

ANNUAL REPORT - 2014
CORNELL UNIVERSITY COOPERATIVE EXTENSION OF ALLEGANY-CATTARAUGUS

Cornell University Cooperative Extension of Allegany and Cattaraugus Counties (CCE-AC) continues to offer high-quality, educational programming this year thanks to the support of the Allegany County Legislature. Our program areas, delivered by knowledgeable and dedicated staff bring research-based information to the residents of Allegany County in the areas of Nutrition, Agriculture, Home Horticulture and Youth Development (4-H).

Under the umbrella of Cornell's Family, Education, Nutrition and Communities Program over 1,300 individual nutrition, healthy lifestyle lessons were completed. The topics of these lessons are determined by the individual need of each participant and include: Food Security, Nutrition, Budgeting, Physical Activity, and Stretching Food Dollars. Over 95% showing improved nutrition practices and food choices, 98% reported being more physically active and 78% reported consuming fewer sugary sweetened beverages.

The "Complete Streets" initiative in Allegany and Cattaraugus Counties focuses on helping communities pass a policy which asks transportation planners and engineers to consistently design and alter the rights-of-way with all users in mind, including bicycle, pedestrian and persons with disabilities. This program is funded from the Healthy Eating and Active Living by Design (HEALD) grant held by the NYS Department of Health. The Village of Andover was the site which benefitted from this program in 2014.

As agriculture evolves, CCE continues to strive to meet the changing needs of farmers and the agricultural communities. Expanded new audiences are reached through veteran and beginning farmer trainings. Animal production workshops are offered for dairy, livestock and poultry producers to address changes in technology and means of enhancing profitability. CCE provides compressive workshops on rules and regulations for sale of farm and certified kitchen products direct to consumers; helping to meet the growing demand for locally produced foods. The *Cornell Regional Vegetable Team* connects growers and researchers through weekly crop reports, pest alerts and timely growing information. Field days educate on the benefits of crop management, sequestering soil nutrients, improving soil tilth, erosion control, and enhancing production. Agri-forestry encompasses growing such products as maple syrup, ginseng, and mushroom production in addition to timber; which is a growing segment of our agriculture economy.

Focusing on all needs; from plants in our homes to plants in our fields/greenhouses, we also bring education to our schools, colleges/universities, and towns/villages through yearly updates and landscape programs that address pressing concerns, such as tick management, *The Child Safe Playing Field Act* and many more. Our Master Gardener Volunteers are driven to educate constituents on a plethora of gardening topics; they have also become national writers for *Horticulture Magazine*. New York Ag in the Classroom (NYAITC) is a partnership of Cornell University and State agricultural and educational agencies reaching 600 second graders through 31 events held throughout the county in 2014.

4-H is the nation's largest youth development and empowerment organization, reaching more than 7 million 4-H youth in urban neighborhoods, suburban schoolyards and rural farming communities. Fueled by university-backed curriculum, 4-H'ers engage in hands-on learning activities in the areas of science, healthy living, and food security. 4-H members participate in such activities with club activities include public speaking, shooting sports, textile arts, natural resource and woodworking projects as well as STEM-based educational projects such as raising and caring for animals (domestic and livestock), plant science, forestry, and nutrition. Adult volunteers assist with 4-H Clubs and programs, donating thousands of volunteer hours.