

CYF NEWS

NOVEMBER 2006

MICHIGAN STATE UNIVERSITY EXTENSION

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QUOTE OF THE MONTH

"A discovery is said to be an accident meeting a prepared mind."

—*Albert Szent-Gyorgyi*



STEPS TO A SAFER FOOD AND HEALTHIER YOU
"Steps to a Safer Food and Healthier You" is a prototype Food Safety toolkit developed through funds from the MSUE Multicultural Action Mini-grant. It is based on the 2005 U.S. Dietary Guidelines and the new MyPyramid, targeting refugee/New Americans and other diverse families. The prototype will be pilot-tested with funds from the USDA Food Stamp Program starting early 2007.

Why target diverse audiences?

No less than the Executive Director of the Center for Nutrition Policy and Promotion (CPP), Dr. Eric Hentges, expressed CPP's interest in initiatives to find new ways to utilize the MyPyramid, especially to adapt them to other populations. During the recent 2006 Food Safety Education Conference held in Denver, CO, there was a strong push for various strategies to reach out to hard-to-reach and/or underserved populations to deliver food safety messages.

What is the "Steps to a Safer Food and Healthier You" toolkit?

The prototype food safety toolkit is an integrated approach covering both the nutrition and food safety aspects. It was designed around the MyPyramid emphasis on the food groups – fruits and vegetables, whole grains and fat-free or low-fat milk products (one of the behavioral outcomes of FSNE) AND the five Main food safety recommendations of the 2005 U.S. Dietary Guidelines (4Cs and the food safety recommendations for at-risk populations) involved in the preparation of those food groups.

It also took into consideration the situation of diverse audiences, i.e., refugees/New Americans – adjusting/adapting to a new and different environment and food culture, at the same time trying to respect their food culture. The toolkit was inspired by sharings and stories of PAs and EEs who have worked with refugee families, as well as the presentation of staff from the Refugee Services Center.

What is included in the "Steps to a Safer Food and Healthier You" toolkit?

An Educator's Resource Guide integrating nutrition and food safety aspects and providing helpful tips/background of the food culture.

A flipchart, recipes and handouts for the educators *Educational* give-aways containing food safety messages for participants to take home, including a refrigerator magnet with a notepad and games for the kids, etc.

Anyone interested in volunteering to either review or pilot-test this toolkit, please contact Lillian Occeña-Po at occena@anr.msu.edu

Jump Into Foods and Fitness (JIFF) – Revised with MyPyramid Guidelines

The JIFF Curriculum has been newly revised to reflect updated USDA MyPyramid guidelines, the Michigan 4-H Jump into Foods and Fitness (JIFF) is available for purchase. JIFF contains eight hands-on active learning lessons to help youth make healthy eating choices and build active lifestyles. Adults and older teens can use this research-based curriculum to teach youth (aged 8 to 11) about nutrition, physical fitness, and food safety. In addition to MyPyramid, this revised version contains an eighth lesson that can be used to gauge impact of the JIFF experience. JIFF (4H1602) costs \$13.50 plus shipping, and can be ordered from the MSU Bulletin office:

MSU Bulletin Office

Phone: 517-353-6740

Fax: 517-353-7168

E-mail: bulletin@msu.edu

<http://web2.msue.msu.edu/bulletins/mainsearch.cfm>

4-H MILLIONAIRE'S CLUB PROJECT

It is with great pleasure that we announce that six counties have been selected to participate in the 4-H Millionaire's Club Project. These counties were chosen based on their interest and expressed need for financial and investor education for youth in their communities. The six counties chosen were: Antrim, Baraga, Delta, Hillsdale, Leelanau and St. Clair. Through the six counties involved, approximately 100 youth and 20 volunteers will work with this project.

Congratulations to the selected counties and staff! We look forward to working with you on this project. All counties involved in the project will be notified within the next week or two in regard to program specifics and next steps. If you have any questions about the 4-H Millionaire's Project, please contact Erica Tobe (tobee@msu.edu) or Sheila Urban-Smith (smiths20@msu.edu). Thank you!

4-H SAFETY BELT PROGRAM (TEEN EDUCATORS) MINI-GRANTS AVAILABLE

Mini-grant applications for the 4-H Safety Belt Program are now available, and are due December 1 to the 4-H State Office. Counties with teens interested in working as peer educators to address the critical issue of safety belt usage are eligible to apply. 4-H Safety Belt Program toolkits were distributed to counties at Fall Conference, and contain a collection of learning activities (developed by teen peer educators) for teaching youth, along with reproducible handouts, magazines, pencils, safety belt cover craft kits, stickers and brochures. These toolkits and corresponding posters may be used by all counties' volunteers, teens, or staff to teach children the importance of safety belt use in a fun, educational format. For funding to support education (grant from Office of Highway Safety Planning), apply for one of 24 mini-grants (\$500 each) which can cover educational supplies, teen stipends, travel for presentations, etc.

For more information about the 4-H Safety Belt Program or to receive a mini-grant application, please contact Kristina Derhammer at derhamm2@msu.edu or 517.432.7606.

KIDS TO ENTREPRENEURS CLUB PROJECT

It is with great pleasure that we announce that nine counties have been selected to participate in the Kids to Entrepreneurs Club Project. These counties were chosen based on their interest and expressed need for financial and entrepreneurship education for youth in their communities. The counties chosen were: Delta, Mackinac, Macomb, Marquette, Oakland, Osceola, Saginaw, Schoolcraft and Wayne. Through the nine counties involved, approximately 142 youth and 61 volunteers will work with this project. This project is being funded through an AOE Competitive Grant from Michigan State University Extension.

Congratulations to the selected counties and staff! We look forward to working with you on this project. All counties involved in the project will be notified within the next few weeks in regard to program specifics and next steps. If you have any questions about the Kids to Entrepreneurs program, please contact Erica Tobe (tobee@msu.edu) or Laura Allen (lacourse@msu.edu). Thank you!

WELCOME NEW STAFF

LYDIA ANDREW – CURRICULUM DESIGN PROGRAM LEADER.

As the new curriculum design program leader, I am looking forward to applying my 18 years of experience in lesson planning, curriculum development and classroom teaching. I am excited about working together as a team to achieve goals and objectives, as well as create and strengthen program curriculum.

I am committed to collaborating on the development of new innovative curriculums and meeting the needs of the targeted audience to make a difference in the community.

Thank you, FCS Family for the hospitality you showed me as I relocated from New York to Michigan. *It takes team work, to make a dream work.* Welcome Lydia!

CONNIE COSTNER, MSW is the newly hired Program Leader for Family Resource Management (FRM). Her position will address resource management for households, housing education, and energy/environmental challenges facing families and consumers in Michigan. She will work closely with FCS Extension Educators to ensure that individual county needs and gaps are addressed by statewide FRM efforts. She comes to the MSUE state staff by way of the Wayne County Extension Services where she provided leadership to the Building Strong Families Program and offered Family Resource Management training for both limited resourced consumers and professionals who offered direct service to limited resourced consumers. Welcome Connie!

NEW STAFF TRAINING

Look for announcements regarding *Home Visits, Learn Together, and Nutrition I, II, III Series* in upcoming months for spring 2007 trainings.

BLUE RIBBON Q&A

- Q.** When can I move ahead with year-end processing?
- A.** It's okay to do year-end processing now that all 83 county ES-237 reports have been received by the State 4-H office. A memo with step-by-step instructions attached was sent through county mail last week. If you have additional questions or did not receive the mailing, please contact Judy Bishop at 517.353.2922.
- Q.** One of our 4-H leaders received two copies of **Michigan 4-H Today**; how can I get the mailing list corrected?
- A.** The mailing list for **Michigan 4-H Today** is generated by the Blue Ribbon database submitted by each county. If you do a search in the member leader section you'll be able to find the duplicate record and delete one of them. Make sure all the project participation data is in the one you keep.



Deadline for Next Edition of "CYF NEWS"

December 1, 2006, is the deadline to submit articles for the December 8, 2006, edition of "CYF News." Please submit articles to Gail Hebert at hebertg@msu.edu