered meals.
- Bi-annual kitchen/food safety inspections at the congregate meal centers.
- Virtual senior centers programs.

**Outcomes:** The 2012 Senior Nutrition Survey included 77 participant responses, forty-nine females and twenty-eight males from the five congregate meal sites. As a result of participating in nutrition programs at the meal centers:
- 64% of respondents have increased their consumption of fruits and vegetables.
- 47% of respondents report they have decreased their overall fat intake.
- 60% of respondents report a decrease in overall salt usage in their daily diets.
- 49% of respondents report reading food labels to help them make an informed food selection.
- 90% of respondents had the entire correct answer on food safety, with the other 10% answering a portion of the question correctly.
- 66% report sharing the nutrition information presented by the Registered Dietitian at the congregate meal centers with friends and family.
- The survey included an overall satisfaction question about the nutrition programs presented by the Registered Dietitian. A 4-point Likert scale, 4 – being “very satisfied” and 1 – being “not satisfied”, was used to rate overall satisfaction. 69 of 70 respondents to this question report some level of satisfaction by circling 4 – “very satisfied”, 3 – “satisfied”, or 2 – “somewhat satisfied” indicating a general satisfaction rating of 99% for the nutrition presentations.
- Seniors also reported knowledge learned in areas of: how to eat a healthy diet; antioxidants in food; reading food labels; decrease salt and sugar intake; and how food affects your health.
The Supplemental Nutrition Program for Women, Infants, and Children (WIC)

**Goal:** To improve the health and nutritional status of limited-income women, infants and children

**Participants:** In 2013, 293 pregnant women, 171 breastfeeding women, 271 postpartum women, 830 infants and 1,701 children participated in the WIC program.

**Funding Sources:** United States Department of Agriculture (USDA) Food and Nutrition Services and the New York State Department of Health through Schenectady County Public Health Services

**Methods:** Individual and facilitated group nutrition education; health education, nutrition screening and referrals to other health and community agencies; vouchers for supplemental nutritious foods; breastfeeding promotion and support.

**Outcomes:** Satellite site locations at the First Baptist Church of Scotia and the First United Methodist Church make access to the WIC Program easier for participants and bring WIC to underserved communities.

WIC staff exhibited six times at the Thursday Farmers Market in conjunction with CCE Healthy Eating for Life program staff in an effort to recruit new participants and educate enrolled participants on the proper use of Farmers Market and WIC Vegetable and Fruit checks.

The WIC Program collaborated with Ellis School of Nursing’s seniors enrolled in the Child and Maternal Health class. More than 40 students came to the WIC clinic during the fall and spring semester for a community nursing rotation. During that time, students were provided with a WIC orientation and shadowed WIC staff to enhance their knowledge of the program. WIC also provided orientation to Ellis residents. Extensive Public Health detailing was conducted this year by a trained staff person who visited 39 health care provider's offices. The goals of Public Health detailing are to increase referrals to the WIC program, increase breastfeeding support, decrease provider errors on WIC documentation forms, and increase familiarity with the WIC formulary and the food card and package.

Through the Breastfeeding Peer Counselor program WIC offers monthly prenatal classes with breastfeeding education, a 24-hour breastfeeding hotline, breast pumps and individualized breastfeeding support. Since these initiatives were implemented in 2010, the program has experienced an increase in women who initiate breastfeeding from 59.3 % to 64.2%.

The CCE WIC Program participated in the WIC Learning Collaborative which is a Continuous Quality Improvement (CQI) process in an effort to meet the program’s assigned caseload. Several strategies were developed and implemented and goals set to improve clinic flow and customer service. The work of the Collaborative continues with the creation of a caseload management team that monitors caseload and outreach efforts and applies the principles of CQI.
HealthShares

Goal: To reduce complications from cardiovascular disease through an innovative community partnership that improves nutrition by prescribing fresh vegetables for high-risk, low-income patients at an urban family health center.

Participants: One hundred eleven at-risk patients referred from Ellis Family Heath Center and their immediate family members

Funding Source: AstraZeneca Healthcare Foundation, Connections for Cardiovascular Health℠

Methods: Physicians of Ellis Family Health Center issued prescriptions to identified chronic disease patients which they, in turn, used to enroll into the HealthShares program to receive bi-weekly vegetables and nutrition education. Through nutrition education provided by Eat Smart New York, participants learned to: identify sodium, sugar and fats on the nutrition facts label; dry the fresh herbs provided; and incorporate vegetables into daily meal plans. Pre- and post-measures collected include weight, blood pressure, BMI as well as surveys assessing knowledge gained and behavior change. The Roots and Wisdom youth agriculture participants and individuals with developmental disabilities from Schenectady ARC assisted with the logistics of growing, harvesting and packaging the vegetables for distribution. HealthShares is growing and distributing produce through October 31, 2013.

Outcomes to date:
- 111 individuals officially enrolled with a total of 398 family members impacted from receiving free produce and nutrition education.
- Anecdotal outcomes reported by HealthShares participants include weight loss and changes in diabetes and blood pressure medication. Further data will be available once the project is completed.
- Forty staff and 40 residents at Ellis Family Health Center learned about HealthShares and other food and nutrition programs available in Schenectady County.
- Over 5,000 pounds of vegetables have been grown and distributed to HealthShares participants. Surplus vegetables were donated to the Schenectady City Mission for daily meals serving 100 people; Schenectady Inner City Mission (SICM) food pantry; Ellis Family Health Center staff as well as other organizations.
4-H Youth Development

Program Goal(s): The goal of 4-H is to produce well-developed youth who will become responsible, productive adult citizens. The 4-H program has three major areas through which the program helps to enrich children’s lives and aid in their development: 4-H S.T.E.M. (Science, Technology, Engineering and Math), 4-H Citizenship, and 4-H Healthy Living.

Participants/Audience: Schenectady County youth and teens ages 5-19, adult leaders and volunteers.

Funding Sources: The Schenectady County 4-H Youth Development program is funded through Schenectady County, Schenectady County Youth Bureau and youth-led fundraising efforts.

Methods of Delivery: A traditional 4-H club consists of five or more school-age youth, guided by at least two adult volunteers. A 4-H club is an informal, educational youth opportunity that helps youth grow in any or all of the following ways: improving their communication skills; learning and using practical technical skills; acquiring confidence and a positive attitude toward self; learning positive socialization and leadership skills by working in a group and as part of a team; enhancing citizenship skills by developing an awareness and involvement in their community; interacting with adults who act as role models and have a positive influence on their lives.

4-H Afterschool is an effort within the 4-H Youth Development Program that helps 4-H create and improve community after-school programs. 4-H Afterschool is bringing community-based organizations access to the considerable resources of 4-H and the Cooperative Extension System. 4-H Youth Development has partnered with the local YMCA to: provide youth development training to after-school program staff; make hands-on curricula available to youth in after-school programs; and organize 4-H Clubs in after-school programs.

In addition to the club setting and the after-school programs, Schenectady County 4-H has two important school enrichment events each year: Agricultural Literacy Week and Environmental Education Field Days. Special interest groups are comprised of members from multiple clubs. In the 2012-2013 4-H program year, Schenectady County youth took part in Vegetable Marketing and Action Taking Teens.

Outcomes: The Schenectady County 4-H After-school Program has 16 sites, with 326 enrolled children. Youth enrolled in these programs interact with caring, adult leaders and improve their citizenship skills through actively participating in informal educational programs. The Schenectady County club program is comprised of 62 youth across 16 different clubs.

In March, a 4-H teen attended the Annual 4-H Capital Days event. Over the course of two days, teens from around the state observed the state Senate in session, sat in the Assembly chambers, learned what a day in the life of an Assemblyperson was like, toured the Capitol Building and attended a legislative breakfast. The Schenectady County teen representative met with State Senator Hugh Farley and Assemblymen James Tedisco and Peter Lopez, discussing her experiences in the 4-H program and asking the legislators questions.

Four hundred seventy-five students in eight elementary schools learned about, and discussed the importance of, farming in NYS and about the importance of honeybees in food production. Guest readers including CCE staff and interns, Assemblyman James Tedisco, NYS Senator Cecilia Tkaczyk, and local beekeepers read The Beeman by Laurie Krebs to this student audience.

Public Presentations was co-hosted by Albany and Schenectady County 4-H this year, and was attended by over seventy-five youth. The 4-H youth, ages 5-17, spoke in front of a live audience on topics such as arts and crafts, animal science, their hobbies, and demonstrated how to set a table. Youth involved learn how to select and research a topic and develop audio-visual aids such as posters and PowerPoints to support their presentation.
STARR (State Teen Action Representatives Retreat) was held at the NYS Fairgrounds in April. Over three days, 4-H’ers gained leadership skills in S.T.E.M., Healthy Lifestyles, and Citizenship. Four Schenectady County 4-H’ers and two 4-H leaders attended, with one leader providing a two-day workshop. One teen served on the planning committee, and as such dedicated much of the winter and spring to planning the state-wide event.

Over two hundred eighty-four 4th and 5th graders, and 48 adults, participated in 4-H Environmental Education Field Days. Three days were full of educational S.T.E.M. sessions focused on engaging children in environmental study while conforming to the NYS education standards and aligning with current classroom studies. Topics included recycling and composting, pond exploration, nature walks, river ecology, fish biology, and wildlife identification. Environmental Education Field Days was made possible through partnerships with ECOS, and the Albany Pinebush Preserve, as well as cross-programming within CCE,SC.

For three days, six Schenectady County teens, along with one CCE,SC educator, attended the state-wide 4-H Career Explorations conference at Cornell University in June. This conference provides opportunities for youth to investigate potential college studies and career paths. In addition to attending programs focused on areas such as sustainable development, human development, animal and food science, teens networked with peers from across the state, had opportunities to meet with faculty and staff and fully immersed themselves in college campus life.

During the month of August, 4-H’ers cleaned the youth building at the Altamont Fairgrounds, set up educational displays and planned hands-on activities. For one full day, projects were evaluated by volunteer judges; and during the week of the Fair, 4-H’ers interacted with the fair-going public, talked about their 4-H experiences, and provided educational activities for children.

The 4-H Snack Shop at the Altamont Fair provides a large portion of funds raised for the 4-H program. The county Leader’s Association planned and managed the booth at this year’s fair, as well as one other event in the community. With the help of area donors like Adirondack Beverages, Golub Corporation, Price Chopper and Wal-Mart stores, the operating costs of the booth are kept low and the net profits high.

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Parents Involved in Education — PIE Program

Goal: A hands-on education program targeting preschool children ages 3-5 to help them gain knowledge and skills to be successful upon entry into Kindergarten.

Participants: In 2013, PIE reached 105 families and 153 children in Scotia-Glenville.

Funding Source: Schenectady County Youth Bureau

Methods: PIE programming at the Scotia-Glenville Family Room.

Outcomes: 120 children successfully increased their fine motor skills, early literacy skills, number recognition and reading skills.

The PIE Program was successful in implementing Screen Free Week, which impacted 250 students, 120 of whom remained completely screen free for one week, demonstrating commitment and self-discipline. Community collaborators presented alternatives to TV watching, and 29 children and 27 parents/caretakers from PIE attended a play at Proctor’s.

Sixty-seven families visited the Family Room on a regular basis. The monthly curriculum focused on Kindergarten readiness, and gave caregivers and youth tools to help the home-to-school transition be successful.
Roots and Wisdom

Goals: Provide youth a work environment that promotes personal and professional growth. Raise awareness among youth participants about food systems, hunger, and related issues on a local level, including recognizing and participating in efforts of organizations that work to combat these issues. Provide youth and children with tools and strategies to grow food, adopt healthy eating habits, and share what they learn with the community. Increase the availability of and appreciation for local food in Schenectady. Inspire youth to pursue jobs and careers, particularly those related to food and agriculture.

Participants: Schenectady County children, youth and adults.

Funding Sources: Funding for programs comes from individual gifts; community foundations (Times Union Hope Fund, Niskayuna Cooperative Nursery School); community groups (Concerned for the Hungry, Parish and Sacrificial Committee, Schenectady Inner City Ministry); Faith-based groups (First Reformed Church, First Unitarian Society of Schenectady); matching corporate gifts (GE Foundations); and grants from Schenectady County, including the Department of Social Services and the Schenectady Job Training Agency (including their collaboration with the Schenectady school district).

Methods: Roots and Wisdom designs and offers programs based in gardens throughout the city. Experiential learning programs designed for each audience rely on work in the gardens, contributing to the local food system and serving the community. Actual gardening activities depend on the time of year. Programs with teenagers emphasize skills necessary to be successful in any work environment. Workshops reinforce the science and social value of growing.

Seventeen youth from all over Schenectady County participated in the Summer Youth Program for six weeks. They experienced all aspects of the garden from planting seeds and weeding, to harvesting. They each had the opportunity to run the farm stand, work in the children’s garden, and interact with the community by giving tours. Workshops were given on composting, public speaking, career explorations, where our food comes from, and organic versus traditional gardening.

Outcomes: Participants of all ages— from young children to adult volunteers —share “ownership” of the gardens and take pride in their roles in growing food and serving others.

Over two hundred and fifty children learned about gardens and growing food through programs including: From the Ground Up; Roots, Shoots, Flowers and Fruits; and Edible Playgrounds, with many bringing their parents to the gardens to share their accomplishments.

Eight at-risk youth participating in the Year Round Growing program gained valuable job experience and mentoring as they move on to regular work or additional education. Garden work included measurement, estimations, calculations, and problem solving. Career exploration was done by interviewing community members in an interested career field. One youth brought his math test scores from a 4th grade level to a 10th grade level after working in the garden. Two youth received their GED’s while employed by Roots & Wisdom. Five participants finished our program and were hired for other jobs. One participant went on to college.

Over eighty adult volunteers from the Master Gardener program, RISE program, and the general community have supported the program and take pride in making a meaningful contribution to the wider community.
Master Gardener Volunteer/Community Horticulture Programs

Goal: The goal of the Master Gardener Volunteer Program is to expand Cornell Cooperative Extension’s educational outreach and provide the community with unbiased, research-based educational programs in home horticulture that preserve and enhance the environment and quality of life.

Currently Cornell Cooperative Extension has 53 active Master Gardener Volunteers. These individuals receive a comprehensive training on various subjects relating to horticulture and pest management. In return, they agree to volunteer fifty or more hours of their time each year in the community to answer gardening-related inquiries, deliver educational presentations to community groups of youth and adults, and to advise and assist various community groups that are engaged in horticultural endeavors.

Participants: Schenectady County residents.

Funding Source: Funding to provide staff leadership to the Master Gardener Volunteer Program comes from Schenectady County.

Methods: Master Gardeners use a variety of educational methods and venues to carry out their mission, including answering questions on the phone and via e-mail; attending community events such as farmers markets, fairs and festivals; holding soil test clinics; writing articles and delivering formal educational programs at events sponsored by Cornell Cooperative Extension and other entities. In addition, Master Gardener volunteers assist with the design and maintenance of native plant gardens in Schenectady’s Central Park; school, nursing home, church and museum gardens; and Schenectady County public parking lot rain gardens.

Outcomes: Master Gardener volunteers delivered educational programs at community events throughout the region on topics such as home vegetable gardening, landscape design, perennials, trees and shrubs, native plants, herbs, soils and composting, organic gardening and wildlife management. Through these programs participants learned best management practices that ensure success while preserving the natural environment. It is estimated that the Master Gardener program responded to 2,500 phone or email inquiries on a myriad of issues ranging from household pest management to complex horticultural issues in lawn and landscape settings. Master Gardeners also tested approximately 220 soil samples, identified numerous insects and plants and diagnosed plant problems and diseases.

Master Gardener volunteers assisted several community agencies with “School Gardens” designed to increase youth awareness of food production and to encourage physical activity among children. Master Gardeners worked directly with the Schenectady County Animal Shelter, assisting in a garden design and its maintenance. Also, Master Gardeners worked with ARC participants weekly, training them on horticulture and gardening skills and helping to maintain vegetable gardens at the Sustainable Living Center in Central Park.
People’s Garden School Pilot Project

The “Healthy Gardens, Healthy Youth” People’s Garden School Pilot Project was a unique project for Schenectady County CCE. The pilot project was administered from May 2011 through September 2013. The Extension partnership included four State Extension Universities that aimed to engage more than 4,000 elementary students in creating vegetable and fruit gardens in 54 low-income schools, as part of a 2.5-year research study. Key partners include:

- Cornell University Cooperative Extension
- Washington State University Extension
- Iowa State University Extension and Outreach
- University of Arkansas Extension

Goals as defined by researchers:

- **Goal 1.** Increase fruit and vegetable consumption. Engage youth enrolled in high-poverty schools to increase access to, and consumption of, fruit and vegetables through hands-on learning about growing food.
- **Goal 2.** Empower youth in their communities. Empower youth to use and share their new interests, knowledge and skills to grow and sustain gardens and choose healthy foods at school, home and in their communities.
- **Goal 3.** Contribute toward a sustainable environment and food system. Develop children’s, youths’ and educators’ appreciation for public health and the environmental and social benefits gardens provide to local communities (i.e., physical activity, connection to nature, fresh food production, and social networks).
- **Goal 4.** Build a nationwide network. Build a network of Extension educators and volunteers working across disciplines to leverage existing Federal, state, and local investments in programs like SNAP-Ed, 4-H/Youth Development, and Master Gardener Volunteers/community-based horticulture programs through a common garden-based learning program, which can be replicated nationwide.

Funding: This project was funded by the US Department of Agriculture’s Food and Nutrition Service, and was selected as the sole recipient of this nationwide grant program.

Participants: Approximately 350 students from four elementary schools in the Schenectady City School District. Schools selected included William C. Keane Elementary and Yates Magnet Elementary as the intervention schools; Dr. Martin Luther King Magnet and Jessie T. Zoller elementary schools as the control schools.

Method: A randomized study, led by the Department of Design and Environmental Analysis, Cornell University, examined the effects of school gardens on the students’ fruit and vegetable consumption, and other educational outcomes. Schools were assigned to either an intervention group or a control group. The project’s first year of data collection (2011-2012) involved 2nd, 4th and 5th grade classes; Year 2 (2012-2013) followed the same cohort as they entered into the 3rd, 5th and 6th grades.

Outcomes: During the two- and a half-year school garden pilot project, CCE educators assisted with the coordination and administration of the school garden research program at the local level. CCE educators collected data; administered lesson plans specific to the project; coordinated delivery of garden materials and building of the garden beds. They worked with the teachers and students at each school to create their garden planting plans and actual planting of seeds and plants. Additional volunteers were recruited from the CCE Master Gardener, Master Composter/Recycler and RISE programs. The project included hands-on-activities such as: building, filling and mixing the garden beds with soil and compost; planting; watering and weeding the beds. Academic curriculum using plant science and math skills were included in all instructional lessons. Each school also received a compost bin with an educational component. The goal of the entire research process was to expose school administrators, teachers, support staff, families, caregivers and other community members to the school garden concept with the intention to incorporate the knowledge learned into the home environment.
Retirees In Service to the Environment — RISE

Goal: Retirees will volunteer for a CCE,SC-identified program or project that will enhance and benefit our community in relation to the effects on our environment. The program chosen for the trained RISE volunteers was the People’s Garden School Pilot Project.

Participants: 15 retirees age 55 years or older.

Funding Source: Department of Design & Environmental Analysis College of Human Ecology, Cornell University

Methods: The RISE training consisted of seven topics that involved expert presentations, field trips, and experiential exercises. Expert presenters offered interesting and informative presentations on a variety of global and local environmental issues, including:

- Skills for Environmental Action Leadership
- Water Quality
- Soil Contaminants
- Climate Change
- Home Energy Use
- Integrated Waste Management
- Children, Nature & Health

The program culminated with the newly-trained RISE volunteers’ involvement in the People’s Garden School Pilot Project.

Outcome: Fifteen volunteers attended the RISE training from March 27 - April 17, 2013. The commitment to assist at schools for up to five hours per week, from May 2013 through Fall 2013, was fulfilled by 11 of the 15 trained volunteers. The other four individuals branched off to focus on recycling efforts in the community. The RISE volunteers were instrumental in assisting CCE educators with the multifaceted aspects of the school garden research data collection and assisting students in the creation and/or maintenance of the school gardens (e.g., planting and harvesting). The retirees greatly enhanced the student and staff experience with data gathering and construction, planting and maintaining the school gardens during the summer months when school was in recess.

The impact of RISE extended out into the community all through the summer months. The produce that the RISE volunteers harvested was donated to various organizations including Schenectady Inner City Mission (SICM) food pantry, Safe House, Schenectady City Mission, and Bethesda House. The group was a huge asset for the organization as they participated in additional volunteer activities and programs offered. CCE,SC hopes to coordinate a training for Spring 2014.
Schenectady County Recycles

**Goal:** The goal of Schenectady County Recycles is to increase awareness in the county about the need to reduce waste, reuse items and recycle materials, leading to increased, related, conservation actions by the general public.

**Participants:** Participants include adult and school-aged residents of Schenectady County.

**Funding Source:** Schenectady County through funding from the New York State Environmental Protection Fund that ended in April 2013.

**Methods:** Project activities include workshops and presentations on recycling and composting; school presentations; advertising in local media; articles; participation in TV and radio programs; social media including a web page, Facebook page and e-newsletter; displays; exhibits at the Altamont Fair in both the youth and adult buildings; public forums and other opportunities as they present themselves.

**Outcomes:** The Second Annual Earth Day Event was held at the Sustainable Living Center at the Greenhouse in Central Park on April 20, 2013. Approximately 375 participants and volunteers attended the event. The educational opportunities provided by many organizations and community partners supplied information about preserving our precious resources and highlighted the Earth Day message. Cornell Cooperative Extension conducted educational workshops on composting and vermicomposting; recycled container gardening; and water conservation using rain barrels. The Master Gardeners included a planting activity for parents and children, sold plants and offered soil testing. 4-H youth sold beverages as a fundraiser for their programs. Again this year we partnered with volunteers from Paige School who organized the kids’ craft activity using recycled materials.

Hundreds of school children in Schenectady County learned about vermicomposting and participated in hands-on composting activities. Recycling education workshops were also offered to schools and community programs with the intention of encouraging children to be recycling stewards at home, in school and in the community.

Efforts to educate the community through the e-newsletter, “The Recycling Resource” expanded from 580 individuals enrollees in 2012 to 720 in 2013. Thousands of people heard and saw our messages encouraging recycling through media placements, public events, articles, electronic communications and other means.
Capital Area Agriculture and Horticulture Program (CAAHP) and Eastern New York Commercial Horticulture Program

Goals: To provide farm operators with educational programs in pest management, farm management, environmental stewardship, food safety and marketing. These educational programs help to create sustainable communities, profitable farms and provide fresh, locally-produced agricultural products that add value to the local economy and keep prime agricultural land in production while maintaining the aesthetics of our rural landscapes.

Participants: Farmers, producers and consumers in Eastern New York

Funding Sources: The Capital Area Agriculture and Horticulture program is funded from participating counties on a formula basis derived from the relative values of various agricultural commodities as reported in the USDA Census of Agriculture. Cornell Cooperative Extension Administration has also provided startup funds for this program. Extension specialists also generate income from research and demonstration projects and grant-funded programs.

The Eastern New York Horticulture Team is funded through Smith-Lever Funds from Cornell Cooperative Extension Administration and through formula-calculated county shares based on the production volume of the fruit and vegetable industries as reported in the USDA Census of Agriculture. Growers financially support the program through enrollment fees.

Methods: Eight Extension specialists are deployed throughout the region to provide high-level, specialized educational programs; consulting services and applied research projects that improve the competitiveness and profitability of local farm businesses.

Outcomes: Educators from the Eastern New York Horticulture Program have had a major focus on developing strategies for managing new pests of fresh fruit and vegetable crops such as leek moth, spotted wing drosophila and brown marmorated stink bug. These specialists have also had a major hand in training local producers on complying with food safety regulations designed to protect the producer and the consumer.

Educators from the Capital Area Agriculture and Horticulture Program have worked with a wide variety of producers in the region with the broad goal of increasing farm profitability. In the area of agronomy the educator has focused in on soybean production which is a new crop for farmers in Northeastern New York as well as on maximizing the use and value of pasture in dairy and livestock operations. Maximizing pasture leads to fewer health problems for livestock and reduced feed costs, both of which can increase the farmers’ profitability.

The Farm Business Management Educator has assisted fruit and vegetable producers with gaining access to grant funds to help pay for improvements in on-farm refrigeration which helps producers meet the increasing demand for local foods. In addition, this educator has been working with dairy producers who want to develop business plans for herd expansion and improved profitability. The New Farmer/Market Development Educator continues to work with several new food marketing cooperatives in the area to increase sales and distribution capacity and create new outlets for local farm products. The livestock and farm management educators have also continued to work on a beef cattle marketing effort and have been involved in several projects around hops and barley production in an effort to support farm breweries and distilleries. Commercial Ornamental Horticulture continues to contribute significantly to the local economy and quality of life. The commercial horticulture educator has worked extensively with municipalities in the region to deal with the emerald ash borer which has been found in several counties in the region and is expected to increase its range in the future.
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<tr>
<td>Equipment purchase, maintenance</td>
<td>$9,518.00</td>
</tr>
</tbody>
</table>
The 2012 Financial Statements of Cornell Cooperative Extension, Schenectady County were audited by a private auditing firm and were found to represent fairly the financial position of the organization on December 31, 2012.

## REVENUE

### County:
- Appropriation: $119,540.00
- Youth Bureau Grants: $11,915.78
- Office for Aging Grants: $15,614.00
- Women Infants and Children (WIC): $639,278.78
- Public Health Contracts & Department of Social Services Grants: $417,496.87

  **Total County Support**: $1,203,845.43

### State:
- County Law 224 Appropriation: $82,904.36
- State University Resources (fringe): $562,618.00

  **Total State Support**: $645,522.36

### Federal:
- Smith-Lever Appropriation: $8,457.63
- Expanded Food Nutrition Education: $40,774.70
- CHANCE Grant: $29,947.31

  **Total Federal Support**: $79,179.64

### Other Sources:
- Grants/Contracts: $25,885.56
- Individual Fees and Contributions: $36,552.18
- Operating Revenues: $98,971.83

  **Total Other Support**: $161,409.57

**Grand Total Income**: $2,089,957.00

## EXPENSES

- Staff salaries, benefits, WC and Unemployment: $1,697,604.00
- Program materials: $183,306.00
- Office operations, rent: $166,643.00
- Travel, staff training, fleet: $32,886.00
- Equipment purchase, maintenance: $9,518.00

  **Total Expenses**: $2,089,957.00

*Figures with an asterisk following contain non cash revenue and expenses.*
NOTES
Serving Schenectady County Communities since 1918

Would you like a free email copy of Root Concerns, an email Gardening Newsletter from Cornell Cooperative Extension of Rensselaer, Albany and Schenectady Counties? Email Grace at ges17@cornell.edu and she will put your email address on the list!

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