

FAMILY AND CONSUMER SCIENCES

eCONNECTION

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CFAES Extension

AUGUST 2016

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Ohio State's Autumn Semester begins August 23 and for those traveling to the Columbus campus for meetings and workshops, please be aware that parking and traffic will be impacted.

Annual Farm Science Review

The 54th annual Farm Science Review is September 20-22 at the Molly Caren Agricultural Center in London. The event features hundreds of exhibits and presentations. If you plan to attend or work the event, you'll gain entrance just by showing your current BuckID. For details, visit fsr.osu.edu

New Impact Areas for OSU Extension

Associate Dean and Director **Roger Rennekamp** shared new impact areas for OSU Extension. The six new impact areas are **Health and Wellness, Job Skills and Careers, Thriving across the Life Span, Sustainable Food Systems, Engaged Ohioans, Vibrant Communities, and Environmental Quality**. Roger said these impact areas are now the new domains of activity at which we will organize our communications to our many stakeholders.



EHE

Extension

Extension Calendar

eXtension

Grants and Contracts

Live Smart Ohio

Ohio 4-H Center

OSU CARES

Outreach and Engagement

Policy and Procedures

Real Money. Real World.

SNAP-Ed

Successful Co-Parenting

Universal Design

CONTACT US

eCONNECTION accepts news and events relevant to FCS. Publication dates are the second/third Wednesday of each month. The news submission deadline is the Monday before publication date. [Submit Info](#)

TIP OF THE DAY

Plant Foods. Variety is more than the spice of life -- it's the spice of a healthy life. According to the American Institute for Cancer Research, no single food or food component can protect you against cancer by itself, but strong evidence shows that eating a variety of plant foods - - vegetables, fruits, whole grains and legumes like beans -- helps lower your risk for many cancers. --selfchec.org

Also, the new CFAES Signature Areas are **Food Security, Production, and Human Health; Environmental Quality and Sustainability; Advanced Bioenergy and Biobased Products.**

SNAP-Ed Receives \$55,000 Grant from Walmart State Giving Program

The Ohio SNAP-Ed program received a \$55,000 Grant from the Walmart Foundation to provide meals and groceries for two six-week Cooking Matters courses in 20 select Ohio counties. The program will provide 440 low-income adults with hands-on healthful cooking and nutrition education to empower families with the knowledge and skills to shop for and cook healthful meals on a limited budget. Grant authors were **Nichole Brandenburg, Carol Chandler and Liz Smith.** [Read more...](#)

SNAP-Ed Social Marketing Online Survey Extended to August 26

Ohio SNAP-Ed has extended the deadline to complete an anonymous survey to learn more about choices of fruits and vegetables and where SNAP eligible people buy them. The survey takes less than 10 minutes and answers will help design a new campaign so that SNAP eligible people can have better health through healthy eating. Educators and PAs should encourage Ohioans to complete the survey at go.osu.edu/foodchoices

Dining with Diabetes: *Beyond the Kitchen*

FCS educators and researchers have developed a self-paced online course to help participants learn, share and chat with health professionals about managing diabetes. The course, ***Dining with Diabetes: Beyond the Kitchen***, focuses on carbohydrates, fats, sodium, vitamins, minerals and fiber. The easy to follow three-module course includes lessons, videos and activities to complete. Course instructors are **Cheryl Barber-Spires, Barb Hennard, Shawna Hite, Dan Remley and Susan Zies.** A promotional news release for your community newspaper is at fcs.osu.edu/BTK



FCS Name Badges and Tabletop Templates



Hosting a meeting or conference and need name tag templates? Checkout the name badge and tabletop name tent templates on the FCS Professional site at fcs.osu.edu/intranet/fcs-professionals/templates

New USDA State Fact Sheets Available

The USDA Economic Research Service has updated its data sets on population, income, education, employment, federal funds, organic agriculture, farm characteristics, farm financial indicators, top commodities, and exports for each state in the United States. Some county-level data also is available. Details at ers.usda.gov/data-products/state-fact-sheets.aspx

FCS All Programs Conference

The 2016 FCS All Programs Conference is just two months away. It is October 26-27 at the [Crowne Plaza Hotel](#), Dublin. The theme is *Foundation - Balance - Trust*. Conference details are posted at fcs.osu.edu

#OHteens4Health - Health Summit by Youth, for Youth

Please join #OHteens4Health on November 12 for an interactive and informative look at issues affecting teens in Ohio. The health summit targets youth ages 9-19 and adults who work with them. Presentation topics include sleep advocacy, positive relationships, mental health, foods that heal, inspiring physical activities, cyber-safety, driving safety and more. #OHteens4Health is November 12 from 10 a.m. to 3:30 p.m. at the Nationwide and Ohio Farm Bureau 4-H

Center. For details, visit

fcs.osu.edu/events/ohteens4health or contact **Amy Fovargue** at fovargue.1@osu.edu

Donna Green Interviewed on WOSU

Erie County Extension Educator **Donna Green** was recently interviewed on WOSU's All Sides with Ann Fisher regarding microbiomes. The Human **Microbiome** Project (HMP) is a United States National Institutes of Health initiative with the goal of identifying and characterizing the microorganisms that are found in association with both healthy and diseased humans (their microbial flora).



FCS Healthy Team News

Healthy People Update

- OSU Extension is now working with **Training Achievement Program (TAP)** to offer an *online food safety course* that community members can take to become certified in Manager Level (Level II) Food Safety Training. *To proctor exams for this course, you must register with the Ohio Department of Health.* You can download the proctor application registration form at https://go.osu.edu/TAP_Materials. For info on becoming a TAP exam proctor, contact **Kate Shumaker** (shumaker.68@osu.edu) or **Shawna Hite** (hite.143@osu.edu).
- The **Food Preservation** team is requesting that you keep a log of food preservation questions you receive this summer. Note any questions that are frequently asked and bring the log to the October FCS conference. The team will use this list of questions to create an FAQ that all educators can use to answer common food preservation questions across the state.
- **Save the Dates:** On October 20 the fall, In-person Healthy People Team Meeting will be held from 10 a.m. to 3:30 p.m. at the Nationwide and Ohio Farm Bureau 4-H Center on the Columbus campus. Questions should be sent to **Shawna Hite** (hite.143@osu.edu).

- On November 16, a **Live Smart Ohio** training will be held at the 4-H Center at OSU. It will cover important updates to changes in LSO scheduling and posting in 2017, signing up for our 2017 posts, and learning new strategies on social media.
- **Check out** the newly updates USDA SuperTracker online at <https://www.supertracker.usda.gov>. It is completely free and allows you to create groups who track their diet & physical activity together. A great tool to share in your counties!

Healthy Finances Update

- Contact **Amanda Woods** (woods.485) for details regarding Healthy Finances.

In the News

Presentations

Extension Educator **Susan Zies** (Wood County) *A Data Summary of a Community-Based Participatory Research Project Targeted Toward the Prevention of Adolescent Obesity* poster presentation at the Society for Nutrition Education and



Behavior Annual Conference, San Diego, CA. July 2016; *The Relationship between Self-Efficacy and Physical Activity Behaviors in 6th to 8th Grade, Rural, Limited-Resource Adolescents in Kansas* poster presentation at the Society for Nutrition Education and Behavior Annual Conference, San Diego, CA. July 2016; *Rural Adolescents' Barriers and Facilitators to Physical Activity* poster presentation given at Society for Nutrition Education and Behavior Conference, San Diego, CA. July 2016.

Extension Educators **Susan Zies** (Wood County) and **Beth Stefura** (Mahoning County), *Igniting Youth to Create Healthier Communities: Policy Changes*. Presentation given at Experimental Biology, San Diego, CA. April 2016.

Mental Health Awareness Webinar Recording Now Available

Did you miss the recent eXtension webinar on Mental Health Awareness given by Hardin County Extension Educator **Jami Dellifield** and Program Assistant **Amanda Raines**? Due to popular response both to the conference

session and the webinar, "Mental Health Awareness for Extension Professionals" is now available for viewing at: <https://learn.extension.org/events/2679>



Sanja Ilic, state specialist for food safety, was a panelist for the May 12 “Your State, Your Plate -- Part II”, connecting Nutrition Professionals with how food is produced in Ohio as part of the Ohio Academy of Nutrition and Dietetics conference.

Publications

James Bates, field specialist for Family Wellness, was quoted in [CFAES Chow Line: No Parent is Perfect, but Guidelines Can Help](#) (April 8, 2016).

Carolyn Gunther, state specialist for community nutrition education, was quoted in [CFAES Chow Line: Nutrient-Packed Beans A Hearty Addition To Diet](#) (March 4, 2016); [Eight Great Ways to Eat More Veggies Every Day](#) (June 3, 2016); [An Ear of Corn A-OK as Part of a Balanced Diet](#) (July 8, 2016).

Irene Hatsu, state specialist for food security, was quoted in [CFAES Chow Line: In 2018, Food Labels Will Give More Information](#) (May 27, 2016); [How to Use the '5-20' Rule for Healthy Choices](#) (July 15, 2016).

Sanja Ilic, state specialist for food safety, was quoted in [CFAES Chow Line: Food Irradiation Safe, But Not Widely Accepted](#) (April 1, 2016); [Why Food Safety is Vital During Pregnancy](#) (May 13, 2016).

Lauren Jones, state specialist in consumer policy, was quoted in [CFAES Family Fundamentals: MyRA Can Help Jump Start Retirement Savings](#) (May 24, 2016).

Dan Remley, field specialist for family nutrition and wellness, was quoted in [CFAES Chow Line: Consider Using Fewer Highly Processed Foods](#) (March 18, 2016); [Takeaways From The Biggest Loser Study](#) (May 2016); [Eat Fruit, But Know How it Affects Blood Sugar](#) (June 2016); [Delving Deep Into Homemade Nut Butter](#) (August 2016).

Carol Smathers, field specialist for youth nutrition and wellness, was quoted in [CFAES Chow Line: Turn Tables on Food Ads: Make Veggies Fun](#) (August 2016); [How To Tell If](#)

Your Tap Water Is Clean, Safe (March 11, 2016); *Smoothies Can Boost Fruit, Calcium Intake* (May 20, 2016); *Pack Kids' Snacks With Nutrients, Variety* (June 24, 2016); [Journal of Science, Policy, and Governance: An Assessment of Beverage-Related Policies Among Organizations in a Multi-Sector Community Coalition](#) (February 2016).

Personnel

Recent hires. **Morgan Aleshire**, SNAP-Ed program assistant, Morrow County; **Bridget Britton**, SNAP-Ed program assistant, Carroll County; **Emily Callen**, EFNEP program assistant, Montgomery County; **Debra Calvin**, SNAP-Ed program assistant, Ross County; **Sarah Chain**, Office assistant, Campbell Hall; **Cory Conrad**, SNAP-Ed program assistant, Licking County; **Sara Creamer**, FCS/MG program coordinator, Fayette County; **Kevin de Leon**, EFNEP program assistant, Cuyahoga County; **Jordan Dotson**, SNAP-Ed program assistant, Greene County; **Emilee Drerup**, SNAP-Ed program assistant, Putnam County; **Jennifer Dulaney**, SNAP-Ed program assistant, Franklin County; **Corinna Dunaway**, SNAP-Ed program assistant, Marion County; **Shauntay Edwards**, EFNEP program assistant, Cuyahoga County; **Nick Glass**, SNAP-Ed program assistant, Franklin County; **Jenna Haaser**, SNAP-Ed program assistant, Campbell Hall; **Misty Harmon**, FCS extension educator, Perry County; **Beth Husted**, SNAP-Ed program coordinator, Campbell Hall; **Ruth Griffis**, SNAP-Ed program assistant, Mahoning County; **Bobbilyn Kasson**, SNAP-Ed program specialist, Campbell Hall; **Sara Meeks**, SNAP-Ed program assistant, Wayne County; **Kareema Samadi**, program manager, FCS Building 193; **Meighan Schutte**, EFNEP program assistant, Clark County; **Danielle Seidita**, SNAP-Ed program assistant, Mahoning County; **Lisa Schlumbohm**, SNAP-Ed program assistant, Ottawa County; **Kelle Sherbourne**, SNAP-Ed program assistant, Marion County; **Shannon Smith**, SNAP-Ed program assistant, Wood County; **Sissy Stubbs**, SNAP-Ed program assistant, Mahoning County; **Kaitlyn Varney**, SNAP-Ed program coordinator, Campbell Hall; **Viviana Visalden**, EFNEP program assistant, Cuyahoga County; **Shawn Walker**, SNAP-Ed program assistant, Perry County.

Video Spotlight

Ohio State University Extension channel. View these [videos](#) or search for others at youtube.com

Upcoming Events

Healthy Finances In-Service

- September 7, 4-H Center, Columbus. Details: [woods.485](#)

Farm Science Review

- September 20-22, London, OH. Details: [fsr.osu.edu](#)

Healthy People In-Service

- October 20, 10 a.m. to 3:30 p.m., 4-H Center, Columbus

FCS All Program Conference

- October 26-27, Crowne Plaza Hotel, Dublin. Details: [fcs.osu.edu](#)

Cooking Matters Training

- November 14-15, Mid-Ohio Foodbank. Details: [brandenburg.51](#)

LSO Training

- November 16, Live Smart Ohio blog author training, will be held 9:30 a.m. to 4:30 p.m. in the Media Room of the 4-H Center, Columbus

All Extension Annual Conference

- December 6-7, Location TBD



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