

MU EXTENSION HELPS:

- » **HIGH SCHOOL STUDENTS**
- » **YOUTH LEADERS**
- » **COLLEGE STUDENTS**
- » **PARENTS**
- » **TEACHERS**



Using research-based information, MU Extension teaches Missouri's young people life skills to help them make healthy lifestyle choices, succeed as future leaders and gain career knowledge in various fields.

DID YOU KNOW?

Each year faculty and staff across Missouri's **114 counties** make nearly **2.3 million** personal contacts to help improve lives and strengthen communities through locally-delivered programs, fulfilling extension's land-grant mission to deliver the research and knowledge from MU to all Missourians.

- » **4-H Robotics** introduces kids to science, technology, engineering and math (STEM) through hands-on activities about robotic subsystems, which are the foundation for building robots.
- » The **Youth Development Academy** offers training to adult professionals on youth program development, policy decisions and leadership so they can manage high-quality youth programs in public, private or civic sectors.
- » **Kids in the Kitchen** teaches young people, through hands-on activities, how to safely prepare simple, healthy foods.
- » **Jump Into Action** is a school-based program that encourages fifth-graders to increase their level of physical activity by setting goals and using pedometers to monitor activity.
- » **Eating From the Garden** teaches fourth- and fifth-graders gardening skills in hopes of increasing their consumption of fruits and vegetables to promote healthier food choices.
- » **Mizzou 4-H** offers collegiate members leadership development, community service opportunities, social activities and motivational training.
- » **Youth Futures** program promotes college as an attainable goal for high school students not typically encouraged to attend college.

Get additional information about programs, publications and other helpful resources that will develop Missouri's youth at extension.missouri.edu.

MU Extension specialists throughout the state strengthen Missouri's youth through programs, workshops, publications, events and online resources.

DID YOU KNOW?

Extension offers programs in areas of **agriculture, 4-H, business development, community development, continuing education and human environmental sciences.**



1. Visit **extension.missouri.edu** or contact your **local extension office** for additional resources to help you:
 - » **Get healthy.**
 - » **Grow smarter. Eat better.**
 - » **Live green. Save green.**
 - » **Never stop learning.**
 - » **Strengthen your community.**
2. As part of the **Family Nutrition Education Program**, nutrition specialists from across the state teach kids in the classroom about making healthy food choices and why it is important.
3. The **4-H Build-A-Business Camp** allows students to explore all aspects of entrepreneurship as a potential career. Participants develop an idea, create a plan and present it to professionals for feedback.
4. **Missouri 4-H** develops youth with projects and opportunities in practical subjects, including:
 - » **Public speaking and communications;**
 - » **Service-learning;**
 - » **Child development;**
 - » **Forestry;**
 - » **Livestock;**
 - » **Veterinary science;**
 - » **Computers and programming;**
 - » **Geology and much more!**
5. The **Step Up to Leadership** project teaches youth how to make good decisions, build relationships, organize goals and plan for future success. It helps create our community leaders of tomorrow.

MU EXTENSION HELPS:

- » **MISSOURIANS**
- » **HOMEOWNERS**
- » **RETIREES**



Using research-based information, MU Extension teaches Missourians practical skills on almost anything, including gardening, cooking, personal finance, safety and healthy relationships.

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- » The **Missouri Master Gardener** program provides in-depth horticultural training to Missourians who then volunteer to teach others what they learned about gardening and environmental preservation.
- » People ages 50 years or older who live in the Columbia area can learn about various topics and socialize in a classroom environment through the **Osher Lifelong Learning Institute**.
- » The **Community Development Academy** uses practical applications to empower local leaders to effectively work with others on a broad range of community issues.
- » **MissouriFamilies.org** provides solutions for better living. Resources found online include healthy recipes, personal finance tips, healthy relationship strategies, health information and maintaining an efficient and safe home.
- » **Exploring Energy Efficiency Alternatives (E3A)** is a program that teaches homeowners, business owners and farmers strategies to reduce energy usage and cut energy costs.
- » **Stock Healthy, Shop Healthy** is a community-based program that improves access to healthy, affordable foods by engaging small food retailers.

Get additional information about programs, publications and other helpful resources that will provide practical education on a variety of topics at **extension.missouri.edu**.

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2. The **Community Emergency Management Program** provides technical assistance and education to families, local governments, businesses, schools and organizations in preparing and responding to natural and man-made disasters.
3. **Alianzas** promotes intercultural communication between Latino residents, the communities where they live and extension specialists who offer outreach programs focusing on collaborative learning.
4. The **Community Arts Program** works with Missouri communities to explore ways the arts can enhance community building, spark innovation and create new economic opportunities.
5. The **Family Nutrition Education Program** helps Missourians learn the value of good nutrition and healthy food choices. The program brings the latest information to low-income Missourians. Programs are tailored to age, culture and abilities. FNEP starts participants on a healthier tract – that can impact how they view health and fitness for a lifetime.



MU EXTENSION HELPS:

- » **FARMERS**
- » **RANCHERS**
- » **AGRI-BUSINESS**



Using research-based information, MU Extension helps farmers, ranchers and owners of agri-based businesses become more profitable, solve problems and make informed decisions.

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Programs

- » The **AgrAbility Project** cultivates solutions for farmers with disabilities. It enhances and protects the quality of life and supports independence.
- » The **Show-Me-Select Replacement Heifer Program** uses the latest research on health, nutrition and reproductive science to ensure Missouri counties continue to be a national leader in providing quality beef.
- » **Annie's Project** is dedicated to strengthening women's roles in the modern farm enterprise. It empowers farm women to be business partners and helps mentor and provide a support network.
- » **Grazing schools** teach pasture renovation practices that keep feed costs low, increase production and benefit the environment.

Publications and guides

- » Publications assist with all stages of crop planting and management, including controlling pests and fertilizing.
- » Guides provide information on how to acquire, manage and raise cattle, swine, poultry, sheep, goats and other farm animals.

News releases

- » Extension publishes timely news about current issues related to agriculture as well as the best practices and latest innovations based on university research.

Get information about additional programs, publications, guides and other helpful resources at extension.missouri.edu.

MU Extension specialists throughout the state strengthen Missouri farms, ranches and agricultural businesses through on-site demonstrations, workshops, programs and events.

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2. Classes held in 49 counties taught **corn producers** how to contain atrazine runoff. As a result, more than 1,300 producers are able to continue the use of the low-cost herbicide without contaminating the nearby water supply.
3. The **Private Pesticide Applicator Program** trains farmers and landowners in all 114 counties on the safe and proper use of pesticides.
4. Extension teaches energy efficient practices for farm shops and water systems that producers can incorporate into existing operations through the **Exploring Energy Efficiency Alternatives (E3A)** series.
5. **Your Farm, Your Business, Your Future** educates producers on how to manage and plan an estate to ensure a smooth transition to the next generation.
6. **Forage-livestock enterprises** contribute more than \$12 billion annually to Missouri's economy and provide direct income for more than 200,000 citizens. Nationally, Missouri has the third largest cow-calf herd (more than 4 million cows and calves), the second largest number of beef producers the seventh largest number of dairy farms, and is the second largest producer of grass hay. No other agricultural enterprise covers more acres, generates more real income or engages as many citizens.

MU EXTENSION HELPS:

- » **BUSINESS OWNERS**
- » **COMMUNITY LEADERS**
- » **ENTREPRENEURS**



Using research-based information, MU Extension assists business owners, community leaders and entrepreneurs to become more competitive, manage operations, reduce energy costs and develop professional skills.

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- » The Missouri **Small Business and Technology Development Centers** help businesses move from concept to startup, growth to renewal, and from maturity to succession.
- » Guides are available to help businesses save money, reduce waste and **go green**.
- » The Missouri **Procurement Technical Assistance Center** helps businesses obtain federal, state and local government contracts by identifying opportunities to secure government sales dollars.
- » **EXCEL** programs across Missouri provide leadership development tailored to individual community needs and resources.
- » The **Community Development Academy** uses practical applications to empower local leaders to effectively work with others on a broad range of community issues.
- » **Leadership Online For Today** is an interactive, online program that prepares up-and-coming leaders for responsibilities in their communities, organizations and workplaces.
- » **Build Your Board** is an online program designed to teach board members of nonprofit organizations how to be successful.
- » The **Community Arts Program** provides expertise and support to promote and foster art-based community and economic development.

Get additional information about programs, publications and other helpful resources that will strengthen your community and business at extension.missouri.edu.

MU Extension specialists throughout the state strengthen communities and businesses through programs, workshops, publications, events and online resources.

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2. **Community Commons** is an online tool that provides valuable information about your community in one place. Information is available for:
 - » **Community health needs assessments**
 - » **Economic reports**
 - » **Food reports**
 - » **Vulnerable population data**
3. The **Extension Community Economic and Entrepreneurial Development (ExCEED)** team fosters economic growth by advising local leaders and businesses on how to plan development projects that can help their community thrive.
4. The **Workforce Program** helps dislocated workers find jobs by allowing them to explore career interests and learn skills, such as resume writing, interviewing strategies, networking and more.
5. **Your Farm, Your Business, Your Future** educates farm and business owners on how to manage and plan to ensure a smooth transition to the next generation.
6. For more than 25 years, the **Missouri Training Institute** has helped businesses improve their performance through workshops on management training, conflict resolution, building effective relationships, project management and more.

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MU EXTENSION HELPS:

- » **ELECTED OFFICIALS**
- » **LOCAL GOVERNMENT**
- » **COUNTY COMMISSIONERS**



Using research-based information, MU Extension partners with elected officials, local government and county commissioners to keep communities safe, prosperous, educated and healthy.

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- » The **MU Fire and Rescue Training Institute (FRTI)** has provided training to first responders on handling disaster situations and rescue operations for more than 80 years.
- » The **Business Development Program** helps Missouri entrepreneurs create and retain jobs and start new businesses.
- » Physicians, nurses and veterinarians look to extension for **Continuing Education** on the latest research and evidence-based practices in their fields. They can advance their degrees without leaving the workforce, which helps keep their communities strong.
- » The **Law Enforcement Training Institute (LETI)** specializes in training police officers to protect and serve the citizens in all 50 states and Canada.
- » The **Family Nutrition Education Programs** educate Missourians on the value of good nutrition and healthy food choices.
- » **Stay Strong, Stay Healthy** is designed to increase aging adults' access to a safe, structured and effective strength-training program to help decrease its costs.
- » The **Community Development Academy** uses practical applications to empower local leaders to effectively work with others on a broad range of community issues.
- » The **Labor Education** program works with members and leaders from a variety of workforce-based organizations across Missouri to help them develop valuable skills, act effectively in the workplace, and be informed participants in their community.

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3. **Missouri 4-H** shapes future community leaders by
 - » **Providing STEM education opportunities outside of the classroom;**
 - » **Helping make college attainable for underserved young people;**
 - » **Building confidence; and**
 - » **Encouraging teamwork and collaboration.**
4. The **AgrAbility Project** cultivates solutions for farmers with disabilities.
5. The **Extension Community Economic and Entrepreneurial Development (ExCEED)** team fosters economic growth by advising local leaders and businesses on planning development projects that can help their communities thrive.
6. **Extension provides accurate information** to help government officials answer constituent questions and collect background information needed to make sound policy decisions.