

CYF NEWS

AUGUST 2004

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

“Restlessness and discontent are the first necessities of progress.”

—Thomas A. Edison



MESSAGE FROM THE LEADERSHIP TEAM

Dear CYF Colleagues

I have mixed emotions as I write my final CYF News message. I have thoroughly enjoyed working with MSU Extension faculty and staff, especially CYF staff members. Together we've given MSU Extension a reputation for having great programs for families and youth. The opportunities that I have had at MSU to work on a variety of projects certainly kept my work life interesting. In addition, the opportunities to work in various capacities helped me develop professionally. At the same time, I'm looking forward to relocating closer to my extended family and entering the next work phase of my life. Starting September 1, my title will be Nutrition Education Program Specialist at the University of Wisconsin Extension. In this role, I will continue to work with Food Stamp Nutrition Education and the Expanded Food and Nutrition Education Program, providing statewide leadership for the youth area and being an overall nutrition advisor for the north and south districts of Wisconsin. Thank you to everyone in Michigan for providing me such a rich work environment over the past 11 years. I hope we have opportunities to work together in the future.

Sincerely,
Gayle Coleman

As they say, "Time flies when you're having fun!" When I think about the fact that I've been in the Acting FCS State Leader role for nearly a year, I can't help but reflect on how fast the time has gone. Since my definition of fun includes working with a great team of committed staff members on work I strongly believe in, this past year has been lots of fun.

I recently read the book *The Dream Society: How the Coming Shift from Information to Imagination Will Transform Your Business* by Rolf Jensen. He writes of what the Dream Society, his name for the next stage after the Information Age, will mean to individuals, workplaces, families and businesses. Work will become not "hard work" but "hard fun." So it has been this past year. As we wind up this year's projects and press on to the next, I hope we'll each find time to celebrate, relax and enjoy the great summer weather.

I've enjoyed opportunities to work with the Building Strong Families staff at their retreat, had a great day in Alger County with the Life of Lake Superior program, participated in the human development

AoE retreat, the FIGHT BAC kick-off, and even got trained on the new MSUE portal. I'm excited about the possibilities the portal holds for our programming and encourage each of you to get your profile in.

I've appreciated working with and getting to know each of the FCS staff members, especially including my co-leader Gayle Coleman. I know that you join me in wishing her the very best life has to offer in her new role with University of Wisconsin Extension.

*Best Regards,
Kathy Foerster*

FOOD DOMAIN WEBSITE TO BE RE-LAUNCHED ON AUG. 23, 2004!

MSU's **Food Domain** Web site <http://www.fooddomain.msu.edu> has been updated and modified and now houses both the Food Safety and Food, Nutrition and Health Areas of Expertise (AoEs). The Web site was constructed in 2001 under the "Voices and Visions for Food and Food Safety" project funded by the Kellogg Foundation with matching funds from the MSU Extension, MI Agricultural Experimental Station and Project GREEN. The project also established MSUE's Food Safety Area of Expertise. The Web site is a comprehensive informational resource on Food and Food Safety and also showcases MSU's expertise in food systems.

This year, funds were provided by the FNP to update the Food Domain Web site. It now features a new Nutrition component, including updated MSUE bulletins (some Spanish versions also available), newsletters and other on-line resources on various nutrition topics. These resources are downloadable in both colored and black and white versions. A whole new section on Educator Information has also been created.

The latest additions make MSU's Food Domain Web site unique in that it features all three areas of Food, Nutrition and Food Safety. Check it out! <http://www.fooddomain.msu.edu/>.

NIBBLES FOR HEALTH: NUTRITION NEWSLETTERS FOR PARENTS OF YOUNG CHILDREN

Nibbles for Health was developed by USDA Team Nutrition for child care center staff and parents of young children enrolled in child care centers. This

kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face. The kits were distributed by the Michigan Department of Education in 2003 to child care centers that participate in the Child and Adult Care Food Program. The sharing sessions, posters and newsletters are also downloadable at <http://www.fns.usda.gov/TN/Resouces/nibbles.html>.

For more information on *Nibbles for Health* contact Pat Hammerschmidt, program leader, MSUE Family and Consumer Sciences at hammers2@msu.edu or 517.432.1221.

CONGRATULATIONS TO MICHIGAN TEAM NUTRITION!

USDA Secretary Ann M. Veneman recently announced the 21 states who were awarded 2004 Team Nutrition training grants based on a competitive process. Michigan was awarded a \$200,000 grant over two years. The grants are intended to help improve children's lifelong eating and physical activity habits. The Michigan Team Nutrition MSU Extension staff members (Chris Flood, Melinda Graham, Ann Guyer and Pat Hammerschmidt), along with partners from the Michigan Department of Education (Mary Ann Chartrand, Barbara Campbell and Paula Kerr) and evaluation consultant Anne Murphy will be working to implement Michigan's grant initiatives beginning September 30, 2004. For a summary of Michigan's grant initiatives go to <http://www.tn.fcs.msu.edu> and click on the bright yellow scrolling bar or contact Pat Hammerschmidt at hammers2@msu.edu.

JUMP INTO FOODS AND FITNESS (JIFF) JUMP THROUGH JIFF: A Web-Based Class to Teach Youth Foods and Fitness Activities

THE NEWEST ONLINE COURSE IS OPEN FOR ENROLLMENT !

Learn more about adding nutrition and physical activities to youth programming and training volunteers to extend current programs or start new ones! Want to know more about one of the fastest growing issues facing young people today without traveling away from your computer?

You are invited to join the Jump Through JIFF online course from October 11 to November 24, 2004!

Jump Through JIFF allows you to interact with other youth development professionals and special guests who work to address the issue of children who are overweight and other relevant areas to:

- Learn about the link between nutrition and physical activity and children who are overweight.
- Learn more about how nutrition education and increased physical activity can help youth aged 8 to 11.
- Develop or strengthen your ability to use the JIFF curriculum in low-income communities.
- Develop a greater understanding of the concepts in JIFF by applying them to real-life situations.
- Design a training program or materials to train older teens or adult volunteers who teach from the JIFF curriculum.
- Reflect on the link between developing healthier lifestyles and positive youth development in low-income communities.
- Build on ways to sustain, fund and identify resources within the community to address issues related to encouraging young people to eat healthier and be more physically active.

This online course is designed for: Youth nutrition or fitness programs instructors or coordinators such as youth development staff, youth coaches, teen and adult volunteers who work with young people aged 8 to 11 in organizations such as 4-H Youth Development, Extension, Boys and Girls Clubs, scouting, recreation programs, schools, faith-based youth groups and community action agency youth groups.

Costs:

The course fee is \$150 which covers registration and material costs and is due when you register. Registration begins July 1 and ends September 17, 2004; however, space is limited. To register online follow the prompts at: http://vu.msu.edu/cgi-bin/cc_reg_form.

Cancellations must be made in writing (e-mail followed by hard copy) postmarked by September 24, 2004 in order to receive full refund. Send cancellation notice to Sue Henry, 160 Agriculture Hall, East Lansing, MI 48824-1039, henrys@msu.edu /Fax: 517.355.6748/Ph: 517.432.7683.

Cancellations postmarked or e-mailed after Sept. 24, 2004 are non-refundable.

For more information about the Jump Through JIFF course, please go to:

<http://www.msue.msu.edu/cyf/youth/jiff/JIFFcourse/index.html>

For a Jump Through JIFF course syllabus, please go to:

<http://www.msue.msu.edu/cyf/youth/jiff/JIFFcourse/JIFF-syllabus-Fall-04.html>

For more information about the JIFF curriculum, please go to:

<http://www.msue.msu.edu/cyf/youth/jiff/index.html>

PUT EXPERIENTIAL LEARNING INTO PRACTICE!!

At the end of your day or overnight camp, before your teen counselors hit the road, finish the summer with the reflection component of the Experiential Learning Model. Reinforce the teen counselor's experience by asking them sharing, processing, generalizing and application questions. Here are some examples of questions to get you started:

- Sharing – What did you do as a teen counselor?
- Processing – What did you learn about yourself? What did you learn about working with younger youth? What life skills did you practice? What project skills did you practice?
- Generalizing – What skills can you use at school, with your friends and family?
- Application – How will the skills you learned at camp help you in the future?

Depending on the time you have left with the teens, you may want to do something besides just asking questions. Break the teens into groups and give each group a piece of newsprint and markers and have the teens write or draw their answers. Have them come up with a closing skit, a display or television or radio story that includes the answers to the questions. One tried and true method is writing in a journal; however, since not everyone likes to journal, you might try having the teens make a scrape book or write a news article. The goal is to have the teens think about and reflect on what happened and what they learned, and help them to understand and discuss the good and challenging parts of the experience. The key is to have fun and reinforce with the teen counselors that they've learned new skills and ideas, they did a great service project and 4-H really appreciates the work they did this summer.

Submitted by: Cyndi Mark/ Laryn Flikkema.

Michigan Nutrition Network 2004-2005 Enhancement Grant Recipients Announced!

The Michigan Nutrition Network's (MNN) 2004-2005 Enhancement Grant Request for Applications elicited a number of exceptional proposals in the area of Food Stamp Nutrition Education. MNN is pleased about the opportunity to facilitate the delivery of \$898,626 in federal funds to enhance a total of 15 innovative, timely and collaborative projects that are responsive to community needs and that can significantly impact Michigan's food stamp population. The 2004-2005 Enhancement Grant recipients are as follows:

1. **Allen Neighborhood Center** – Lansing's Eastside Neighborhood-Based Nutrition Education and Food Security Project (Ingham County)
2. **Capuchin Soup Kitchen** – Urban Detroit Nutrition Education and Food Security Project (Wayne County)
3. **Central Michigan University Public Broadcasting** – Way to Go! Weigh to Grow! Healthy Lifestyles for Preschool Children (Osceola, Mecosta, and Clair Counties)
4. **Child Abuse and Neglect Council Saginaw County** – Healthy Families Saginaw Program (Saginaw County)
5. **Elder Law of Michigan** – Eat Your Way to Good Health (Genesee, Cass, and Gratiot Counties)
6. **Food Bank of Oakland County** – Operation Frontline Nutrition Classes (Oakland and Wayne Counties)
7. **Genesee Intermediate School District** – Color Me Healthy for Parents (Genesee County)
8. **Michigan Fitness Foundation** – Nutritionally-Enhanced Exemplary Physical Education Curriculum Project (Statewide)
9. **Michigan Department of Community Health** – Body and Soul: A 5-A-Day Faith-Based Initiative (Wayne County)
10. **Michigan Public Health Institute** – Providing Access to Fruits and Vegetables and Nutrition Education in Faith-Based Organizations (Oakland and Wayne Counties)
11. **Michigan Public Health Institute** – Partnership for Better Bones: Implementing

the Practical Guide to Bone Health (Statewide)

12. **National Kidney Foundation of Michigan** – Healthy Hair Starts with a Healthy Body (Wayne, Oakland, Genesee, Kent, and Muskegon Counties)
13. **NorthWest Lansing Healthy Communities Initiative** – Lansing's NorthWest Neighborhood-Based Nutrition Education and Food Security Project (Ingham County)
14. **Saginaw Intermediate School District** – Healthy Families Saginaw Program (Saginaw County)
15. **Spectrum Health HeartReach** – Eat Smart. Play Hard.™ Diabetes Prevention Campaign (Kent and Calhoun Counties)

If you have questions or would like additional information about any of the Enhancement Grant projects, please contact Amy Malow at 517.432.7615 or malowa@msue.msu.edu

4-H YEAR OF HEALTH EDUCATIONAL MARKETING CAMPAIGN

Michigan 4-H Youth Development is finding new ways to encourage young people and adults from around the state to get and stay healthy. During October, we will be launching a 4-H Year of Health Educational Marketing Campaign. This will be geared to:

- Increase the number of youth (5 to 12 years old) practicing healthy habits such as: not smoking, sun safety, eating healthier and being more physically active.
- Increase the number of teen and adult volunteers who teach health topics to youth (5 to 12 years old) during 4-H club meetings, in both during and after-school programs and during day and overnight camps and workshops.
- Increase the number of staff who promote the use of 4-H health curriculum with their 4-H teen and adult volunteers.

A CD Rom will be completed and made available to staff this fall that will include video clips and PSAs, volunteer recruitment materials and learning activities to use with youth. Join the 4-H Critical Contemporary Issue Committee and the State 4-H Office in launching this campaign. After the fall launch, we would like to join with other MSU Extension units to find ways to merge the 4-H Year of Health Challenge into an MSU Extension

campaign. If you have questions contact Cyndi Mark at markc@msue.msu.edu or Sue Henry at henrys@msue.msu.edu.

Blue Ribbon Q&A

Q. A neighboring county invited one of our agents to host a booth at an educational fair. Approximately 400 kids attended. Do both counties count the kids that participated or does one county count them as duplicates? If so, would that affect funding since the ES-237 helps determine county federal funding? If the neighboring county holding this event claims the kids as non duplicates, wouldn't that possibly warrant monies going to them and not us because we only show duplicates?

A. The ES-237 report influences federal allocations to states, not counties directly. The ES-237 numbers are important to counties in reporting efforts to county funders and decision makers. The goal is for the report to reflect as accurate as possible of the youth education taking place. If your county participated in an educational fair (with a booth) the number of youth who participated in the programming at the booth would be counted by your county if the activity was educational, i.e. recycling education. If it was strictly an informational booth, you wouldn't report those contacts as a part of the ES-237. You might record them in Blue Ribbon as an Activity, simply for tracking purposes, but not link it to a project code. This would allow you to document the activity for EIS reporting and county reports. The ES-237 is used to report educational programs, not marketing efforts. The hosting county would report all participants in the program. While, in essence, you are counting some kids twice, both counties are delivering educational programs to this audience. The duplication is not significant in the big picture.

If you have questions or need help contact Judy Lentz-Bishop, at bishopj@msue.msu.edu, 517.353.2922 or Laura Allen, at lacourse@msue.msu.edu, 517.432-7632.



Deadline for Next Edition of “CYF NEWS”

September 6, 2004, is the deadline for submitting articles for the September 10, 2004, edition of “CYF News.” Please submit articles to Gail Hebert at hebertg@msue.msu.edu