



## Belknap County UNHCE

Belknap County UNH Cooperative Extension is part of a statewide network of county offices bringing the University of New Hampshire resources directly to the people who live and work in Belknap County. Belknap County Extension is backed by more than 30 campus-based Extension specialists.

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

### County government in partnership with UNH Cooperative Extension

**County Commissioners:**  
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Dean and Director, UNHCE

## Support for Cooperative Extension Makes Positive Impacts in Belknap County

### *Selected Highlights 2012-2013*

#### County Investment

For the \$162,818 investment Belknap County makes in UNH Cooperative Extension programs, an additional \$322,320 of state and federal funds are invested directly toward county staff, programming, administrative costs and computer support for Belknap County.

#### Food & Agriculture

- Ninety-eight individuals received help with agriculture production inquiries including pest management issues in crops, improving soil for crops or pasturing livestock, and assistance with improving business practices.
- Extension helped farm businesses better market their products, use technology more efficiently, and keep better records to make financial decisions for their farm and family. Innovative instructional methods, including web-based learning modules and online access to a variety of resources provided timely information to clientele unable to participate in the traditional workshop setting.
- Along with local partner organizations, Extension brings a comprehensive listing of local food resources to the Lakes Region. More than 60 Lakes Region farms are listed in the Lakes Region Local Food



Guide, which will be distributed throughout the region to provide residents and tourists with a directory where they can find locally-produced agriculture products.

#### Natural Resources

Extension's Forestry and Wildlife program continues to provide technical assistance to residents, businesses and municipalities on numerous topics including forest and wildlife management, maple syrup production, Christmas tree management, current use law, and urban tree care.

- More than 1,200 individuals received assistance directly through phone calls, e-mails, one-on-one visits, and group educational meetings. Approximately 700 individuals participated in 17 educational meetings.
- In addition to the qualitative benefits of Extension's educational services, the forestry and wildlife program provides support to New Hampshire's \$1.14 billion forest manufacturing industry, \$1.12 billion forest recreation and tourism-based industry, and \$7 million to the Christmas tree and maple syrup industry. Thirty million dollars in local taxes are generated as a result of forest management activities.

# BELKNAP COUNTY

## Community & Economic Development

■ Belknap County residents participated in the Agriculture and Natural Resources Business Institute held at Lakes Region Community College. Graduates developed operational plans, some of which have already led to expansion of business operations and/or increased revenue.

## Financial Management

■ Cooperative Extension's family resource management programs focus on helping individuals and families identify goals, develop a spending/savings plan, understand credit and debt reduction, stretch resources and become a more educated consumer.

■ More than 110 individuals participated in financial workshops throughout the county. Participants reported increased knowledge and use of financial management strategies. In an effort to reach underserved low income families, many workshops were held in collaboration with other agencies such as Carey House and Workplace Success.

## Youth & Families

■ Seventy 4-H volunteers provided support to youth in Belknap County in 2012. These volunteers serve as group leaders, mentors, and project teachers. One hundred eight-five youth participated in 4-H programs, learning lifelong skills such as leadership, community service, teamwork, self-esteem, and communication.

■ UNH Cooperative Extension works with the Belknap County Department of Corrections to provide programming for incarcerated audiences and their families on topics related to life-skills training, financial management and parenting education. These programs provide skills and knowledge to support positive transitions to community life.

■ Cooperative Extension provides education that gives youth and adults tools and knowledge to more effectively manage their finances. Information and resources are provided through both web and community based programs as well as training for professionals working with vulnerable families.

## Food safety

The Center for Disease Control estimates that 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths occur annually due to food-borne illness.

■ Extension's food safety programs target knowledge and behavior change within the food service environment to reduce risk. In 2012, food safety programs reached 48 participants, including food service workers and managers from local restaurants, schools and other community organizations.

## Nutrition Connections

■ In Belknap County, 436 youth and 295 adults with 674 family members participated in Nutrition Connections programming last year. Adult classes took place at Workplace Success, Genesis Behavioral Health, Head Start, The Carey House, Belmont Senior Housing, NH Food Bank/ Cooking Matters, and through the mail. School series included Woodland Heights, Elm Street, Pleasant Street, Interlakes Elementary and Head Start.

■ "Cooking Matters," a program in partnership with the New Hampshire Food Bank, offered two series, one with adults and the other with adults and their children, involving hands-on cooking with a chef along with information on beneficial nutritional habits.

### STAFF

County Office Administrator & Family & Consumer Resources  
Suzanne Cagle

Agricultural Resources  
Kelly McAdam

Forestry & Wildlife  
Andy Fast

4-H Youth Development  
Carolee Longley

Nutrition Connections  
Brenda Carey

Administrative Assistant  
Giegie Marrone

### COUNTY ADVISORY COUNCIL MEMBERS

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Belknap County Delegation  
Representative Guy Comtois,  
Center Barnstead

**Belknap County**  
625 Main St. 3rd Floor, Suite 1  
Laconia, NH 03246-2900  
ce.belknap@unh.edu

**Ph: (603) 527-5475**  
Mon-Fri 8 a.m.- 4 p.m.

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