

UNH Cooperative Extension provides Cheshire County residents with research-based education and information, enhancing their ability to make decisions that strengthen youth, families and communities, sustain natural resources, and improve the economy.

As your local link to the University of New Hampshire, Cheshire County Cooperative Extension provides practical educational research based programs and assistance to people of all ages. In every Cheshire County community, Extension is at work - increasing economic development, enhancing the environment, and developing human potential.

The programs and information provided by the county educators and state specialists are supported by funds from federal, state, and county government

Cheshire County Extension educators provide non-formal education programs in Natural Resources and Family, Community, and Youth, advised by a local advisory council. Your educators in Cheshire County provide individual, group, or community assistance by answering questions, offering advice, designing or participating in programs, and distributing printed materials. If unable to help you, we will do our best to put you in touch with someone who can.

In addition, Cooperative Extension University based Specialists keep abreast of new developments, and provide support to county staff throughout the state.

Anyone may receive up to date information and learn about programming opportunities through our bi-monthly county newsletter. Just call the office to receive the newsletter by mail (352-4550). In addition to assistance provided through the county office, Extension's Family Home and Garden Education Center has a toll-free in state information center in Manchester (1-877-398-4769). Hours are Monday - Friday 9:00 am -2:00 pm.



4-H Youth

The 4-H club program helps youth acquire knowledge, develop life skills and form attitudes to enable them to become capable, confident and contributing members of society. The program helps youth age 5 to 7 explore interests and become involved in their communities; youth ages 8-18 build their personal skills and leadership while gaining skills in projects of their choice. The clubs, projects, and activities are delivered through volunteers. Volunteers are supported through training, curriculum, and recognition. Popular projects include:

Heritage Arts	Animal and Plant Science
Natural Resources	Home and Family Living
Science and Technology	

High quality 4-H curriculum materials, developed through a national juried system, are also available for use by school groups, home schoolers, day and after school providers, and other youth serving organizations

In addition, 4-H staff offer training and assistance in:

- Positive youth development for youth ages 5-18.
- Leadership and volunteer development.
- Community youth leadership and citizenship programs.
- Developmentally appropriate experiential youth programming for 5-18 years old.
- Assessing youth risk and protective factors for communities and organizations.

If you want more information on becoming a volunteer, involving your child in 4-H, enhancing your youth curriculum, or planning appropriate programs for youth in general give us a call.



Family & Consumer Resources

The Family & Consumer Resources program provides information and assistance to strengthen families and communities. We work with a diverse group of individuals including families, caregivers, food service workers and consumers. Education is provided through individual contacts, group programs, newsletters, publications and volunteer programs.

Some of the educational areas include:

- Sharing current food safety research
- Training food service workers to help reduce food borne hazards
- Strengthening parenting skills
- Reducing debt
- Increasing savings
- Money management decision making skills
- Increasing financial literacy
- Wellness



Nutrition Connections brings nutrition knowledge and food skills to limited income people of all ages. Instruction is available through small group instruction, in home visits, through the mail, and through youth programs throughout the year.

Also ask about:

- Eat Healthy, Stay Fit: learn-by-mail curriculum.
- Planning Ahead, Staying Ahead: designed to teach basic household money management skills.

- Great Beginnings: a nutrition curriculum for pregnant and parenting teens.
- Care Connection: nutrition and meal planning information for child care providers
- Food Safety For Food Pantries: workshops designed for food pantry volunteers.

Agriculture Resources



The Ag Resource Program provides technical assistance and information for all types of agriculture from commercial farming to small scale gardening. We conduct seminars, workshops, meetings and farm visits on such topics as :

- Home gardening
- Livestock management
- Forage crop production
- Fruit and vegetable production
- Dairy farm management
- Farm business management
- Ornamental and horticultural crop management
- Farm product marketing

Newsletters as well as a wide range of publications are available at the county office or on the website on subjects relating to agriculture. These, combined with UNH services such as soil testing, plant disease diagnosis, help people in Cheshire County to farm and garden in a way that favors both efficient production and a healthy environment.

Forest & Wildlife Resources



The County Extension Forestry and Wildlife program provides technical assistance and information and educational services in the field of forest resources to private woodland owners, primary processors, organizations, communities, and the general public.

Some of the areas in which assistance is provided include:

- Woodland management and planning
- Utilization and marketing
- Community forestry
- Wildlife management
- Multiple-use management
- Insect and disease concerns
- Christmas tree production
- Maple syrup production
- Forest taxation and finances
- Permanent land protection

Assistance is provided through individual contacts and site visits, workshops, newsletters, publications and demonstrations. Sound utilization and conservation of the forest resource is the prime objective of the County Forestry Program.