



# UNIVERSITY of NEW HAMPSHIRE

## Cooperative Extension

## Carroll County UNHCE

Carroll 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 Carroll County. Carroll 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:**  
David Sorensen, Chair  
David Babson, Jr.  
Asha Kenney, Clerk

**County Legislative Delegation**  
State Rep. Karen Umberger,  
Chair

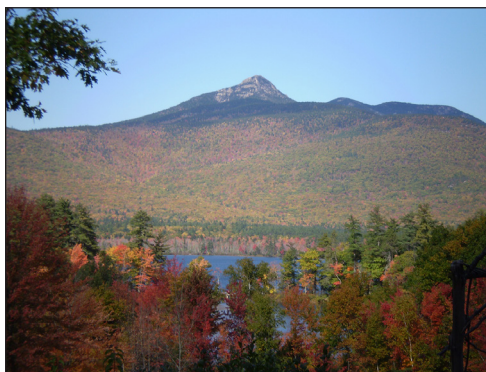
John Pike  
Dean and Director, UNHCE

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

### Selected Highlights

#### County Investment

- For the \$225,427 investment Carroll County makes in UNH Cooperative Extension programs, an additional \$383,461 of state and federal funds are invested directly toward county staff, programming, administrative costs and computer support for Carroll County.



at schools throughout the county. In 2012 Nutrition Connections enriched the after-school programs at Ossipee Central School and Conway Elementary School. Nutrition Connections enriches the after-school programs by providing foods for tasting, curriculum

materials and helping youth learn how to make healthy snack choices.

#### Food & Agriculture

- According to the 2007 Census of Agriculture, agriculture is an increasingly important component to the Carroll County economy. Since 2002, farms increased 20% to 274. Further, the market value of products sold annually increased to \$5,279,000 (a 28% increase since 2002).

- The Veggie Volunteer Program at the Sherman Farm in East Conway provides surplus seasonal vegetables to people who may not otherwise have access to them. Since its 2002 inception, the program has delivered 133,731 pounds of vegetables for a total value of \$181,739.

- With the increase in livestock and poultry production, there was a corresponding need for education in pasture management and basic animal husbandry. Several "Pasture Walks" helped livestock owners manage their pastures to improve efficiency, reduce purchased feed costs and maintain pasture grasses.

#### Nutrition Connections

- Nutrition Connections works with individuals and families in their homes, in groups and with income-eligible youth

- Nutrition Connections covers basic nutrition education, food resource management, physical activity and food safety.

#### Community & Economic Development

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

- Provided assistance to "Keep Growing" in developing a regional food systems plan. Keep Growing is a regional coalition that encompasses Coos, N. Grafton, and N. Carroll counties. It aims to strengthen the regional food system and economy.

- Carroll County growers participated in several risk management educational programs presented across the state, including workshops on livestock handling, collaborative milk marketing and nursery plants.

## CARROLL COUNTY

### Youth & Families

■ In 4-H, screened and trained volunteer leaders guided youth in acquiring and practicing critical life skills in safe program environments. Critical program components to achieve these goals include juried 4-H curriculum, educational events and varied delivery methods including 4-H clubs, afterschool programs and camps.

■ Over the past year, 4-H members have built underwater Remotely Operated Vehicles, sewn dresses, learned horsemanship skills, grown vegetable gardens, raised rabbits, practiced safe marksmanship, trained dogs, performed community service, fed and monitored growth of beef cattle, built ecobots, helped neighbors and served as young leaders.

■ Last year, 60 volunteers dedicated more than 3,549 hours to youth in Carroll County—teaching, guiding and supporting 4-H members. 4-H clubs and members participated in 32 service projects, contributing more than 600 hours of community service.

■ Through a National Science Foundation grant, Carroll County 4-H participated in the National Partnership for Afterschool Science. Through this program, afterschool professionals from Conway, Jackson, Madison, Ossipee and Wolfeboro participated in STEM curriculum training and offered quality afterschool science programs to more than 100 youth.

■ UNH Cooperative Extension is working with the Carroll County Department of Corrections to provide programming for incarcerated audiences and their families. Program content includes life-skills training, financial management and readjustment to community life.

■ One hundred forty-six families received the age-paced **Just In Time** parenting newsletter series. The information helped them better prepare to meet their child's needs and stimulate their growth and development.

### Natural Resources

■ Sixty percent of the approximately 537,848 acres of forest in Carroll County is privately owned. In one year alone, residents received

over \$3 million in income from selling timber and other wood products, and towns received over \$312,470 in timber tax (2005, NH DRED).

■ Carroll County Extension, partnering with the Natural Resources Conservation Service and Carroll County Conservation District, implemented the NRCS Environmental Quality Incentives Program (EQIP) and Wildlife Habitat Improvement Program.

■ Over the past five years, more than 80 cost-shared forest stewardship plans covering 12,000+ acres were approved by the forest resources specialist.

### Food Safety

■ The Center for Disease Control estimates 48 million illnesses, 325,000 hospitalizations and 5,000 deaths occur annually from food-borne illness.

■ More than 220 food service workers completed the SAFE-Safety Awareness in the Food Environment program, including participants from local restaurants, schools and other community organizations. Since 2005, 1,147 food service workers have attended SAFE.

■ The National Restaurant Association's ServSafe® food manager certification course was offered to 117 individuals, and 107 completed it successfully. Over the past five years, 400 food service workers and managers passed this exam, helping restaurants in Carroll County reduce the incidence and resulting economic hardship of foodborne illnesses.



#### STAFF

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The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating. 06/18/2013

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