

# 2013 Extension Impacts in Lamar County



## ACES

The Alabama Cooperative Extension System, the primary outreach organization for the land-grant mission of Alabama A&M University and Auburn University, delivers research-based educational programs that enable people to improve their quality of life and economic well-being.

## Close to Home

Our commitment is solidified in our ongoing support of offices in all 67 counties. These offices assure our connection to the local needs and issues of all citizens.

The Alabama Cooperative Extension System funds 3.62 FTEs (full-time equivalent employees) in **Lamar County**. These professionals deliver educational programs throughout the year. Programs are developed statewide and delivered locally in each county. Extension regularly partners with the people of Alabama to assess the educational needs in all walks of life.

## Agriculture, Forestry, Wildlife and Natural Resources

- 210 sixth graders participated in the Lamar County Forestry, Agriculture, Wildlife, and Natural Resources Program where they **learned the importance of forest management**, environmental stewardship, wildlife management, and the many products that come from the forest.
- 250 participated in an area Hay, Equipment, and Forage Field Day. They learned about **storing hay in sheds or under tarps**, using soil tests to lime and fertilize, controlling weeds, and properly managing equipment.

## Economic and Community Development

- 95 residents participated in the Lamar County Health Fair where they learned about **eating healthier foods, becoming more active**, following test recommendations, and visiting doctors for health problems.

## Family and Consumer Sciences

- 20 people from Lamar County participated in the Summer Grilling and Barbecuing Tips class. Participants learned how to clean grills properly, start fires, cook different kinds of meats and vegetables, **check temperatures of food, and store cooked foods**.
- 34 residents learned to **change their eating habits**, become more active, order healthier foods at restaurants, plan meals for the week, and keep track of what they ate for three days in the Eat Healthy, Be Active community workshops.