FAMILY AND CONSUMER SCIENCES

Over a 15-week period, the Fulton Fresh mobile market stopped five times at 18 low-income communities, taught 2,866 adults and gave away 18,483 pounds of produce, of which 6,541 pounds were grown in Georgia. Ninety-two percent of mobile market participants agreed or strongly agreed to plan to make healthy changes. More than half of the participants surveyed planned to eat more fruit (64 percent) and vegetables (62 percent). Additionally, the mobile market reached more than 26,000 people through outreach events, distributing more than 6,000 pounds of fresh produce.

Thirty-eight additional Fulton Fresh programs were offered throughout the year to youth and adults from October 2017 to December 2018, reaching 871 people, with 642 of them between kindergarten and high school. Participants learned the concepts of MyPlate food groups, the parts of a plant, preserving local produce through canning, how to prepare healthy snacks and meals, and the importance of physical activity through yoga.

In total, Fulton Fresh reached 3,737 adult and youth citizens from October 2017 to December 2018 through direct education by teaching the importance of local fruit and vegetable consumption in order to decrease one's risk for obesity and other chronic diseases.

ESTATE PLANNING

End-of-life decisions can be both complicated and intimidating. The Fulton County population is aging and one of their top concerns is creating a will or trust. In 2018, Fulton County Cooperative Extension provided eight free estate-planning classes and reached 144 individuals. Topics included last will and testament, trusts, beneficiary designations, titling, gifting, living will and financial power of attorney.

The majority of participants (74 percent) were 55 years and older. Classes were held at libraries and a senior living facility throughout Fulton County. When asked about their level of understanding for specific topics after taking the class, a majority of respondents reported that they learned “some” or “a lot” about wills (89 percent), the durable power of attorney for finances (85 percent), the Georgia Advance Directive for Healthcare (69 percent), and methods of transferring assets (68 percent).

After attending the estate planning class, 87 percent of participants without a will planned to create one, 86 percent of participants without a financial power of attorney planned to create one, and 85 percent of participants without a Georgia Advance Directive for Healthcare planned to create one.

4-H YOUTH DEVELOPMENT

The Fulton County 4-H Club hosted its third Fulton Fresh Kids Cooking Competition in May 2018. The contest was held in partnership with the East Point Farmers Market and hosted at the East Point UGA Extension Fulton County office. Twenty youth from across the county participated in the team TV-style cooking competition. Prior to cooking, youth participated in a knife-skills lesson, learned about healthy eating habits and MyPlate guidelines, and were trained in food-safety practices. Youth worked in teams of four to prepare their own take on a healthy grain bowl using farmers market produce and a pantry of common ingredients. The entrees were judged by representatives of the East Point Farmers Market and local producers.

The Kids Cooking Competition is the signature event of Fulton County Extension and Fulton County 4-H’s Fulton Fresh programming for youth. Other 2018 activities included healthy-living programs at libraries, the Fulton Fresh 4-H Gardening Club, youth food preservation workshops, and the second annual Farm to Popsicle Day Camp.
Agriculture & Natural Resources

Goods and services related to Georgia’s agriculture and natural resources affect each of the state’s communities every day. Agriculture is Georgia’s largest industry, and its direct and indirect economic impact totals $73.7 billion. More than 392,400 Georgia jobs are directly involved in commodity or food- and fiber-related industries.

UGA Extension faculty and staff play a key role in the success of this industry by sharing university-based research for Georgians to use on the farm and at home. Recommendations in areas including soil fertility, pest management, plant and crop varieties, water quality, and herd health and management focus on maximizing production and profits while minimizing environmental impacts.

Agriculture and Natural Resources Extension agents also provide homeowners and communities with information on lawn care, landscaping, gardening and water conservation through a variety of workshops. Some agents also work with schools on projects like community gardens and farm–to–school programs. Georgia Master Gardener Extension Volunteers give thousands of hours of service to their communities by answering questions in county offices and creating educational opportunities.

4-H Youth Development

As the youth development program of UGA Extension, 4-H is also part of a national network. Georgia 4-H reaches more than 170,000 fourth- through 12th-grade students across the state and helps students develop the knowledge, life skills and attitudes that will enable them to become self-directing, productive and contributing members of society. This mission is fulfilled through hands-on learning experiences in agricultural and environmental awareness, leadership, communication skills, citizenship, energy conservation, health, and food and nutrition.

Georgia 4-H’ers are well-known for sharing their knowledge and volunteering throughout their communities. At the school and county levels, students participate in club meetings organized by 4-H Youth Development Extension agents. At the state level, students participate in competitions, summer camps and conferences. Some 4-H competitions and events are also offered at the regional and national levels.

Research indicates that, as a result of participating in 4-H, members are more engaged in their academic studies, less likely to be involved in risky behavior, and more likely to graduate from high school and continue their education.

Family & Consumer Sciences

Family and Consumer Sciences Extension specialists, agents and staff assist in addressing real-life issues faced by Georgians of all ages. They provide programs and the latest information on obesity, chronic disease, food and financial insecurity, family stresses, unhealthy housing, food safety and preservation, nutrition and more.

To help promote the positive development and safety of preschool, school-aged and adolescent youth, UGA Extension offers resources for parents, caregivers and others. Extension professionals in this program area lead consumer economics trainings and programs such as ServSafe®, Relationship Smarts, and PRIDE, a parent and teen driving education course.

Extension also promotes healthy lifestyles through statewide programs. Walk Georgia is a virtual, fitness-tracking resource that encourages physical fitness and healthy lifestyles to better the lives of Georgians. Other health programs managed by UGA include the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed). These classes teach families how to stretch their food dollars, eat healthier meals and snacks, and reduce the risk of foodborne illnesses.