2017 Program Catalog

A guide to the programs that the Specialists and Educators of MU Extension offer in St. Louis County and the region.

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MU Extension carries out the University of Missouri’s land-grant mission by bringing the university’s knowledge and research to all Missourians. We improve lives by addressing the highest priorities through the application of researched-based knowledge and resources.

**4-H** is dedicated to positive youth development and helping youth step up to the challenges in a complex and changing world. 4-H helps cultivate the next generation of leaders and tackling the nation’s top challenges such as the shortage of skilled professionals, maintaining our global competitiveness, encouraging civil involvement, and becoming a healthier society.

**Business Development & PTAC** contributes to our region’s economic development in job growth, sales, innovation, technology development and commercialization. We assist businesses in obtaining federal, state and local government contracts.

**Financial Education** programs benefit the community by increasing the financial stability of its members. The programs foster less dependence on public programs, reduces financial stress, and builds skills that result in people who are better equipped to participate as consumers in the local economy.

**Community Development** links university research and practice on issues that impact the region. We offer seminars and workshops for community leaders to strengthen healthy communities. Our Community Arts Program promotes and fosters development through the arts.

**Natural Resources and Horticulture** produce 100 new volunteers annually through Master Gardener and Master Naturalist training. Participants promote healthy living through gardening and proper care of the environment. Arborist training, soil testing, volunteer programs, insect/weed identification, and plant health diagnostics are also offered. In addition to specialty workshops.

**Housing & Environmental Design** provides families with education on making their homes healthy and more energy efficient, maintaining and repairing their homes, becoming responsible homeowners and renters, and adapting their home environment as they age or as their needs change over time.

**Labor Education** works with members and leaders of workplace-based organizations to develop skills to contribute to their organizations, act effectively in the workplace, and be informed active community participants. We also design classes that fit the specific requirements of each labor organization.

**Nutrition & Wellness Education** provides workshops and courses to residents of all ages and organizations based on the latest scientific evidence to improve one’s health and well-being. We are able to tailor specific programs to your needs.
### Program Listing

Single- and multi-session educational programs cover topics in agriculture, natural resources, lawn and garden, home and consumer life, nutrition and health, families, community and leadership development, youth development, and business management. For more information or to register, [http://extension.missouri.edu/stlouis/classes.aspx](http://extension.missouri.edu/stlouis/classes.aspx)

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4-H Youth Development

4-H is dedicated to positive youth development and helping youth step up to the challenges in a complex and changing world. 4-H helps cultivate the next generation of leaders and tackles the nation’s top challenges such as the shortage of skilled professionals, maintaining global competitiveness, encouraging civil involvement, and becoming a healthier society.

- **4-H Community Clubs** - Clubs offer long-term education experiences in which youth learn life skills such as leadership, decision making, public speaking and working with others.
  - **4-H Electric Dolphins** - Members build, program and compete using VEX and VEX IQ robots. The team also presents robotics workshops for community service projects. The club meets every Tuesday from 9:30 - 11:30 am in Kirkwood.
  - **Gateway 4-H** - Members build and program VEX and LEGO Mindstorms robots to complete various tasks. High school members, who compete in VEX Robotics Competition, meet every Tuesday from 9:30 am - 12:30 pm in Affton. Younger members (grades 4-8) meet on Thursdays from 6:30 - 8 pm in Kirkwood and compete in FIRST LEGO League competitions and the Robot Invitational.
  - **Lucky Horseshoes** - Members practice for the 4-H Horse Bowl competition. The St. Louis County 4-H Horse Bowl team received second place in 2016 and first place in 2015 at the 4-H Junior Horse Bowl. The team also earned first place at the 4-H Junior Hippology competition in 2016. The club meets monthly to practice with more meetings as the competition nears.
  - **MindYourOwnStorm** - Members build and program LEGO EV3 robots. The club meets every other Sunday from 4:00 – 6:00 pm in Kirkwood.
  - **NSBE** - Members build and program LEGO Mindstorms NXT robots and LEGO EV3 robots. The club meets at St. Louis Community College – Florissant Valley.
  - **NXTGEN** - Members build and program LEGO Mindstorms NXT robots, along with other hands-on science activities, such as building with KEVA planks. The club meets the 3rd or 4th Tuesday of each month from 6:00 – 8:00 pm in Kirkwood.
  - **Additional Clubs being planned**: 4-H G.H.O.S.T. Storytelling Project; Entrepreneurship; and Videography

- **4-H Robotics Programs** - Our current programs include STEM activities that supplement classroom learning and after school programs. We have robotics programs at the following schools: Ferguson Middle School; Kennard; Pattonville School District; St. Louis the King School; Stoman; Parkway Middle School, Cross Keys Middle School, Johnson-Wabash Elementary, and three schools within the St. Louis Public School District.

- **4-H Clubs** - In addition, we have 4-H clubs at Baden Community Center, Cardinal Ritter, Centaur V.P.A. High School, and St. Louis The King School.
4-H Youth Futures

The 4-H Youth Futures College Within Reach program prepares students for college by providing information about the college application process, ACT preparation, time management, FAFSA and scholarships. 4-H staff members maintain contact with students and track them all the way through college. Along the way, students also meet new people and have fun.

- **4-H Youth Futures** - Members learn life skills as they prepare for college. Missouri 4-H Youth Futures College Within Reach offers programming to inform middle school and high school students and their parents about college and how to prepare for it, as well as to encourage the students to explore college opportunities.

Starting with 41 students in 2002 and with more than 100 currently enrolled, there have been 580 Missouri youth who have participated in the program. Of those that were scheduled to graduate from high school from 2002 to 2015:

- 128 (33%) have graduated from college (one is now deceased)
- 121 (30%) are currently college sophomores, juniors or seniors (one deceased)
- 55 (14%) entered the work force
- 38 (10%) were unable to be located or dropped out of the program
- 38 (10%) entered but later dropped out of college
- 10 (3%) entered the military
- Total 390 (100%)

“This is one of many 4-H programs that are changing and saving lives. The not-so secret to success is the thousands of mentors – the professionals and volunteers – who are making a real, measurable difference in the lives of young people around the world.”

- Jennifer Sirangelo
Business Development

Business Development and Procurement Technical Assistance Center (PTAC) contributes to our region’s economic development in job growth, sales, innovation, technology development and commercialization. We assist businesses in obtaining federal, state and local government contracts.

- **Fundamentals of Selling to the Government Seminars** - Our office presents monthly seminars on how to sell to the government. Each seminar is three hours and focuses on the critical first steps to becoming a government contractor, how to identify opportunities and understanding the contracting process. The seminar also covers Missouri Procurement Technical Assistance Center (MO PTAC) services available to assist Missouri businesses in all aspects of government contracting. **Fee: $50/participant**

- **Business Assistance** - Our specialist provides one-on-one assistance to businesses - including small, disadvantaged and women-owned firms - in obtaining federal, state and local government contracts. **Fee: Free**

Financial Education

Our financial education programs benefit the community by increasing the financial stability of its members. The programs foster less dependence on public programs, reduces financial stress on employees so they can be more productive on the job, and builds skills that result in people who are better equipped to participate as consumers in the local economy.

- **Women’s Financial Education Series** - This is a five-session workshop that helps individuals, especially women, to improve money management skills, increase financial knowledge, develop confidence in decision-making abilities and take control of their finances. All are welcome, but the series especially targets women. **Fee: $49/participant**

- **Financial Education Workshops** (Fee varies. Contact office)
  - **Savings and investing 101** - This workshop teaches the basics of saving and investing for people of all ages - getting started, financial markets and avoiding fraud.
  - **Your Credit Matters** - This 2-hour course offers lessons on how to repair a credit report, understand the information on the credit report and how it is utilized by creditors, employers, insurance companies and others.
  - **Who Gets Grandma’s Yellow Pie Plate?** - This 2-hour workshop helps families plan for when someone dies. Topics include establishing an understanding of the sensitivity of issues involved.
Community Development

Community Development links university research and practice on issues that impact the region. We offer seminars and workshops for community leaders to strengthen healthy communities. Our Community Arts Program promotes and fosters development through the arts.

- **Neighborhood Leadership Academy** - This series provides hands-on leadership training emphasizing community building principles, organizational leadership and management practices, and personal leadership skills. The program connects resources at University of Missouri-St. Louis and MU Extension to residents and neighborhoods wanting to create more livable communities. Fee: $425 with early bird specials and scholarships available.

- **Creating Whole Communities (CWC) - “What’s Brewing?” Series & More** - CWC, formed in 2014, brings together MU Extension, UMSL and the St. Louis region's neighborhoods to focus on strengthening our communities. CWC provides research informed community forums and leadership development on topics such as: how place matters, building inclusive cities, neighborhood change and youth engagement. The “What’s Brewing?” Series draws people at 7:30 a.m. in the morning to learn about and discuss a neighborhood’s revitalization story. Fee: Varies

- **Community Development Workshops** - We offer a variety of additional community development workshops including training on funding your neighborhood project and community leadership. Fee: Varies. Contact office for more information.

- **St Louis Storytelling Festival** - The St. Louis Storytelling Festival renews and celebrates an ancient art. The largest free storytelling festival in the world, SLSF has won many awards for its innovative and masterful celebration of storytelling as well as its outreach to the St. Louis metropolitan community. The festival happens annually in May. Fee: Free

- **G.H.O.S.T. (Ghost, Horror, Or Scary Tales) Project** - The Community Arts Storytellers partner with 4-H to host workshops targeting upper-middle and high-school youth. Participants work with a master storyteller to research, create and tell their own ghost stories. Fee: 4-H Club Membership

NLA TIP - Check with your employer to see if they will pay some or all of the cost to attend this course which teaches skills benefitting them.
Natural Resources / Horticulture

We produce 100 new St. Louis volunteers annually through Master Gardener and Master Naturalist training. Participants promote healthy living through gardening and proper care of the environment. Arborist training, soil testing, insect/weed identification, volunteer programs, and plant health diagnostics are also offered.

- **Horticulture Workshops** - Our experts provide specialized workshops to educate the public and community groups on horticultural trends. Fees may be charged and workshop topics are decided by the season. Workshop topics may include: Fee: Varies
  - Container Gardening
  - Gardening with Kids
  - Home Food Production
  - Landscaping
  - Native Plants / Invasive Species
  - Natural Lawn Care
  - Spring Lawn Care
  - Tree Selection and Care

- **Master Gardeners** - This 19 session course trains individuals who are dedicated to improving their communities through gardening. Sessions are held at the Missouri Botanical Garden Kemper Center. After completing the training course, Master Gardeners pledge to give 40 hours of service to gardens, schools, churches, shelters, etc. in their respective communities. Fee: $335/course

- **Master Naturalists** - Participants become prepared to improve their communities through natural resource education and service during this 15 session course. These sessions are provided by certified instructors in collaboration with the Missouri Department of Conservation Society. After completing the training course, Master Naturalists pledge to give 40 hours of service to parks, schools, nature organizations, etc. in their respective communities. Fee: $135/course

- **Soil Testing** - We offer soil testing all year long. Basic soil testing analyzes the nutrients plants need for healthy growth. We also test for lead contamination. Each sample should contain about 2 cups of dry soil from the top 4 to 6 inches. Results are usually returned in 10-14 days after the sample is submitted. Specialists also provide specific recommendations to improve plant health based on the test results. Fee: $25/sample. Soil sample locations include:
  - **MU Extension - St. Louis County** (132 E. Monroe, 63122)
  - **Brightside St. Louis** (4646 Shenandoah, 63110)
  - **Gateway Greening** (2211 Washington Ave., 63103)
Housing & Environmental Design

Housing & Environmental Design provides families with education on making their homes healthy and more energy efficient, maintaining and repairing their homes, becoming responsible homeowners and renters, and adapting their home environment as they age or as their needs change over time.

- **Creating Aging in Place** - This workshop will help your caregivers learn techniques to adapt the home environment to meet the needs of your clients as they change over time. They will learn about small changes such as minimizing tripping hazards and making the best use out of lighting, color and contrast to meet the needs of older adults. **Fee: Varies**

- **Energy Efficiency / Management** - This workshop teaches participants how to save energy in their home, lower utility costs, and take advantage of current tax credits available on energy-efficient products. **Fee: Varies**

- **Healthy Homes** - A national program that educates consumers about sources, health risks, and control measures related to common residential pollutants and toxins to help reduce risks in and around the home. Our specialist provides expertise on the latest advances in keeping your home free of the health risks. **Fee: Varies**

- **HomeWorks** - This workshop teaches homeowners about basic home repairs, maintenance, and financial management necessary to successfully maintain a home. Class is often tailored to address specific home repairs and do-it-yourself projects. **Fee: Varies**

- **Rent Smart** - This 2-hour course offers lessons on how to succeed as tenants and avoid confrontations and legal hassles with landlords. The program is developed to assist individuals and families who are likely to have difficulty obtaining and keeping rental housing. Specific information is taught on effective strategies when searching for rental units that will provide clean, safe and healthy housing. **Fee: $100/course (40 participants)**
Labor Education

The Labor Education Program works with members and leaders of workplace-based organizations to help them develop skills to contribute to their organizations, act effectively in their workplace, and be informed and active participants in their communities.

- **Labor Law Breakfast Series** - On the second Wednesday of each month, the Labor Law Breakfast Series features a one-hour presentation on topics of interest to union officers and staff or any other interested parties. Presenters are drawn from multiple organizations, including the Federal Mediation and Conciliation Service, the National Labor Relations Board, the National Academy of Arbitrators, university faculty, and attorneys. Topics can include “Navigating the Minefield of Love & Romance in the Workplace,” “The State of the St. Louis Economy,” and the “Effectiveness of Zero-Tolerance Policies,” alongside programs on retirement and updates from multiple governmental agencies engaged in the work of labor and employment relations. **Fee: $150 / year or $15 / breakfast.**

- **Labor Education Classes** - We also design classes that fit the specific requirements of each labor organization requesting education. Working closely with the AFL-CIO and many other unions, we have offered classes on: **Fee: Varies**
  - Arbitration
  - Collective Bargaining
  - Effective Communication
  - Employment Law
  - Grievance Representation
  - Internal Organizing
  - Labor History
  - Labor Law
  - Social Media
  - Strategic Planning
  - Union Leadership and Administration.
Nutrition and Wellness

Nutrition & Wellness provides courses to residents of all ages and organizations based on the latest scientific evidence to improve one’s health and well-being. Our Specialists can provide one-time workshops focused on specific healthy eating and nutrition topics such as vitamins and minerals, and herbal supplements. Fees associated with one-time workshops vary.

- **Matter of Balance** - An award winning program developed by Boston University designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. Over the course of eight sessions, participants meet to discuss their fears over falling, how to prevent falls, and participate in exercises designed to improve their balance and strength. **Fee: $40/participant**

- **Stay Strong, Stay Healthy** - A strength training class for middle-aged and older adults. Participants exercise twice a week for 8 weeks to build muscle, strength, and improve balance through the completion of 8 basic exercises. We provide qualified instructor and weights. **Fee: $50/participant or Grant funded for select audiences - Call for availability.**

- **Stay Strong, Stay Healthy (Level 2)** - An advanced version of the Stay Strong, Stay Healthy class described above. This class is for adults who have mastered the Stay Strong, Stay Healthy exercises, or for adults who exercise regularly and have a solid exercise base. MU Extension provides qualified instructor and weights. **Fee: $50/participant or Grant funded for select audiences - Call for availability.**

- **Cooking Matters®** - Recognized by USDA as top nutrition education program, this culinary-based nutrition education program teaches participants how to shop and prepare healthy, affordable and delicious meals. With five distinct curricula focused on different ages of the population, Cooking Matters engages low-income individuals in hands-on nutrition and culinary activities. Each Cooking Matters course meets weekly for six weeks. **Fee: Grant funded for select audiences - Call for availability.**

- **Cooking Matters at the Store®** - This is a guided grocery store tour that allows adults to learn how to get the most nutrition out of their food dollars. This program is a part of the No Kid Hungry Campaign to end childhood hunger in America. Participants learn how to read nutrition labels, compare unit prices, and shop smarter. **Fee: Grant funded for select audiences - Call for availability.**

- **Eat Smart, Live Strong** - This program aims to improve fruit and vegetable consumption and increase physical activity among able-bodied 60-74 year olds. **Fee: Grant funded for select audiences - Call for availability.**

- **Eating Smart, Being Active** - This is a nutrition curriculum specifically for adults. During the eight weekly lessons, participants focus on physical activity, food budgeting and shopping, fruits, vegetables, grains, building strong bones, protein and iron, making dietary changes, and healthy celebrations. **Fee: Grant funded for select audiences - Call for availability.**

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“As a result of your Matter of Balance class, I have a better attitude and awareness about falling. I am more assertive and more open to asking for help from others. Finally, I am more conscious of using assistive aids in public such as, railings and ramps.”

“I was so inspired by your strength training class that I finally took advantage of Silver Sneakers. As a result, my balance is improving and I am gaining more muscle.”
Nutrition and Wellness (cont.)

- **Food Preservation** - The goal of this program is to provide participants with a solid foundation in home canning and preserving. Through hands-on classes, people learn how to make jellies/jams, pickled vegetables and salsas, as well as proper pressure and boiling-water canning processes. A one-time class shows how to do one of the above techniques or a series of classes provides participants with education on how to perform all of the above processes. **Fee: $15/participant for one session or $60/participant for series of five classes.**

- **Getting Healthy Through Gardening** - This program promotes healthier food choices, gardening knowledge and physical activity for adults. **Fee: Grant funded for select audiences - Call for availability.**

- **Healthy Change Workshop** - This program is designed specifically for adults in settings such as farmer’s markets, food pantries, health departments and homeless shelters to address healthy eating, physical activity, label reading and food safety. **Fee: Grant funded for select audiences - Call for availability.**

- **Stress Management Workshop**
  - **Taking Care of You** - This program was developed to help participants reduce stress levels and improve lifestyle behaviors. Over the four program sessions, participants learn about concepts and practical strategies they can incorporate into their everyday lives to better deal with life’s challenges/stress through discussions, mini-lectures and experiential opportunities. Program participants are provided opportunities to practice strategies during the program sessions and are encouraged to use program strategies outside of class. **Fee: $40/participant.**

- **Chronic Disease Workshops**
  - **Chronic Disease Self-Management** - This course provides people the tools they need to manage the physical and emotional stressors of living with a chronic disease. During 6 weekly lessons, participants brainstorm and learn important techniques that will help them successfully live with a chronic disease. **Fee: Grant Funded - Call for availability.**

  - **Diabetes Self-Management** - The goal of this class is to provide people with Diabetes the tools they need to manage their blood sugar. The course is designed to meet once per week for six weeks. **Call for availability.**
Nutrition and Wellness (cont.)

- **Classes for Child Care Providers** - Child Care Provider workshops are free to providers on the FNP Approved Site List - meaning they are located in an area that has a high level of SNAP eligible families. If not on the FNP Approved Site List, a fee will be charged to provide the program. Participants receive clock hours.

  - **Childhood Obesity and Missouri’s Eat Smart Guidelines for Child Care** - Participants will discuss the current childhood obesity epidemic and how it relates to child care centers. They will learn about a health initiative for child care centers called, Eat Smart Guidelines for Child Care. This workshop is 1-hour.
  
  - **Eating Well, Basic Nutrition for Kids and You** - In this 1-hour workshop, child care providers learn basic healthy eating principles.

  - **Family Meals** - This two-part workshop focuses on incorporating Family Style Meals into the classroom setting. Each workshop is two hours.

  - **Food Allergies** - Providers will learn about common food allergies and the importance of understanding how to care for children with food allergies. This is a 2-hour workshop.

  - **Grow It! Try It! Like It!** - This 1-hour workshop shows providers how to implement the Grow It! Try It! Like It! curriculum in their classrooms.

  - **Making ABS's & the 123's More Active** - This workshop provides new ideas for combining creative movement and activity with learning about numbers and letters in developmentally appropriate ways. This is a 2-hour workshop.

  - **Moving and Learning** - Providers learn how to incorporate physical activity into their daily classroom routine. This workshop is 2 hours.

  - **Taking Care of You** - This 2-hour course offers caregivers practical strategies and experiences to help them deal with the stress in their lives. Learning to manage life’s challenges in a healthy way will allow them to take better care of themselves and their overall health. As a result, your caregivers will develop improved responses to stress; cultivating positive emotions and resiliency to stress.
Nutrition Classes for Youth - These classes are grant funded through our Family Nutrition Education Program (FNEP). FNEP brings the latest nutrition information to low-income Missourians. FNEP helps clients achieve life long health and fitness. Paraprofessional nutrition educators work with clients individually and in groups in their homes, in schools and at agencies. Clients gain skills that pave the way for nutritional well-being and health. Call for availability.

Eating from the Gardening - These programs are designed for youth to promote healthier food choices, gardening knowledge and physical activity. These programs are made up of four distinct curricula focused on grades Pre K-12.

Jump Into Action - This program is focused on ages 9-12 as is designed to help students make healthy food choices and be more active. This program is team taught with a PE and classroom teacher, as well as the school nurse and parents.

Kids in the Kitchen - During this hands-on cooking class, students in grades K-9 learn how to prepare healthy meals and snacks.

Live It! - This program designed specifically for high-school aged students, teaches participants how to make nutritious food choices. Teens learn how to set healthy eating goals, address diet myths and discuss influences to body image.

Serving Up MyPlate: A Yummy Curriculum - This program is focused on ages 5-13 to introduce the importance physical activity and eating from the 5 food groups.

Show Me Nutrition - This program is made up of nine distinct curricula focused on grades Pre K-8. Each lesson reinforces behaviors that support a healthy weight for kids, such as being more physically active, eating more fruits and vegetables, and drinking less sugary beverages.

“As a result of participating in your class, I spend time reading food labels to compare foods. My blood pressure is improving because I can identify sodium information on the nutrition facts panel.”
MU Extension - St. Louis County Extension Council

The Extension Council is made of community members that advise us on the programming needs throughout the 90 municipalities of St. Louis County.

The University of Missouri Extension (MU Extension) is a unique partnership of local, state and federal government with the University of Missouri and the people of Missouri. Each county-based office is governed by its own Extension Council, a volunteer governing board that guides Extension programming, administers Extension county funds and makes personnel recommendations. The council has four purposes:

1. Make recommendations and suggestions to the University concerning the extension programs.
2. Make recommendations and suggestions to the University concerning the appointment or removal of extension personnel.
3. Arrange for and administer the county’s share of the cost of the extension services over which the council has jurisdiction.
4. Receive, hold and/or sell real and personal property reasonably required for the extension program.

The Extension Council, comprised of elected and appointed citizens, is a full partner with Missouri’s land-grant universities to deliver high-quality education and research-based information that helps people solve real-world problems and take advantage of opportunities. Each council member must reside within St. Louis County. Mayors of cities in St. Louis County with a population of more than 10,000 residents can appoint one person to reside on the council. Council member elections are held in January. Serving on the extension council is a great way to help make our community a better place to live.

The St. Louis County Extension Council normally meets at 6:00 p.m. on the third Thursday of each month at our Kirkwood office. The public is invited. Please call ahead to confirm time and location.

Municipalities with more than 10,000 residents (as of 2015)
- Ballwin
- Bellefontaine Neighbors
- Bridgeton
- Chesterfield
- Clayton
- Crestwood
- Creve Coeur
- Eureka
- Ferguson
- Florissant
- Hazelwood
- Jennings
- Kirkwood
- Manchester
- Maryland Heights
- Overland
- St. Ann
- Town & Country
- University City
- Webster Groves
- Wildwood