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2008

*Cornell Cooperative Extension of Tompkins County*



**Program Highlights**

# 2008 Board of Directors & Program Advisory Committees



*CCE-Tompkins was recognized with 2008 "Sign of Sustainability" Awards for initiating a Gardener's Pot Swap, helping to establish the Southside Children's Garden, creating an Environmental Issues Program area, expanding the 2008 Green Buildings Open House to a 2-day event (in partnership with the Ithaca Green Building Alliance) and for promoting local foods. The Multicultural Resource Center was recognized for its ongoing Talking Circles on Race and Racism. From left: Monika Roth, Sharon Anderson, Guillemo Metz, Audrey Cooper and Liz Karabinakis.*

*Our Mission: To strengthen youth, adults, families and communities through learning partnerships that put knowledge to work.*

## Association Officers

Richard Coogan, *President*  
Christine Barksdale, *Vice President*  
Mimi Thuesen, *Association Treasurer*  
Cris Donovan, *Secretary*

## At-Large Board Members

Josephine Allen	Richard Coogan
Dominic Frongillo	Kirsten Gabriel
Shawn Martel-Moore	Patrick McMahon
Duane Randall, <i>TC Legislator</i>	
Carol Chock, <i>TC Legislator</i>	

## Agriculture & Environment

Christine Ashdown	Wendy Fillmore
John Fleming	Sharon Garland
Barry Goodrich	Chris Grant
Shuly Gross	Carol John
Jeanine Kirby	Howard London
Dan Segal	Brent Welch

## Consumer & Financial Education

David Dier, <i>Chair</i>	Barbara Nellenback, <i>Secretary</i>
Marian Deats, <i>Vice-Chair</i>	Chris Crosby
Jasmine Cubero	René Funke
Kevin Nickerson	Patrick Woods

## Nutrition, Health & Safety

Bonita Davis, <i>Chair</i>	Ronald Benson, <i>Vice-Chair</i>
Srijana Bajracharya	Jean Bowering
Travis Brooks	Cindy Easton
Soledad Exantus	Lucy Garrison-Clauson
Ardyth Gillespie	Julia Lapp

## 4-H Youth Development

Joann Gruttadaurio, <i>Chair</i>	Tilly Garnett, <i>Vice-Chair</i>
Susan Durnford, <i>Secretary</i>	Cris Donovan
Emma Loughman	Pamela Markham

## Family & Community Development

Susan Hatch, <i>Chair</i>	Christine Barksdale
Beth Jenkins	Richard Lansdowne
Kathy Lind	Susan Monagan
Wanda Vrede	Arlene Woolley

# *A Message from the Board President*

Dear Friends,

As I leave the Board of Directors after six years, I think that it is fitting that I take a few moments to share my thoughts with you on our Association. First and foremost, serving on the Board has been a wonderful experience that has enriched my life in many ways: working with many fascinating people, feeling a greater sense of belonging to the community, and mastering new skills. My tenure on the Board coincided with a major shift in the Association. During my very first Board meeting, the Board accepted the resignation of Paul Bonaparte-Krogh as Executive Director and we began the search for a new director, which included many conversations on what we wanted in that position. It was very clear during these discussions that the Board felt that it was important that the Association strengthen its ties to the community and raise awareness of the Association. After a lengthy process we selected Ken Schlather as our new Executive Director. Through a series of unplanned events, I became president of the Board and have been able to work closely with Ken for the last four years which has been an amazing experience. I had the best seat in the house to observe the Association changing.

From my perspective, I believe that CCETC has emerged in the last few years as a more robust organization with more volunteers, more programming, more staff, and of course a bigger budget. With this growth also came improvements in administration efficiency, centralizing finance, increasing pay so all employees are above the minimum pay for their positions, filling all open staff positions, creating a new four year plan of work through community involvement with emphasis on underserved populations, increasing diversity in the work place and on the Board, and fostering programming that cuts across functional areas to provide richer experiences for our residents. What impressed me most during these years was the minimal amount of turmoil within CCETC during the transition. This is not to say that it was all smooth sailing, but problems that arose were well managed and the Association never experienced the chaos that is so often the case when an organization changes leadership. I have been and continue to be very impressed with Ken's ability to lead the Association from a business standpoint as well as from a programming standpoint. The Board made an excellent choice in selecting Ken and I am very delighted that I was able to work with him for these last several years.

The one accomplishment that I feel was most significant during my time on the Board was creating a separate Environmental Program Area. Environmental issues are such a major part of this community that it just seemed right that CCETC formally recognize their importance. While my time on the Board is over, there is still plenty of work that needs to be done. A quick tour of the offices on Willow Avenue and it becomes readily apparent that CCETC lacks the necessary space for staff and programming. We need to monitor our programming to ensure that it remains relevant to during these tough economic times and to be able to respond quickly if the need arises. The last point I want to make is that we need to be mindful of the importance that county-based Associations bring to the Cooperative Extension System. To my knowledge, New York State is the last state to keep the Association model; all others have done away with what they saw as a cumbersome organization and modeled their programs more on a university-based outreach model. The rationale has been that Associations are inefficient organizations, sometimes not on the same page as the State Administration, and require time and effort to attract and train new Board members. This all may be true, but I believe that-- while coordination with campus is important, it is the independence of an Association from direct control that allows it to respond so effectively to the needs of the community. We need to keep the Association strong and vibrant or we could risk losing it

Serving on the Board has been a significant part of my life for many years and the experience has positively influenced me in many ways. In short, I believe it has made me a better person. Thank you for the honor and privilege of serving on the Board and as President,

Sincerely,

Dick Coogan



*“I believe that while coordination with campus is important, it is the independence of an Association from direct control that allows it to respond so effectively to the needs of the community.”*

# New Website Offers Low-cost And No-Cost Ways To Save Energy



Users can click on any room in a virtual house to learn about energy-saving measures for that space. Visit: <http://cctompkins.org/energysavings>

**Consumers can save up to \$1500 a year through energy conservation.**

Cornell Cooperative Extension of Tompkins County is offering online help to consumers looking for ways to reduce home energy costs. A new interactive web site offers low- and no-cost energy-saving solutions for home owners and apartment dwellers. It can be visited at <http://cctompkins.org/energysavings>.

On average, New Yorkers spend more than \$2,600 per year on energy, heat, and hot water. Through energy conservation, consumers can save up to 60% of that amount, or as much as \$1,500 a year.

"Cornell Cooperative Extension has an enormous amount of information that can help people save energy in the home," said Ken Schlather, executive director for CCE-Tompkins. "Our goal was to make that information very easy to access in all the different ways that people might think about energy efficiency and energy savings." Some additional resources were gathered on the internet, and permission was secured to compile them on the new CCE site. Launched in

December 2008, the site uses several approaches to convey money-saving information. Users can click on any room in a virtual house—from attic to basement—to learn about typical energy-saving measures for a particular space.

Recommendations include replacing old, energy inefficient refrigerators, which can account for as much as 8 percent of the energy used in the home; avoiding the drying cycle on dishwashers; cleaning seals on refrigerator doors; and changing furnace filters regularly.

Details on each strategy are accompanied by related "how-to" video segments and printable instructions. "Do-it-yourself" videos are available on how to repair and seal windows, replace broken window glass, install shrink wrap window covers, and weatherstrip doors and windows, and other money-saving measures.

"People often know what to do to improve energy efficiency in their homes or apartments, but they may not know how to do it, so this site was designed to show people how to do those things and give them the confidence that they indeed can make home improvements themselves," said Schlather. Research and design

of the site was accomplished by Jim Blizzard and Enrique Caicedo of CCE-Tompkins under Schlather's direction.

For those who live in rural areas without high speed internet service, or who simply wish to access the information more quickly off-line, the web site has been reproduced in a CD-ROM format. Cornell University will be sharing the CD-ROM with about 1,500 Cornell University employees, and plans to distribute approximately 500 CDs to New York communities. Ithaca College is also planning to market the site to all faculty, staff and students and make CD-ROMs available to any faculty, staff or student who wants a copy.

Locally, TC Action will be sharing the CD-ROM with approximately 750 clients with limited household resources, and a number of large employers are making it available to their employees. For additional information, or if you are interested in distributing the CD-ROM to agency clients in Tompkins County, contact Ken Schlather at [ks47@cornell.edu](mailto:ks47@cornell.edu) or 607.272.2292. Thanks to Gret Atkin and Jackie Dowdell for permission to revise this article ☺

## Website Features

- 34 quick & easy energy-saving solutions that take less than 10 minutes
- 23 low- or no-cost energy-saving tips
- 10 quick ways to cut energy costs (video)
- Information on home energy audits
- A savings checklist for homeowners
- Tips for apartment dwellers and tenants
- Tips for mobile home dwellers
- A list of top home energy savers
- A fuel cost calculator

# CCE Workshops Are Central To Paterson's HeatSmartNY Initiative

New York Governor David Paterson chose a CCE-Tompkins "Save Energy, Save Dollars" workshop as the setting to unveil HeatSmartNY, a new statewide campaign that aims to help residents stay warm this winter. The announcement was made on October 10, 2008 at the Lifelong Senior Center in Ithaca.

"Save Energy, Save Dollars" is one of several CCE energy conservation and financial management workshops, offered since 2005 under the Empower NewYork<sup>SM</sup> banner that will play a central role in Paterson's HeatSmartNY initiative. While substantial energy savings can be realized in home heating, the workshops cover a wide variety of ways to reduce overall home energy use, and also offer strategies for saving money on other household expenses that can then be redirected to home heating costs if necessary.

Funded by NYSERDA (the New York State Energy Research and Development Authority), CCE's energy workshops help consumers identify energy-saving strategies to lower household fuel bills. CCE's money management workshops "Making Ends Meet" and "Exploring Credit/Debt Management" help consumers stretch dollars and reduce consumer debt.

Originally developed by CCE Educators Ann Gifford and Barbara Henza for the

Empower NewYork<sup>SM</sup> Program, the HeatSmartNY workshops have been offered free of charge in the NYSEG and National Grid service areas through the CCE system since 2005. In 2006, when the Empower New York<sup>SM</sup> Program was expanded to include the other four major New York State utilities, CCE associations throughout the state, including New York City, began offering consumer workshops. Since this effort began in 2005 more than 29,000 New Yorkers have attended more than 2,700 energy conservation and financial

management workshops. Since 2004, 1,345 Tompkins County residents have attended 137 workshops offered as part of this effort.

Consumers statewide can learn more about HeatSmartNY by calling 1-877-NY-SMART or visiting HeatSmartNY.org. For a full schedule of energy saving and money or credit management workshops, visit [www.ccetompkins.org](http://www.ccetompkins.org) or call 607-272-2292 to reserve a seat and an energy saving kit in an upcoming free workshop in Tompkins County. ☀

*Since 2005, more than 29,000 New Yorkers have attended over 2,700 energy conservation and financial management workshops.*



*Community Educator Carole Fisher and Ann Gifford (not shown) offered resources on radon and lead safety, home energy efficiency, and compact fluorescent lighting to over 1300 visitors at the Tompkins-Cortland Builders & Remodelers Home Show on March 7-9, 2008. CCE-Tompkins has sponsored a booth at annual show each year for over ten years.*



# OCF Grant Expands Groton Literacy & Parenting Programs

Rural families in Groton now have year round, universal access to an expanded range of family strengthening programs and services, thanks to *Groton's*

These free programs were open to families with children aged 8 and younger, who met the federal poverty guidelines, and who had at least one participating parent with low literacy or who lacked a high school diploma or GED. Eligible families could access individualized in-home instruction and 12-to-15 hours of center based programs each week, but staff limits (and strict eligibility requirements) meant that only 11 families per year could take advantage of these offerings.

to existing Even Start parent/child programs and home visits, and to add workshops in parenting, nutrition education, home energy savings, and home financial management that can help families gain skills, improve parent/child interactions, increase social supports, and improve family self-sufficiency. Child care, family enrichment activities, transportation, and a light meal are offered at the workshops to support family attendance. The grant also made it possible to add staff members Elizabeth Wolff as .5 FTE Parenting Educator, and Ryan Harriott as a part-time childcare provider.



Shania VanOrder (left) and her mother Ann Marie VanOrder prepare a dish in their "Cooking Together For Family Meals" class offered through the *Groton's Families!* Program.

Katz and Nancy Potter, Family & Community Development Issue Leader at CCE-Tompkins, knew that past surveys of program participants

*Families!*- a grant-funded project of CCE-Tompkins and the TST-BOCES Even Start Family Literacy Project.

"The Even Start Family Literacy Program encourages parents to become their children's first teachers and to nurture their early reading skills," says Ruth Katz, Even Start Director. Katz is a passionate advocate for early literacy education and cites the multiple benefits that can result. "The [Even Start] program and its curricula impact not only reading acquisition and parental literacy, but also have been shown to improve parenting behaviors and parent/child interactions."

Since 1993, Even Start has offered Groton families early childhood, parent-child literacy, and parent GED programs in classroom space provided by Groton Elementary School.

and Groton residents had identified a need for more educational and social supports in the community, and that many families who did not meet the Even Start eligibility requirements also would benefit from enhanced programming. They conceived of the *Groton's Families!* project as a multi-faceted family resource center – created around the existing Even Start program -- that could strengthen local families while simultaneously helping to address multiple social stressors (such as poverty, unemployment, and rural isolation) that can contribute to family violence and child maltreatment. Their project was funded by a 4-year grant from the New York State Children & Family Trust Fund and was launched in April 2008.

Grant funds have enabled *Groton's Families!* to offer year-round, universal access

Community response to the new offerings has been very enthusiastic. Since April, 119 families (including 150 adults and 61 children) have attended *Groton's Families!* activities. Sixteen to twenty families have taken part in two or more activities, and families enrolled in the Even Start program have attended six to seven events each. These offerings have included a collaborative "Lunch-and-Learn" series for Even Start Nursery families; "Story Time" and "Tiny Tales" workshops (with The Family Reading Partnership); a CCE-Tompkins' "Save Energy, Save Dollars" workshop; and a parent Resource Fair. CCE-Tompkins' nutrition staff have offered the 8-session "Cooking Together for Family Meals" series in which youth and adults learn to make family meals together, and "Color Me Healthy", a 4-part, hands-on series that encourages youngsters to eat more fresh vegetables and fruits. Workshop attendance has been high. In the Fall, for example, 24 adults and 26 children (17 families) enrolled in *continued on p. 13*

# Spring Garden Fair & Plant Sale Is Ithaca's Annual Harbinger of Spring

As you read these words in the chill of winter, local gardeners already are poring over seed catalogs and planning their flower and vegetable gardens for 2009. An event that is certain to be on each of their calendars is the annual Spring Garden Fair and Plant Sale, organized since 1982 by Master Gardener volunteers from Cornell Cooperative Extension of Tompkins County.

The 2008 Fair was held on May 17 at Ithaca High School and drew a crowd of over 3,200 area gardeners who spent almost \$55,000 during the 4-hour event. A wide variety of vendors were on hand to meet every conceivable gardening need. A total of 52 local businesses and community groups participated, offering specialty plants and gardening advice on topics ranging from growing rock garden plants to selecting native species for the garden. Plants for sale included organically grown and heirloom vegetable transplants, colorful annuals, fragrant herbs, hanging baskets, small flowering shrubs, hardy roses, fruit crops, evergreens, and specialty perennials.

The event benefits large and small horticultural producers alike. Reenie Baker Sandsted of Baker's Acres in North Lansing says, "The Plant Sale represents all plant growers in the County and it draws real plant enthusiasts from all over. We always have a great time participating, its lots of fun and financially successful." It also provides Sandsted with an opportunity to market Baker's Acres, "The Plant Sale not only gets our name out to the public but often a customer will ask for something specific that we haven't brought with us but have at the farm, so customers will come to Baker's Acres to get it."

Smaller producers agree. Alan Teeter of A.J. Teeter Farm

in Enfield says, "We love the Plant Sale. People come back year after year asking for specific varieties they've bought from us in the past. Growing vegetable seedlings is a small part of what we do on our farm, but it gets the spring started and puts a little income in our pockets for early season farm expenses."

Master Gardener volunteers offered a large selection of perennials for sale from daylilies to Solomon's Seal, and provided free soil pH testing and garden advice. Their plant sales for the day totaled \$6,443 – enough to cover operating expenses for the Master Gardener program for the year. Funds raised from a plant raffle support the teaching and demonstration gardens at CCE-Tompkins' education center.

In addition to the Master Gardeners, 14 other community groups participated in the sale to raise funds or create awareness of their programs. These included members of the Finger Lakes Beekeepers, Auraca Herbarists, the Finger Lakes Native Plant Society, several smaller garden clubs, and the Adirondack Chapter of the Rock Garden Society. Tompkins County Solid Waste and the CCE-Tompkins Master Composter Program offered demonstrations and information on how to turn yard waste into usable compost for the garden. The Ithaca Children's Garden offered a free hands-on children's activity, while members of the 4-H Cultural Exchange club and another youth group sold refreshments. Four other youth groups sold plants and garden-related items. Funds raised by these non-profit groups totaled \$5000 and will be used to support school field trips, bringing in speakers for public events, and other programs.

Note: the 2009 Spring Plant Sale will be on May 16, 2009. ☼



Scenes from 2008 Plant Sale

# Building A Vibrant, Equitable and Sustainable Local Food System



*Fresh vegetables and fruits are available in season on Tuesdays at the DeWitt Farmers' Market in downtown Ithaca.*

these many processes, enabling it to address food systems issues in a holistic way. Drawing upon staff and campus expertise in agriculture, nutrition, and family/youth/community development, CCE-Tompkins has created collaborations internally between individual programs, and externally with community stakeholders to help create and strengthen a more equitable and sustainable local food system.

CCE-Tompkins' vision for a local food system includes: production of fresh, good tasting food by farmers and home gardeners based on sustainable practices; strong local food system linkages in which goods are produced and consumed locally in order to reduce food miles, decrease our carbon footprint, and keep dollars circulating in our local economy; improved dietary choices based on flavorful, nutrient dense, minimally processed and locally produced ingredients; local foods that are affordable and accessible to all members of society; and a community that appreciates and values the contributions of a local food system and seeks to preserve it through policies and land use planning that preserves our ability to produce our own food.

"By working at a food system level, we can more effectively address cross-cutting needs such as food safety, food access, local agriculture, and community infrastructure," says Monika Roth, CCE-Tompkins' Agriculture Program Leader.

A "food system" is often defined as the interrelated processes from farm-to-table that go into keeping us fed: from the production, marketing, preparation and consumption of foods, to the ultimate disposal of food waste and packaging. Cornell Cooperative Extension of Tompkins County is unique among local organizations in offering a continuum of education and resources that span

**C**ooperative  
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## The Food System



## *A Sampling of Programs that Strengthen Our Local Food System*

Local foods play a key role in creating a sustainable food system—and feature prominently in programs undertaken by CCE-Tompkins in 2008. The following are examples of programs offered across the food system that are based on stakeholder input and developed to address identified community needs.

### **I. PRODUCTION & MARKETING**

CCE-Tompkins' educational programs on food production are offered for **youth** (through the Ithaca Children's Garden, and school gardening initiatives offered in partnership with our agriculture program and the Whole Community Project); for **households** (through our home horticulture offerings, such as workshops on *Getting Started with Vegetable Gardening*, *Tips for Successful Gardening*, and *Kitchen Garden Tours*, and container gardening workshops for families with limited resources offered by our nutrition education and home horticulture programs); for **neighborhoods** (through partnerships with community associations such as the Southside Community Center and GIAC gardening projects, resulting in raised bed youth gardens created in 2008).

A sustainable, community-based food system requires **increasing the number of farms**, and **support for farm profitability** through business planning, consulting on technical production, and marketing know-how. Though regional collaborations among 6 counties, Extension Agricultural Educators address the production information pertaining to dairy and field crops, nondairy livestock, vegetable and fruits, and agroforestry. Business development and marketing are key focus areas beyond sustainable production practices.

### **II. NEW FARM AND FOOD BUSINESS DEVELOPMENT**

The CCE South Central NY Agriculture Program is helping to increase the numbers of farms through annual *workshops focused on how to start a farm*. From 40-80 participants attend to learn about topics from production to processing. In response to interest in farming, Monika Roth, CCE-Tompkins Agriculture Program Leader, developed the **Guide to Farming in New York State** that answers many questions that beginners have. Additional educational resources are being developed for the **Cornell Beginning Farmer website**. A new initiative in 2008 was the **Land-Link project** developed in response to difficulty would-be farmers have in finding affordable land to farm. Land-Link has helped to identify landowners willing to support a start-up farm operation. Matches are based on soil and site capabilities and landowner-farmer interests. Another effort is to increase opportunities for year-round food sales through season extension and processing.



### **III. NEW MARKETS FOR FARM PRODUCTS**

Given buyer interest in local farm products, CCETC has been identifying marketing opportunities and increasing farmer awareness of buyer requirements. Through a New York Farm Viability Grant, work has been done to identify local wholesale buyers and institutions seeking local products. A **farmer-distributor networking** meeting helped growers (65 attending) learn about what buyers want. Producers are often reluctant to switch market channels because of the associated channel risks. A **cost of marketing study** involving 4 farmers helped to identify costs associated with marketing in different channels and what farmers need to know in order to switch to new outlets. This information will help farmers evaluate new opportunities and decide what makes sense for them.



*Dennis Hartley (right) of Little Tree Orchards in Newfield explains how a fruit CSA works at the 2008 Community Supported Agriculture Fair on March 30th at Cooperative Extension. Twelve local farms participated, and shared information on their offerings with members of over 125 households (more than double the number that attended in 2007). Approximately 1200 households in Tompkins County subscribe to CSAs, resulting in an estimated \$480,000 or more in local food dollars going directly to the producing farmers.*



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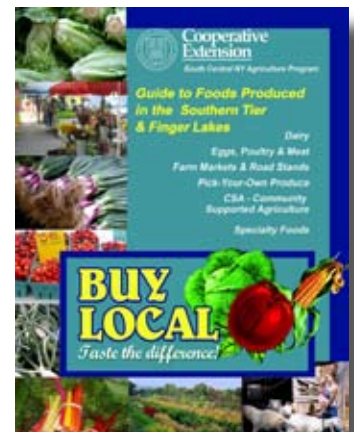
#### IV. STRENGTHENING CONSUMER-FARMER CONNECTIONS

These efforts help consumers identify and appreciate local products, and offer regional visitors a unique “sense of place” when visiting our area. Local initiatives include:

The **2nd annual Farm Trail Weekend** expanded to 2 days in August 2008, with a total of 12 farms in Tompkins, Schuyler and Cayuga Counties opening their doors to over 400 visitors each day. CCE-Tompkins partnered with the Ithaca Farmers’ Market to offer a Harvest Dinner Sampler for tour attendees.

A **Culinary Passport** promotion, now in its 2nd year, was developed by CCE-Tompkins and the Tompkins County Visitors Bureau to encourage the public to patronize restaurants featuring local foods. The 2008 promotion included 22 participating restaurants (up from 13 in 2007) with 52 customer passports (236 stamps) entered into the event’s prize drawing.

**Finger Lakes Culinary Bounty**, founded in 1999 by small farmers, chefs, tourism, and with help from Cooperative Extension educators, aims to promote Finger Lakes foods and wines locally, and beyond our region. FLCB now boasts 180 members from a 14-county area. The group hosts regular events that help inform chefs about what is available from local farms, and educate farmers about what products restaurants need most. These efforts help link producers to restaurants, creating channels of fresh food and a new cuisine!



A **Community Supported Agriculture (CSA) Fair** on Saturday, March 30, featured 12 producers (up from 8 in 2007) and included 2 fruit farms. The event attracted 125 households (more than double the number that attended in 2007). CSA provides consumers with a weekly selection of just-harvested food and farmers with an established market prior to the production season. The Fair enables visitors to compare CSA features such as share size, products offered, pick-up locations, u-pick options and on-farm work opportunities. Approximately 1000-1250 households in Tompkins County subscribe to CSAs, resulting in an estimated \$350,000 or more in local food dollars going directly to the producing farms.



A new **Artisanal Cheese Open House** on Saturday, Oct. 11 featured 4 area cheese farms (two in Seneca County and two in Schuyler County). The event attracted over 400 people to each farm with sales approaching \$1000. Farmers were pleased with the turnout and results, and are eager to host open houses again in 2009.

An additional 5,000 copies of “**Guide to Foods Produced in the Southern Tier & Finger Lakes**” were printed in Spring 2008. The free guide is distributed in 5 counties through Cooperative Extension (and as a pdf at [www.ccetompkins.org](http://www.ccetompkins.org)) and includes a calendar of seasonal produce and listings for dairy, egg, meat, produce, honey and maple syrup producers, CSA farms, U-pick farms and farm markets.

**Developing New Farmers' Markets:** CCE-Tompkins' Agriculture, Nutrition Education, and 4-H Rural Youth Services programs have partnered for 8 years to offer weekly summer farmers' markets in Groton, Danby and Trumansburg. The markets provide first-time job opportunities for local youth who staff the stands, generate new sales for local farmers, and bring farm-fresh produce to rural residents. Youth learn about local farms and crops grown locally, acquire an appreciation for the importance of fresh produce in their diet, how to cook with seasonal produce, and salesmanship skills. Farmers benefit from extra sales through the consignment stand, adding approximately \$8,000 in additional product sales that would otherwise have been composted.

## V. ACCESS, DIET & HEALTH

For 40 years, CCE-Tompkins has worked with families with limited resources to help them improve their skills in food preparation, food safety and healthy food choices, with support from the USDA-funded Expanded Food Nutrition Education Program (EFNEP). A second federal funding source, the Food Stamp Nutrition Education Program (FSNE) targets families with children or seniors who participate in the Food Stamp Program. In each program, participants learn how to prepare easy, delicious, low-cost meals, to shop smart and stretch their food dollars, to keep food safe, plan balanced meals, and read packaging. A FSNE youth component brings hands-on curricula – such as *Cooking Up Fun* and *Color Me Healthy* – to schools and youth programs with significant reduced- or free-lunch enrollments, to teach youngsters how to prepare healthy snacks, and to encourage them to eat more vegetables and fruits.



Several pilot projects have been offered in partnership with Cornell University's Nutrition Department. Tompkins County was one of five locations in New York State that piloted **C.H.A.N.C.E.**, (*Collaboration for Health, Activity, and Nutrition in Children's Environments*) an EFNEP-funded program in 2005-2008. County nutrition educators partnered with Cornell nutrition staff to develop and evaluate a curriculum that targets key parenting and nutrition behaviors as a way to prevent childhood obesity. In "**Cooking Together for Family Meals**", another five-county pilot that began in 2008, parents and children from families with limited resources learn to cook delicious, nutritious meals together. **FEAST for Health** is a comprehensive school-based nutrition education program, designed to introduce and increase acceptance of locally grown whole foods and to foster healthy eating habits in school-age children through hands-on educational activities in the classroom and repeated exposure to these foods in the lunchroom. Since 2006, CCE-Tompkins' staff have piloted the FEAST curriculum in classrooms in Caroline Elementary (ICSD) and Groton Elementary (Trumansburg Elementary is scheduled for 2009).

Our newest program, **Operation Frontline**, previously was conducted in collaboration with the Food Bank of the Southern Tier. The Food Bank decided to use its resources elsewhere, and in 2008, CCE-Tompkins took over the management of this program under a contract with a national organization, Share Our Strength. The educational strategy of Operation Frontline uses CCE-Tompkins nutrition educators and culinary professionals to teach small groups of adults or children or parents and children together with hands-on food preparation as an important aspect of the classes.



*Compost  
collected at  
the 2008  
Grassroots  
Festival  
totalled  
10,720  
pounds.*

**Food safety** is addressed in all nutrition education classes, and in workshops on home canning and food preservation for households. Commercial **ServSafe classes** are offered for a fee and provide the nationally recognized ServSafe Food Safety Manager certification, which fulfills NY mandatory food handler certification requirements.

The **Healthy Food For All** program represents a partnership of CCE-Tompkins' agriculture and nutrition programs with local farmers to make it possible for families with limited resources to participate in a Community Supported Agriculture (CSA) program by raising money to subsidize the cost of CSA shares. In 2008, 5 farms participated (up from 3 in 2007) and 62 shares were distributed to families with limited resources (up from 36 in 2007). The program reached 93 adult and 94 child participants. Participating families were more diverse than in 2007, with 22 shares going to non-white households. 17 families enrolled in free nutrition education classes, in which they learned how to prepare nutritious and economical meals from the foods included in their CSA shares. The project was studied by the *Eat Your Vegetables* research project, conducted by Dr. Jennifer Wilkins, who concluded that the subsidized CSA members averaged an increase of 5.83 new vegetables between the pre- and post- season surveys. These members also increased fresh vegetable consumption by 12.2 servings per week. 86% of all CSA members expected to eat more fresh fruits and vegetables year round now after a season of being a shareholder



The **Kid's Harvest Festival** is hosted each October through a partnership of CCE-Tompkins' agriculture, nutrition and environmental issues programs, the Ithaca Children's Garden, the Multicultural Resource Center partner, the Hancock Street P&C Market, and other community organizations. This community celebration of local harvest includes food demonstrations and samples, children's craft activities, live animal displays, compost demonstrations, and hay-rides. The 2008 Festival featured traditional dishes from around the world, prepared with local foods by CCE-Tompkins' nutrition staff and multicultural community groups.

## **VI. COMPLETING THE CYCLE: FOOD TO COMPOST**

The Compost Education Program at CCE-Tompkins was established in 1990 in partnership with the Tompkins County Solid Waste Management Division (TCSWMD). The program includes public outreach through trained Master Composter volunteers. Each year training attracts about 15 recruits who work throughout the year at events like Earth Day, the Spring Garden Fair and Plant Sale, Ithaca Festival, Grassroots and Apple Harvest Festival to educate and practice composting. Festival composting at Grassroots alone kept 10,720 lbs of food waste out of the waste stream. Master Composters share valuable how to compost secrets at these events and at classes held throughout the year. Through this partnership with TCSWMD, food waste composting has really taken off in Tompkins County through the collection system initiated by Cayuga Compost. Landscapers, farmers and gardeners benefit from the "black gold" being produced as a byproduct of a local food supply. We can boast that even our compost is local as many of the restaurants who participate in the program, buy seasonal produce from area farmers. ☀

## Groton, cont. from p. 7

the 8-session “Parenting Skills for Literacy” workshop, with 15 adults earning certificates of participation or completion.

*Groton’s Families!* has no income or eligibility requirements; programs are open to all. By welcoming all families, *Groton’s Families!* has been able to expand participation in programming. Families can take advantage of a wide variety of offerings, from one-time events or activities, to 8-week workshop series. This has expanded greatly the numbers of families able to participate in programming, and has helped to destigmatize participation in programming as well. Families have the opportunity to expand their informal social / networking connections, making new friends and expanding connections.

Several local organizations have come to make connections with *Groton’s Families!* participants, and to share information about their services and programs, including the Mothers and Babies Perinatal Network (on Child Health Plus), and Tompkins Community Action (on Head Start, HEAP, Weatherization, and Section 8). *Groton’s Families!* participants also took part in a number of one-time community events, including picnics, hikes, field trips to a blueberry farm and to the Cornell Plantations, and community events such as the Youth Commission Carnival, Groton Old Home Days and the Groton Elementary UPK open house.

For more information about *Groton’s Families!*, contact Elizabeth Wolff, Parenting Educator, at (607).280-5224 or [ebw52@cornell.edu](mailto:ebw52@cornell.edu). ☀



*Monika Roth, Agriculture Program Leader, stands among pots collected during the first annual Gardeners’ Pot Swap at Cooperative Extension on June 28 & 29, 2008. Most garden pots cannot be processed by municipal recycling, and Roth conceived of the event as a way to keep these plastics out of the local landfill. More than 350 people either left or took pots. Remaining pots filled two 14’ panel trucks (total: 2240 cubic feet) and were taken to a regional recycler to be remade into I-beam nailer boards used worldwide in construction projects. The event was recognized by Sustainable Tompkins as a 2008 “Sign of Sustainability” and will be back by popular demand next summer.*



*In response to growing local interest in renewable energy and eco-friendly building techniques, the 2008 Green Buildings Open House expanded to two days, Saturday and Sunday, October 4 & 5, with half of the homes open on each day. A record number of more than 1,000 people too free, self-guided tours of 25 sites in Tompkins, Schuyler and Tioga Counties. Highlights included the LEED-certified Park Business School at Ithaca College, and the 2007 Cornell Solar Decathlon entry (now a private home). The event is sponsored by CCE-Tompkins in partnership with the Ithaca Green Building Alliance, and is held in conjunction with the Northeast Solar Energy Association’s Green Buildings Open House and the American Solar Energy Society’s National Solar Tour.*

# Thanks to our 2008 Donors!

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Tom Archibald  
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Gayle R. Flinn  
Monica Hargraves  
Marie Layer  
Adam Michaelides & the  
Master Composter Program  
Lucinda A. Noble  
Christine Porter  
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Akiva Silver  
The Topoleski children

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More than 3,000 little rubber ducks make their way down Ithaca's Cascadilla Creek to the finish line at Cooperative Extension in the 8th Annual 4H Rubber Duck Race on April 27 2008. Individuals take raffle chances on the numbered ducks, and the top-finishers win prizes donated by local businesses and supporters. The Rubber Duck Race and an associated 5K Run raise almost \$15,000 each year for 4-H programs in Tompkins County.

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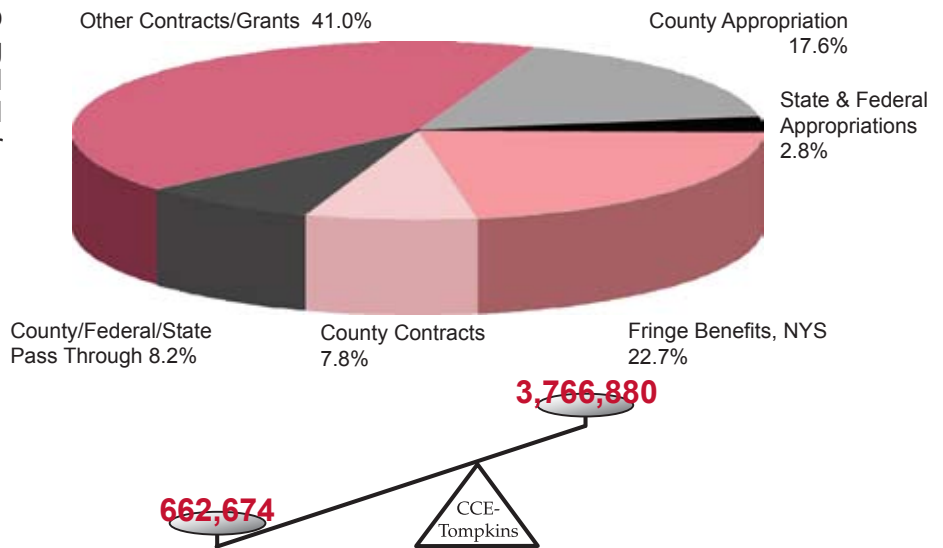
*Note: this list does not reflect donations to the Ithaca Children's Garden or the Multicultural Resource Center which are independent 501(c)(3) organizations that operate under the CCE-Tompkins umbrella and maintain separate financial records.*

# Tompkins County Appropriation Leveraged the Following Support in 2007

Cooperative Extension uses its unique partnership with federal, state, and local governments, adding volunteer involvement, fund raising and in-kind contributions to bring an 11-fold return in educational resources for each Tompkins County tax dollar received.

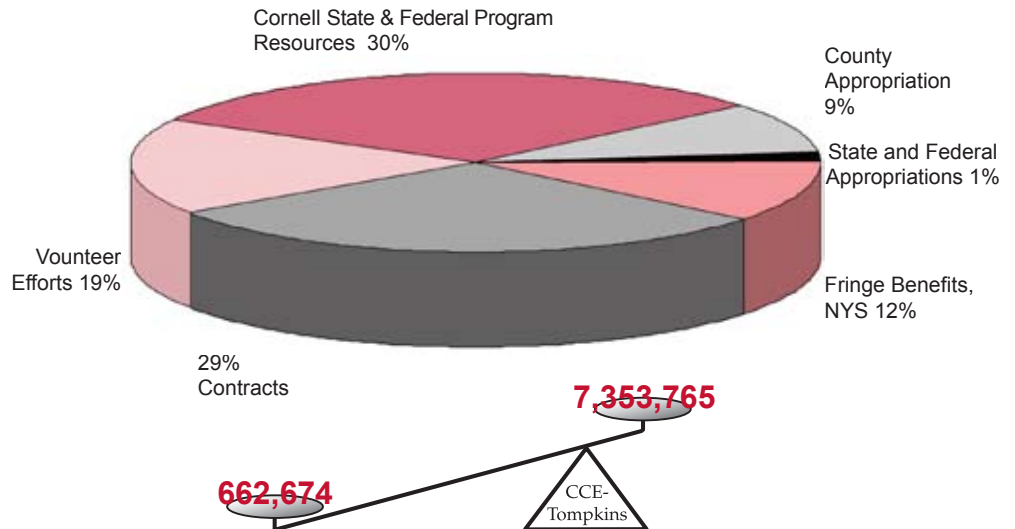
## Direct Support Ratio 1 : 5.7

<b>County Appropriation</b>	<b>\$662,674</b>
State and Federal Appropriations	107,068
Fringe Benefits, NYS	853,843
County Contracts	292,399
County Fed./State Pass Through	308,032
Other Contracts/Grants	<u>1,542,864</u>
<b>Total</b>	<b>\$3,766,880</b>

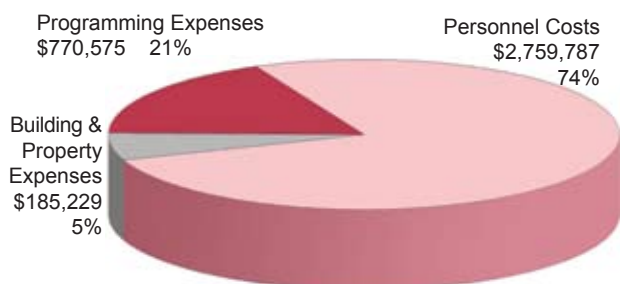


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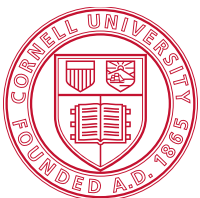
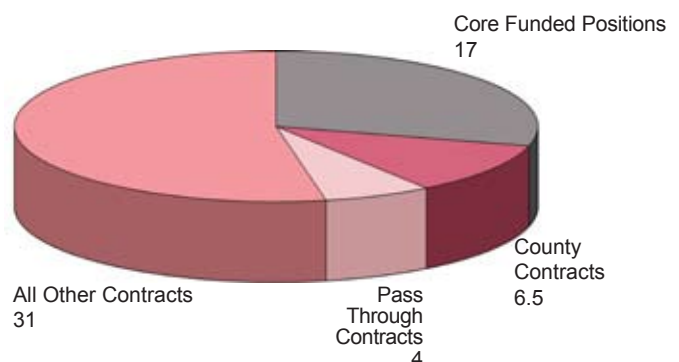
<b>County Appropriation</b>	<b>\$662,674</b>
State and Federal Appropriations	107,068
Fringe Benefits, NYS	853,843
Contracts	2,143,295
Volunteer Efforts	1,378,694
Cornell & Federal Resources	<u>2,208,191</u>
<b>Total</b>	<b>\$7,353,765</b>



## 2007 Expenses by Type



## 2007 Employees (FTEs) by Funding Source



**Cornell University**  
**Cooperative Extension**  
**Tompkins County**

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