

Food and Nutrition



David Leonard

Educational Program Coordinator
Food and Nutrition

David Leonard works with limited-income individuals, families and groups, Head Start centers, and schools.

Extension Programs/Specialty Areas:

- Lifeskills education in nutrition, cooking, food shopping skills, food safety and physical fitness. Sessions take place in the home (for individuals and families) or at partnering agencies (for groups).
- Food and nutrition correspondence course sent to your home.
- Food and nutrition education for qualifying schools.

Educational Background:

- M.Ag., Agricultural Sciences, Oregon State University
- B.A., History, Swarthmore College

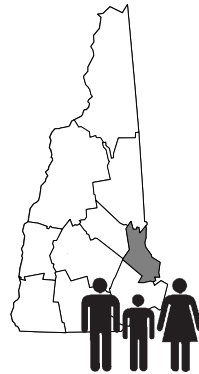
Support Staff

Administrative Assistants Linda Gosselin and Cheryl Gagnon provide support for Strafford County Extension Educators. When you call, please let them know why you're calling because they may be able to help you directly.



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

How Strafford County UNH Cooperative Extension Helps You



Mission Statement

UNH Cooperative Extension provides Strafford County residents 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.

In every Strafford County community, this program is at work, increasing economic development, enhancing the environment, and developing human potential. In Strafford County, we want to "Help you put knowledge and research to work."

Information is available through workshops, publications, newsletters, our website, and by phone. Work-site and agency sponsored programs make it easy for busy people to receive needed information and assistance. Programs are available to individuals, families, schools, businesses and communities.

Strafford County
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Visit our web site at:
www.extension.unh.edu

Directions: Take Exit 9 off the Spaulding Turnpike, take a left at the top of the ramp. Go about 1/2 mile, then take a right onto Sixth Street. Go through one light, continue another 1/2 mile and take a left onto County Farm Road. Go one more mile to the junction of County Farm Road and County Farm Cross Road. Turn left. Go straight ahead, the new jail is on your left and the Riverside Rest Home on your right. Keep going straight until you come to a set of older brick buildings, we are #268 on the right.

Helping You Put Knowledge and Research To Work

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.
US Department of Agriculture and NH counties cooperating.

Agricultural Resources



Geoffrey Njue
Extension Educator,
Agricultural Resources

Geoffrey Njue provides education and information on a wide range of horticultural topics to commercial growers, homeowners, communities, groups, organizations and agencies.

Extension Programs/Specialty Areas:

- Greenhouse and nursery productions
- Tree fruits, berries and vegetables
- Insects and diseases of horticultural crops, turf management and community recreation fields
- Home gardens, lawns and shrub care
- Soil test recommendations
- Master Gardener program

Educational Background:

- B.S., Egerton University - Horticulture
- M.S., Wageningen Agricultural University, Holland, Greenhouse horticulture
- Certificate, Writtle College, UK, Horticultural Crop Production
- Certificate, Hebrew University of Jerusalem, Israel, Protected Cultivation

Family & Consumer Resources



Ellen Rondina
Extension Educator,
Family & Consumer Resources

Ellen Rondina offers research-based programming that helps improve the quality of life for families and individuals by helping them make informed, healthy life choices. She has a particular interest in collaborating with other organizations and groups to provide the most effective programs and reach the most people.

Extension Programs/Specialty Areas:

- Parenting and child care: working with families, caregivers and family support professionals to develop confidence, knowledge and skills
- Financial management: increasing financial literacy, reducing debt and increasing savings
- Healthy lifestyles/wellness: nutrition, physical activity and wellness
- Community coalition work
- Coordination of food safety and food preservation education

Educational Background:

- B.A., UNH, Music Performance
- M.S.W., UNH, Social Work

4-H Youth Development



Linda Willard
Educational Program Coordinator,
4-H Youth Development

Linda Willard offers educational, research-based "hands-on" 4-H youth development programming for youth ages 5-18. By working together with communities, youth and families, she provides opportunities for positive youth development.

Extension Program/Specialty Areas:

- 4-H programs are delivered to community clubs or family clubs as special projects or after-school programs
- Project areas include plant and animal science, science and technology, family and consumer sciences and environmental science
- Helping youth develop life skills of leadership, self-esteem, team work, responsibility and community service

Educational Background:

- B.A, University of California, Santa Barbara, Geography & Environmental Sciences,
- M.A., UNH, Natural Resources in Education, completion date 2009

Forest Resources



Deborah Goard
Extension Educator,
Forest Resources

Deborah Goard provides education and information to private landowners and municipalities on how to manage woodlands for timber production and wildlife habitat and how to plant and maintain healthy shade trees.

Extension Programs/Specialty Areas:

- Federal Cost-Share Programs available for landowners
- Environmental education to youth groups and schools
- Promotion and information about the American Tree Farm System
- Information and education to forestry consultant professionals
- Forest management and water quality

Educational Background:

- B.S., UMass Amherst, Forestry
- B.S., UMass Amherst, Biology
- M.S., Oregon State University, Forest Hydrology