Putting Knowledge to Work!

West Virginia University Extension works to provide “solutions in your community” through key program areas including agriculture, environment and natural resources, 4-H youth development, food and nutrition, health and wellness, financial planning and home gardening. These research-based programs and services are available to all residents of Putnam County thanks to the tremendous support of our community members, local organizations, volunteers and local partners – the Board of Education and County Commission.

4-H and Youth Development

A new 4-H Agent was hired this year. Scott Byars is a West Virginia native bringing over 20 years of experience working in Extension.

In 2015, we celebrated 100 years of 4-H camping!

- 165 youth attended county 4-H camp.
- 20 youth attended county 4-H STEM camp.
- 65 youth attended Southern District Horse 4-H camp.
- 167 4-H members were trained in youth quality assurance programs.
- 15 youth attended a state 4-H camp.
- Over 450 youth were active members of a community 4-H club.

Agriculture and Natural Resources

- 1179 students and 65 teachers from four elementary schools learned how to grow and harvest their produce safely with our new Food Safety Check-list.
- 103 4th and 5th graders were trained in integrated pest management to become “Pest Detectives” in their school gardens.
- 35 emergency roadside first responders were trained in procedures to follow when arriving on the scene of a vehicle accident involving livestock. A livestock emergency contact list was prepared for the 911 dispatcher.
- Putnam County Master Gardeners (PCMG) volunteered 947 hours of community service to developing horticultural programs in our county and teaching our students how to grow their own food and flowers.

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- Our PCMG association won “Best Youth Project for 2015” from the WVMG Association.
- Our Putnam County Envirothon students placed fifth state-wide in the USDA Forest Service Envirothon Competition.
- After 3 years of promoting an on-farm processing exemption for rabbits, legislators approved a 1000 animal exemption. Five rabbit producers from Putnam County will benefit.

**Families and Health**

- Working in connection with the School-to-Garden program, 364 youth tried at least one new healthy food during the program.
- Hand washing skills were taught to 904 Elementary school students.
- 48 adults learned interpersonal skills by participating in communication and team building activities.
- 32 adults and 303 youth participated in cooking and food handling classes that taught food safety and nutrition for families.
- 500 students at Winfield Elementary were encouraged to “Rethink Your Drink” as part of a school health fair.

**Adult Nutrition Educator**

- Four “Eating Smart Being Active” and “Nutrition Education Aimed at Toddlers” classes held. 38 participants; 17 graduated.
- Cooking demonstrations and tastings were provided at 14 Putnam Farmers Markets with 744 attending.
- Helped plan and promote two events promoting SNAP use at the Farmers Market.
- Eight farmers/vendors sold > $17,000 at the Putnam Farmers’ Market.
- Participated in the “Putnam Wellness Coalition”. Developed signs to put in county pharmacies with information on prescription drug disposal locations and times.
- Participated in six multi-agency events with the “Rethink Your Drink” campaign serving over 1,000 participants.
140 youth participated in market livestock projects with gross sales of over $355,000.

Youth & adults learn STEM curriculum through hands on activities throughout the county. This photo shows construction of “stomp rockets, a favorite of all ages.

“The Pest Detectives” look for signs of insects and diseases in the garden.

The annual Southern District Horse Camp provided equestrian husbandry to 65 youth. Campers go on trail rides, Ride & Dine” and the horseshow finale.

Students from four elementary schools planted, managed, harvested, weighed and ate over $840 of the produce that they grew and sold in spring 2015.
PC Master Gardeners volunteered 947 hours of community service. Our PCMG association won “Best Youth Project for 2015” from the WVMG Association.

Jennifer Spriggel, Nutrition Educator engages an eager volunteer at the Putnam County Fair.

“I'll try our beets, Mr. Tim.”

Tim Sayre, Families & Health Agent teaching Saucy Salsas at the Putnam County Fair.
Jennifer Spriggel, Nutrition Educator reached 744 Putnam Farmers Market shoppers with her Healthy Cooking and Rethink Your Drink Campaign.

Eating Smart Being Active graduation class at Willow Tree Way II Senior Housing Apartments. There were 32 people reached in 4 nutrition classes from March – Sept.

Teays Valley Mom & Tots group learn NEAT Nutrition Education Aimed at Toddlers with eager participation by their kids at the home of Sarah Flick in Hurricane.