



UNH Cooperative Extension Hillsborough County
329 Mast Road, Room 101
Goffstown NH 03045
Phone: 603-641-6060
Fax: 603-645-5252
Office hours: Monday - Friday 8 am - 4:30 pm

Directions

From the North and South:

Take Route I-93 to I-293 to the exit for Route 101 West. Go to the large set of lights in Bedford (101 turns left), go straight toward Goffstown. You are now on Route 114.

From the East and West:

Take Route 101 to the large intersection with Route 114 in Bedford. Take Rt. 114 West toward Goffstown.

All: From Rts. 101/114 intersection, take Rt 114 West through three (3) sets of lights. Turn left @ the next set of lights (4th set) on Rt. 114 West. Travel about 1/4 mile and look for the County Complex. Take a right into the first driveway and park to the left.

Web Site: <http://extension.unh.edu>

The University of New Hampshire Cooperative Extension is a public institution with a longstanding commitment to equal opportunity for all. It is the policy of UNHCE to abide by all United States and New Hampshire state laws and University System of New Hampshire and University of New Hampshire policies applicable to discrimination and harassment. It does not discriminate on the basis of race, color, religion, sex, national origin, age, veteran's status, gender identity or expression, sexual orientation, marital status, or disability in admission or access to, or treatment or employment in, its programs, services, or activities.



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2008 Highlights

Mission Statement

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



Responding to your needs...

Since 1914, the University of New Hampshire (UNH) Cooperative Extension—a partnership among county, state and federal government—has provided New Hampshire citizens with research-based information and non-formal educational programs to help them make informed decisions that strengthen youth, families and communities, sustain natural resources and improve the economy.

County Extension field staff deliver these programs through hands-on workshops, site visits, seminars, conferences, phone consultations, videoconferences, satellite downlinks, printed materials, a statewide toll-free Info Line, and a large statewide web site.

A network of subject-matter specialists staff on the UNH campus and in land-grant universities across the nation linked by telephone, video-conferencing, and internet technologies, further ensure Extension's ability to respond quickly to social and environmental issues of broad popular concern.

We're proud and pleased to offer you these brief snapshots of our work in 2008. In addition to the specific projects highlighted here, each educator also participates in a wide variety of community coalitions and communities of practice, some of which you'll find listed on page 11 of this brochure.

Thank You!

Daniel Reidy
Extension Educator,
Community Development
& County Office Administrator

Beth Todgham
Deb Spratt
Co-Chairs
Hillsborough County
Advisory Council

Hillsborough County Extension Staff Community Collaborators

Adult Learning Center
Beaver Brook Association
Bedford Health Department
Big Brothers Big Sisters
Boys & Girls Clubs
Child & Adult Food Care Program
Community Technical Assistance Program
Families In Transition
Farm Service Agency
Friends of Valley Cemetery
Girls, Inc.
Greater Milford Outreach
Hillsboro After School Program
Hillsboro Office of Youth Services
Hillsboro Welfare Department
Hillsborough County Conservation District
Hillsborough County Dept. of Corrections
Hillsborough County Farm Bureau
Hillsborough County nursing homes
Hillsborough County school districts
Hillsborough County Superior Courts
InTown Manchester
Liveable Walkable Communities
Live and Learn Early Learning Center
Lutheran Social Services
MA Fruit Growers Association
Makin' It Happen
Manchester Adopt-A-Spot
Manchester Chamber of Commerce
Manchester Community College
Manchester Community Health Center
Manchester District Court
Manchester Health Clinic
Manchester Housing & Redevelop. Authority
Manchester Neighborhood Housing Services
Manchester Millyard Landscape
Revitalization Committee
Moore Center
Nashua Housing Authority
Natural Resource Conservation Service
NE Vegetable and Berry Growers Assoc.
NH Farmer's Markets Association
NH Assoc. of Volunteer Administrators
NH Audubon Society
NH Dept of Transportation
NH Division of Forests and Lands
NH Employment Security
NH Farm & Forest Expo
NH Fish & Game
NH Fruit Growers
NH Food Bank
NH Giant Pumpkin Growers Association
NH Safe Food Alliance
NH Sheep and Wool Growers Association
NH Timberland Owners Association
NH Tree Farm Committee
NH Vegetable & Berry Growers Association
NH Women's State Prison
Operation Frontline
Parenting NH Magazine
Salvation Army
Society for the Protection of NH Forests
St Joseph Community Services
(Meals on Wheels Program)
Southern NH Services, Head Start
Town of Goffstown
VNA Parent/Baby
The Way Home
WMUR

Natural Resources Forestry & Wildlife

An Extension Forester and Community Forestry Educator provide educational and technical assistance to forest landowners in the better use of their forest resources for income production as well as recreation, wildlife, aesthetics and watershed management. The forester also advises homeowners on urban tree problems as well as encourages youth groups such as 4-H, vocational agriculture, and scouting to become involved in learning and practicing good forestry.



The Community Forestry Educator focuses on natural resources in cities and towns.

2008 Highlights

- Examination of 1344 acres of forestland with 33 landowners.
- 39 presentations and tours conducted with an attendance of over 1000 adults and youth.
- Began a new Green Roof at Hillsborough County Nursing Home.
- New Hampshire Community Tree Steward Volunteer Program, 61 Tree Steward Volunteers reported 11,081.5 hours (equal to 5.3 full time employees in urban and community forestry) in natural resource related projects across Hillsborough County.

Jonathan Nute, Extension Educator, Forest Resources
Mary Tebo, Extension Educator, Community Forestry

4-H Youth Development

4-H is the youth educational program of the University of New Hampshire Cooperative Extension. Our Mission Statement is “To help youth acquire knowledge, develop life skills and form attitudes to enable them to become self directing, productive and contributing members of society.” An important role of 4-H staff is to help empower our members to reach their full potential by working and learning in partnership with caring adults. “4-H is their first class at the University of New Hampshire.”



The Head, Heart, Hands and Health expressed in the 4-H Pledge refers to the array of life skills that youth can learn as they become part of and participate in programs and activities of the University of New Hampshire Cooperative Extension.

Examples of Hillsborough County 4-H Programs:

- 4-H Green Thumb Team
- 4-H Market Lamb Program
- 4-H Horse Shows
- Public Speaking & Demonstration experience
- Shooting Sports & Robotics clubs
- Fashion Revue



Julia Steed Mawson, Extension Educator, 4-H Youth Development
Michael Koski, Extension Educator, 4-H Youth Development
Jolee Chase, Program Associate, 4-H Youth Development

Family & Consumer Resources

Food and Nutrition

The Nutrition Connections Program provides food nutrition education to limited resource audiences in Hillsborough County. The program goals are to support and assist the limited resource audience in acquiring the skills to make informed and positive life style choices. The skills help to empower and contribute to positive personal development and improvement of overall well being of families. Our program lessons are based on the USDA *MyPyramid*, the Dietary Guidelines for Americans, food safety, reading labels, and eating nutritious foods on a limited budget. These programs are offered in group settings, through mailings, and one-on-one in home visits. Many local organizations such as The Way Home, VNA Parent Baby, Families in Transition, Our Place, DCYF, Child and Family Services offer our services to their clientele. Many programs are taught in collaboration with Operation Frontline through the NH Food Bank. We assisted in the development of new curricula for Operation Frontline; and a Spanish home study curricula for UNHCE. Workplace Success ran a pilot of our programs in Manchester and Dover, the success of this pilot led to the program's expansion throughout the state in the fall of 2008.

Hillsborough County is a growing region with multi-ethnic and multi-cultural populations, primarily in the Nashua and Manchester area. Our program instructions are available in the Spanish language in Nashua. Nutrition education was provided to public schools where 50% or more students receive free or reduced lunch. One thousand one hundred and seventy-six students in the Nashua area received nutrition education lessons including: Amherst Elementary, Dr. Norman Crisp Elementary, Ledge Street Elementary, Fairgrounds Elementary, Mt. Pleasant Elementary, and Nashua North High School. Youth organizations that participated: The Boys and Girls Club of Greater Nashua, Inc. The Nashua Police Athletic League, Y.M.C.A. and Nashua Girls, Inc. Our programs reach hundreds of youth in the Manchester area through programming offered through the Manchester School District, Head Start, after school programs and summer programs.

Heidi Bennett, Program Associate, Nutrition Connections
Awilda Muniz, Program Coordinator, Nutrition Connections

Natural Resources

Agriculture/Horticulture

Agriculture is an ever-changing dynamic business. To keep local farmers and green industry businesses competitive, Extension provides education through informal workshops and conferences, farm meetings, personal visits, written recommendations, phone contacts and by email. County and regional programs provide local farmers and growers with the opportunity to expand their knowledge base, learn from others with similar enterprises, and ultimately, improve the profitability of their operations. Each year education is provided in the following commodity areas: vegetables, tree and small fruit, greenhouses, corn and forage, landscaping, turf and town athletic fields, agricultural business management, nursery and perennials, livestock and poultry, ponds, soils, garden centers, municipal landscaping for parks and cemeteries, and dairy.

Each year we receive thousands of requests from the public for education on a wide range of topics, including home gardening and landscaping, water quality, household pests, wildlife, backyard livestock, food preservation, pruning and many others. With limited staff to meet the demand, Extension utilizes a toll-free information line, staffed by volunteers, to answer questions (over 1400 in 2008), and reaches more than 35,000 people weekly with the "Grow It Green" tv spots on WMUR. Extension relies on Master Gardeners to work with schools and towns, nature centers and community gardens, nursing homes, libraries, garden clubs and civic groups. In 2008, Master Gardeners volunteered over 2700 hours.

2008 Highlights

- Hillsborough County ranks 37th out of more than 3000 counties for farm produce sold directly to consumers nationwide.
- In the last Census of Agriculture (2002), the total dollar value of Agriculture in Hillsborough County was \$14,767,000.
- 25% of NH farms have women as the principal operator, more than any other state in the nation.

George Hamilton, Extension Educator, Agricultural Resources
Margaret Hagen, Extension Educator, Agricultural Resources 9

Community Assistance

Community Development & Interdisciplinary Programming

Cooperative Extension in Hillsborough County continues to be a resource to communities of place and purpose in community development planning. Recent examples of this include the following:

- Assistance to the town of Brookline with a series of study circles focused on land use and transportation.
- Meeting facilitation of a County Commissioner appointed master plan committee that has recommended a design charrette land use planning process for county owned land in Goffstown.
- Assistance to the town of Goffstown in preparation for a recreation profile in 2009.
- Facilitating a community Ethics Policy Study Committee and development of a Disclosure & Conflict of Interest Policy.
- Development, in partnership with UNH Manchester, NH Office of Energy & Planning & Nashua Regional Planning & a four part training series for municipal land use board members in effective meeting management.

Extension recently published Ten Years of Community Profiles in NH, highlighting 8 of the 57 community visioning events held in the state. Those highlighted include Profiles from New Boston and Greenville. This program helps communities of place or purpose engage stakeholders, and reach consensus and direction on issues of significance, whether large or small. Extension assists a local steering committee plan *their* event and train local volunteers as skilled facilitators and recorders. While a typical profile might draw 100 to 150 participants, communities like Pelham and New Boston drew 300 or more.

Daniel Reidy, Extension Educator, Community Development & County Office Administrator

Family & Consumer Resources Food Safety

Food safety programming reached 664 restaurant, food bank, nursing home, school food service personnel, Family Home and Garden Center volunteers and farm stand owners. Fifty-five participants passed the food safety certification exam for the ServSafe program.

- **Safety Awareness in the Food Environment (SAFE)**

The SAFE program is an interactive, two-hour workshop for food workers. This introductory program focuses on the importance of personal hygiene and controlling time, temperature and cross contamination as food flows through a food service operation. SAFE programs are provided free of charge to both participants and food service facilities.

- **ServSafe®**

The ServSafe® program is a one or two-day, advanced training in the latest science-based food safety and sanitation information and industry best practices for food managers, chefs, or others in supervisory roles. ServSafe® is a national certification program of the National Restaurant Association Educational Foundation.

Family, Home & Garden Education Center

The Family, Home & Garden Education Center and its volunteers responded to over 6,800 information requests this year on such subjects as trees & shrubs, annuals and perennials, lawns, household insects, fruits, vegetables, food safety and food preservation and wildlife. "Grow It Green" taped for WMUR/Channel 9, reaches 36,000 residents weekly. In addition to the 3,000 volunteer hours that Master Gardeners contributed at the Center, over 2,700 hours of time was committed to delivering volunteer gardening programs and projects across Hillsborough County. The Center's toll free info line 877-398-4769 is open Monday - Friday, 9 am - 2 pm & Wednesday, 5 pm - 7:30 pm. Questions can also be emailed to answers@unh.edu.

Alice A. Mullen, Administrator,
Family, Home & Garden Education Center
Extension Educator, Family & Consumer Resources

Family & Consumer Resources

Parent Education/Family Financial Management



Parenting & Childcare Education

Parenting education programs offered by UNHCE include one-time workshops, one-on-one teaching, and group class series. In addition, Extension offers publications, age-paced newsletters, WMUR parenting segments, and collaborations with other media sources. Some examples of publications available are Parenting Alone, Parenting Infants & Toddlers (Cradle Crier & Toddler Tales), Parenting Preschool Children, Parenting School Age Children, Parenting Teens, and Stepfamilies.

Financial Resource Management

Financial resource management education provides knowledge to change existing financial habits and reach financial goals. Some of the financial workshops offered in 2008 were Credit Check Up and Don't Be Crushed By Debt. Various publications are also available such as Advance Earned Income Credit, Buying the Things You Need, Developing A Spending/Savings Plan, Making A Will In New Hampshire, Making Ends Meet, Need More Money To Pay Bills? (Earned Income Credit), What To Do When You Can't Pay Your Bills, When Your Bills Pile Up, When Your Income Drops, and Your Credit File.

2008 Highlights

- 280 residents received money management education with a focus on increasing confidence in financial and consumer decisions, identity theft, or career development.
- 299 youth and adults participated in parenting and human development classes through community organizations, schools, and the NH State Prison for Women.
- 32 childcare providers received professional development credits.

Parents of babies received Cradle Crier age-paced newsletters; Families received Toddler Tales newsletters. These newsletters are designed to help parents better meet the needs of their babies and toddlers.

Sharon Cowen, Extension Educator, Family & Consumer Resources