



Genesee County

2022 ANNUAL REPORT



\$98,633,420
Total Economic Impact



\$7,253,450
Spending with Local Businesses



\$19,320,566
Financial Aid Disbursed



\$1,015
Enrolled Michigan Students



7,110
MSU Alumni in Genesee County

Message from the District Director



Michigan State University Extension is proud to provide our state's residents with the knowledge they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to achieve successful futures.

As times change and new challenges arise, Extension is committed to meeting people where they are to make our programming and resources accessible to all. We now offer virtual, hybrid and face-to-face programming throughout the year depending on the needs, request, and preference of our partners and residents. Moreover, we ensure our customers – the residents of Genesee County – are provided with the high quality, evidence-based curricula they are accustomed to.

MSU Extension provides hundreds of programs focused on youth development, mental health, nutrition, physical activity, mindfulness, business, agriculture, veteran's outreach, invasive species, farmers market, food safety, Saginaw Bay watershed and community food systems. We focus on the needs of youth, families, seniors, veterans, farmers, and the disadvantaged, while working with our partners in the communities that we serve.

On behalf of the MSU Extension team serving your County, thank you for your continued support. I would also like to thank all our partners, businesses, families, and youth that we serve. It is a pleasure and honor to work with you and meet your needs so we can make a positive difference in your community.

Mark J. Rankin, District 9 Director

Serving Bay, Genesee, Midland, Saginaw, & Shiawassee Counties



Program Highlights



Testimonial #1 (Tai Chi for Arthritis and Falls Prevention): Testimony from participant: "I took Liz's Tai Chi class at the Burton Senior Center and I continue to do the Tai Chi Club at both Grand Blanc and Burton when I have time. It has really helped me with my balance and even walking backwards. I was a real klutz and it's definitely made a difference. This is also one of the exercises I can do even with the bone-on-bone issue in my knee. This is not causing me too much discomfort. I would definitely suggest this class to anybody with arthritis and balance issues. Liz is a great instructor. I look forward to more classes with her."



Testimonial #2 (Tai Chi for Arthritis and Falls Prevention): Testimony from an instructor: Teaching Tai Chi has brought so much joy into my life! The participants love this program and get excited to come back every week. The physical and mental improvements they make throughout the program are outstanding. After a class one week, a participant came up to me and told me a story about her sciatica pain. She said she has been dealing with sciatica pain for two years and has tried everything (massages, chiropractic, etc.). She started taking Tai Chi for about a month and focused more on proper stepping (forwards, backward, and sideways). She said she really started thinking about striking heel-toe and toe-heel as we move throughout the day. She was blown away that the pain is gone after two years of trying everything in the books!

Success stories like this make me so excited as an instructor to be able to provide this programming throughout the county to residents who are at risk of falling.

Health Team

MSU Extension Health Team programming aims to promote health and wellbeing, including understanding important connections between physical, mental, social and emotional health. Extension Educators continue to provide evidence-based health programs such as Tai Chi for Arthritis and Fall Prevention, Matter of Balance, Powerful Tools for Caregivers, Personal Action Towards Health (PATH), Sleep Education for Everyone Program (SLEEP), and Stress Less with Mindfulness throughout the community.

Program Highlights:

Tai Chi for Arthritis and Falls Prevention was offered at many local senior centers reaching over 250 older adults through an 18-session weekly program. Due to the program's success, an ongoing weekly class was set up at a local senior center to provide participants with a space to continue to practice. Past participants from all over the county meet weekly to work on their physical activity, balance and socialize.

In a statewide report of those surveyed:

100% of Tai Chi and Matter of Balance participants reported feeling more comfortable increasing their physical activity due to attending the classes.

A key highlight of MSU Extension's expanding opportunities included launching the SLEEP Education for Everyone Program (SLEEP) statewide. SLEEP was developed by sleep researchers, a certified sleep medicine specialist, MSU Extension educators, and older adults living in the community. During 2022, 15 Extension staff were trained to deliver the program, and 35 programs took place throughout the state, both in-person and virtually. Evaluation results for SLEEP show significant improvements in participants sleep quality, sleep hygiene-related behaviors, and excessive daytime sleepiness scores.

Michigan Substance Use, Prevention, Education, and Recovery (MiSUPER)

The MiSUPER project started as a collaborative project from MSU Extension, the MSU College of Human Medicine Family Medicine, and the Health Department of Northwest Michigan funded by the Substance Abuse and Mental Health Services Administration. Last year the MiSUPER team provided two community presentations on opioid awareness, reaching nearly 100 community members. You can visit the [MiSUPER webpage](#) to request a presentation and view our resources on how to respond to an overdose. MSU Extension is now part of the Great Lakes Rural Opioid Technical Assistance Regional Center alongside University of Illinois Extension, Purdue University Extension, University of Minnesota Extension, Ohio State University Extension, and University of Wisconsin-Madison Extension. You can sign up for the regional newsletter [here](#).

Program Highlights



Earn ServSafe certification with help from MSU Extension.

MSU Extension offers 8-hour ServSafe training, which is a national certification program.

This class is designed for anyone working in the foodservice industry, including non-profit organizations.

MSU Extension will be offering proctoring of the ServSafe Manager Certification Exam by appointment.



Contact your local MSU Extension Food Safety Educator for more information.
<https://www.canr.msu.edu/servsafe/events>

Follow our [Think Food Safety Facebook](#) page.

View upcoming events, food safety tips, and recordings of our *Food Safety Q & A* and *Investigating Food with Science* Programs.

MICHIGAN STATE UNIVERSITY Extension
FOOD SAFETY HOTLINE
Operating Monday through Friday,
9 a.m. - 5 p.m.
Call 877-643-9882

Ask Extension <https://www.canr.msu.edu/outreach/ask-an-expert>

Food Safety in Genesee County

MSU Extension Food Safety Team programming works to provide educational programs for food workers, cottage food entrepreneurs, childcare providers, food pantry volunteers, and consumers, providing information about the five risk factors that contribute most to foodborne illness – personal hygiene and health, cooking temperatures, holding temperatures and cleaning of food contact surfaces. In 2022 the Food Safety team continued to reach multi-counties in Michigan and out of state with virtual programming and the return to live programming as well.

Food safety for childcare providers provides food safety education for staff who care for infants, toddlers, and preschoolers. The curriculum used is Safe Food = Healthy Kids, developed by MSU Extension educators. Learn what the best practices are for food safety to help keep kids safe.

Cooking for Crowds is a three-hour food safety training for volunteers working in a non-profit venue. Cooking for Crowds classes educate volunteers who offer fundraisers and events such as dinners and bake sales. This program aligns with the 2009 Michigan Food Code.

Michigan Cottage Food Law workshop classes offer an unique feature with a combination of presentations offered in this program with the Food Safety Team, teaching safe food handling concepts and the MSU Product Center sharing tips on building a solid business and marketing plan to sell the Cottage Food items. The program ends with a Q & A session featuring an inspector from Michigan Department of Agriculture and Rural Development (MDARD) to answer questions pertaining to food products.

Pantry Food Safety – It's Your Job! is another three-hour training offered for volunteers working in food pantries and food banks. After completing the Pantry Food Safety training, participants will receive a certificate of completion.

Preserving MI Harvest (Online, Free Sessions)

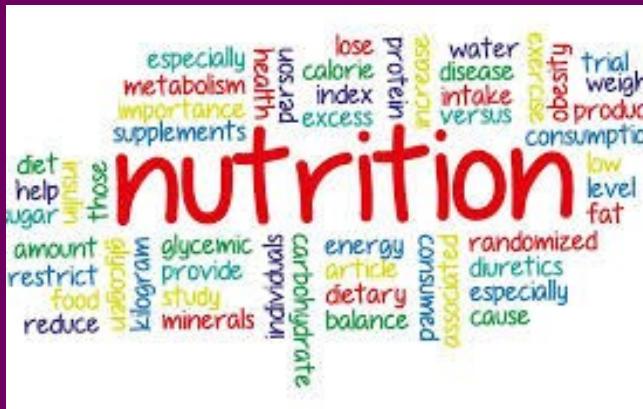
Thursday's at 1 p.m. and 6 p.m. EDT

Learn the latest methods and research for preserving foods at home. Let us help you fill your pantry and freezer by preserving food safely at home.

To learn more and to register, visit: [Preserving MI Harvest](#)

Several other online programs are offered statewide, Emergency Preparedness Series, Food Safety for Food Service Workers (a D2L self-study course).

Program Highlights



MSU Extension Genesee County Health and Nutrition provides nutrition education to children, youth, adults, and families with limited financial resources.



Swartz Creek Summer Camp



MSUE's partnership with the Genesee County Jail continues to grow and gain momentum. The relationship between nutrition and behavior has really been brought to light and this program has the full support of Sheriff Swanson. Imagine never eating a salad! One of the participants at the county jail ate a salad for the first time during a nutrition class. After he was released, he sent a picture of himself at the Flint Farmer's Market standing outside holding a healthy smoothie. Under the picture it said "I am eating to live and not eating to die! That says it all!!"

Health and Nutrition

MSUE Community Nutrition Instructors and educators continually worked together to provide a variety of engaging and impactful activities and material to increase participation. Classes such as Eat Healthy, Be Active (adults), Healthy Foods, Healthy Families (adults), Show Me Nutrition (youth), Today's Mom (adults), Peak Health Performance (youth athletes), Teen Cuisine (youth 6th grade to 12th grade), Cooking for One and Cooking Matters (adults) are offered. MSU Extension also offers a variety of one-time-presentations such as Cooking Matters at the Store, Healthy Holidays, Hydration, Physical Activity, and Healthy Snacks to name a few. MSU Extension continues to offer online, face-to-face, and hybrid classes in order to meet the needs of our participants.

MSUE Community Nutrition Instructors' have been able to **see** the fruits of their labor from the previous two years of maintaining and developing new partners. Our Supplemental Nutrition Assistance Program (Snap-Ed) program is continually working and partnering with Oak Street Health-North Flint, Burton Senior Center, Brennan Center, Flint/Genesee Job Corps, Grand Blanc Senior Center, Clio Senior Center, Thetford Senior Center, Mince Manor, Mundy Twp. Senior Center, Braidwood Manor and the young adults at Flint/Genesee Job Corps. Senior Centers were slow in returning to face-to-face programming in 2021, but in 2022 seniors were ready to be seen! We saw a significant increase in diet quality and physical activity from our senior participants.

The Expanded Food and Nutrition Education Program (EFNEP) has maintained a very active virtual and face-to-face presence. We continue to establish partnerships and provide nutrition programming to the Genesee County Schools, specifically Linden Charter Academy, Flex Alternative High School, Madison Academy, Swartz Creek Community Schools, Mt. Morris Community Schools, Flint Community Schools, Carman-Ainsworth Community Schools, Flint International Academy. Our partnership with the Genesee County Early Head Start (EHS) and Head Start (HS) programs continues to grow and develop along with the Odyssey House, Carriage Town, Boys and Girls Club, Genesee Health Plan, Stork's Nest, March of Dimes, Hurley Medical Center, McLaren Hospital, to name a few.

MSUE's Family Enrichment Series, which is a collaboration with the Children and Youth Institute (nutrition and parenting classes) continues to maintain and develop partnerships with Wolverine Human Services, Ennis Child Center, Samaritans, Judson Center, Genesee Intermediate School District Attendance Taskforce, Department of Health and Human Services, Friend of the Court, and Big Brothers and Big Sisters.

Program Highlights

Community Food Systems Team Goal and Program Areas

The MSU Extension Community Food Systems team works to make the Michigan food system accessible, equitable, fair, healthy, diverse, and sustainable by focusing on the people who shape food systems through education, connection, networking, research, assistance, and consultations. The Community Food Systems team leads programming that: supports community food value chains, supports food and farming business sustainability, enhances land and ecosystem quality, cultivates networks, and increases community engagement in agrifood systems.

Statewide Programs:

Michigan CSA (Community Supported Agriculture) Network - The goal of the Michigan CSA network is to help farms increase overall participation in Michigan CSAs by connecting CSA growers with one another to facilitate collaboration, educating consumers about the benefits of CSA membership, and expanding access to CSAs through alternative payment methods. The Michigan CSA Network convenes statewide network meetings and distributes marketing and education materials.

Michigan Farm to Institution Network - The Michigan Farm to Institution Network helps people across the farm to institution supply chain learn, connect, and collaborate. Since 2014, the network has provided a space for learning, sharing, and working together to help farm to institution programs grow in Michigan.

Local Support

District 9 Community Food Systems Educator Hired in August 2022

Flint and Genesee Food Policy Council - MSU Extension supports the coordination of the Flint and Genesee Food Policy Council. The Flint and Genesee Food Policy Council is a network of food champions whose mission is to develop a resilient and reliable local food system rooted in community engagement, collaboration, and education. The network works to create a robust and sustainable local food system that provides all Genesee County residents with affordable and healthy food.

Flint Leverage Points Project Community Consultative Panel - MSU Extension's Community Food Systems Educator sits on the Community Consultative Panel for this food systems research project in Flint. The Community Consultative Panel acts as the connector between MSU researchers and Flint community members and organizations. MSU Extension's CFS Educator also served as a cofacilitator for this project's community visioning workshop held in October.



Program Highlights



The MSU Extension Master Gardener Program is an adult horticulture education and volunteer leader training program committed to improving science based horticulture information in communities throughout the state of Michigan.



Being in the Extension Master Gardener Program requires only an enthusiasm for gardening and a willingness and commitment to volunteer, sharing science-based education.



A homeownership seminar from MSU Extension will equip you with valuable information about the home-buying process that will help you navigate the technicalities and avoid costly mistakes.

Consumer Horticulture/ Master Gardener Program

The Consumer Horticulture team serves Michigan through its educational lawn and garden programming. We provide research-based information and training to our communities. In addition, we answer questions submitted from the public through [Ask Extension](#) and our MSUE Lawn and Garden Hotline (1-888-678-3464 prompt #1). Answering calls on Monday, Wednesday and Friday 9:00 am to 12:00 noon. Ask Extension is an online tool that allows Michigan State University experts to answer questions submitted by the public along with photos of issues they are experiencing in their garden or lawn. In 2022, 6,023 [Ask Extension](#) questions were responded to statewide, along with 1,753 hotline questions. Alongside these tools, our “Gardening in Michigan” [Facebook page](#) and [website](#) house ornamental and vegetable gardening resources and hosts free educational videos.

In 2022, Genesee County residents participated in MSUE Consumer Horticulture programs ranging from courses covering home vegetable gardening to native plant selection for pollinators. This included virtual programming such as Cabin Fever Conversations, a lighthearted and fun program that introduces the public to horticultural topics and our partner organizations. The Consumer Horticulture team works alongside local organizations and schools to improve access to gardening education in the community.

The Consumer Horticulture team trains and supervises Extension Master Gardener Volunteers. These passionate volunteers work with partners across the county, focusing on public education and helping maintain educational pollinator gardens in local parks such as Rust Park in Grand Blanc and Crossroads Village. In addition to this, they work with organizations that provide fresh vegetables to those in need through food donation gardens.

Homeownership Education

MSU Extension Genesee County offers an online [Homebuyer Education Class](#) that is MSHDA and HUD certified.

You will learn:

- The advantages of homeownership,
- The steps in the home-buying process
- The costs of home ownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment.

Program

Edible Flint

Edible Flint Background

The mission of Edible Flint is to support community residents in growing and accessing healthy food in order to reconnect with the land and each other. Edible Flint grew out of efforts in Flint to address issues of food insecurity and challenged access to healthy food, increasing rates of health problems resulting from inadequate nutrition, and increasing amounts of abandoned property and vacant land. Early partners like the Ruth Mott Foundation, the Genesee County Land Bank, Michigan State University Extension, Genesee Conservation District, and countless others began collaborating and built a network that was called Edible Flint. MSU Extension has played a key role in the organization providing a point of contact, office space, and other collaborations.

Edible Flint's 2022 Programs

Garden Kits

Edible Flint provides low-cost garden kits to Genesee County residents interested in growing a food garden.

In 2022, Edible Flint distributed:

307 Garden Kits and 421 Bags of Compost Distributed

Edible Flint Educational Farm

Workshops Offered in 2022

Spring Seed Starting Workshop

Saturday, April 23, 2022

Learn how to save time and money in the garden with direct seed sowing basics.

Native Plant Starting

Friday, May 6, 2022

Learn the importance of planting plants native to Michigan, and leave with some plants of your own!

Container Gardening

Saturday, May 28, 2022

Edible container gardening basics focused on space-efficiency and plant types that do the best.

Beekeeping 101

Saturday, June 25, 2022

Whether you're a beekeeper, bee enthusiast, or just curious about beekeeping, you'll want to attend this workshop.

No poop here! Strategies for Reducing Microbial Contamination

Saturday, July 23, 2022

Join us and learn new ways to assess and reduce microbial contamination during harvest and post-harvest activities in your garden and farm.



Edible Flint Educational Farm

The Educational Farm's mission is to inspire and support healthy food production for the Flint community by sharing ideas and information in a "learn and do" environment.



Garden Kits - Distribution Day



Program Highlights



Free Rural Resilience Online Course

Recognizing the high levels of stress affecting America's farmers and ranchers, Michigan State University Extension has partnered with others from the USDA's Cooperative Extension System, Farm Credit, American Farm Bureau Federation, and National Farmers Union to create a [free online course](#) that is now available and open to the public. This Rural Resilience: Farm Stress Training course covers topics such as managing stress, communicating with distressed farmers, and suicide awareness. You can register for this course on our website:

canr.msu.edu/managing_farm_stress.



Genesee County farmers took advantage of an array of Farm Business Management Extension programs offered in 2022, both in-person and online. These programs provided relevant and timely educational resources in the areas of financial management and business planning.

Managing Farm Stress

Managing Farm Stress Team Impact Report Summary

In 2022, the Managing Farm Stress team delivered 39 presentations to over 1,200 participants statewide, including Mental Health First Aid trainings for 17 farmers. Since the beginning of the Legacy of the Land project MSU Extension has referred 48 farmers into teletherapy and reached 3,164 people at 59 different outreach events. The managing farm stress website (extension.msu.edu/farmstress) received more than 25,000 site visits and resources are constantly being updated. Our free, self-paced Rural Resilience online course trained 1,050 people. More information about how MSU Extension was able to support the agricultural community can be found in the 2022 Farm Stress Impact Report [here](#).

Farm Business Management

The Farm Business Management Team offered a variety of programs on fundamental business management topics. Recordkeeping was a prime area of focus, with eight different seminars over the course of the year. They also continue to offer the farm recordkeeping book on paper and in spreadsheet form, as well as educational assistance on multiple recordkeeping software programs. Some farm management education was targeted to beginning farmers, including a webinar series on five different financial management topics, as well as an ongoing series of Extension bulletins on a variety of business planning topics.

Programming also addressed critical current issues. Annual meetings on Farm Bill program selection covered both standard and expanded program options. Concerns about high fertilizer prices were addressed with a seminar on strategies to manage input costs. The weekly Lunch Break series on Facebook Live continued with ongoing business management updates. In addition, they provided area lenders with an update on succession planning issues at the Michigan Agricultural Credit Conference.

The Farm Business Management team served a diverse audience, offering programs with both group and one-on-one education. The Farm Money Matters course covered a broad range of business management topics, while Recordkeeping for the Global Majority and the Accounting Learning Series focused on strategies for effective farm recordkeeping.

Educational consultations continued to be offered by the Farm Business Management Team on financial management and business planning issues. Intensive assistance was provided to 10 families across the region on issues of financial analysis, farm stress, succession planning, and tax management. An additional 26 families took advantage of shorter, more targeted consultations.



Program Highlights

Urban 4-H in the City of Flint

The Genesee County 4-H Youth Development Program aims to create an all-inclusive learning environment that fosters a positive, safe shared experience for youth ages 5-19. Youth participants learn a variety of life skills that prepare them to be active citizens in today's world. Genesee County 4-H continues to serve underrepresented youth through sustained community partnerships/coalitions and the implementation of relevant programming. These partnerships include Flint Community Schools, Flint Cultural Center Academy, YMCA Safe Places, Sylvester Broome Empowerment Village, Berston Field House, Flint Freedom Schools Collaborative Peckham Youth Career Academy, Youth Ambassadors, Boys & Girls Club, Shelter of Flint, CRIM Fitness Foundation, Genesee County Prevention Coalition, Carman-Ainsworth Community Schools, Communities First, Inc. Hurley Foundation, Flint & Genesee Job Corps, Edible Flint, Voices for Children Center and Flint Youth Justice League.

4-H Youth Development

4-H is Michigan's largest youth development organization. 4-H livestock horse and community service projects provide a great opportunity for youth to learn about animal husbandry, veterinary science and giving back to the community. Youth learn valuable life skills like responsibility, record-keeping and budgeting.

4-H also offers opportunities for youth to gain knowledge about dogs, cats, rabbits, guinea pigs, poultry, snakes, turtles and more. Youth get the experience of working with companion animals, during their experience they get to learn about what to feed them, how to train them and how to enhance their environment.

Another great program offered to Genesee County Youth is shooting sports. Archery first started being offered in 2021. Youth get the opportunity to learn how to safely shoot a bow, leadership skills and compete in competitions.

Children and Youth

MSU Extension and The Flint River Watershed Coalition join with many other partners to test the Flint River and its tributaries. Youth partner with environmental professionals from Genesee County Parks, the Drain Commissioner's Office and General Motors who serve as classroom mentors and learn about career opportunities. After gathering their data at the stream, students present their data to peers and professionals during a student summit.

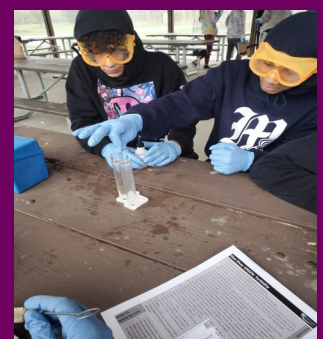
4-H Youth Government Education collaborated with TeenQuest and the Board of Commissioners to reinstate the Genesee Youth Commission. Participants learned about county government and went through an issues identification process.

A quote from a participant evaluation: "Genesee County Youth Commission is an amazing way for young people to start their involvement in politics. It's very easy to join a student council at a high school, but it's much harder to find a way to safely get involved in real government issues and responsibilities. It is because of this program that I now have a clearer view of what I need to do in order to build the career that I want. It is also because of this program that I feel better suited to safely make a difference in local government."



In 2022 Genesee County 4-H was pleased to offer all in-person programming in the following topic areas in Genesee County:

- Nutrition Education, -Science, -Horticulture, -Creative Arts, -Music, -Junk Drawer Robotics, -Literacy, -Mental Health, -Leadership



MSU Extension

Children and Youth Institute

MSU Extension offers programs and services that support families in a variety of ways. From helping parents and caregivers increase early childhood science, math, preliteracy and social and emotional skills in young children to developing critical life skills and healthy behaviors in youth of all ages, MSU Extension works to ensure Michigan's families are stronger and children are prepared to excel in school and life.

With the creation of the Family Enrichment Program (FEP), Extension Staff from the Children and Youth Institute and the Healthy Nutrition Institute have come together to offer a six-week parent and family series combining “Guiding Principles for Highly Successful Parenting” with “Healthy Foods, Healthy Families”. The “Guiding Principles for Highly Successful Parenting” curriculum focuses on key parenting strategies such as: creating family routines, developing emotional control in children, becoming calm and assertive parents, establishing consistent rules and relationships, helping children learn from their mistakes, and developing empathy. The “Healthy Foods, Healthy Families” curriculum teaches parents with young children how to prepare and shop sensibly for healthy meals on a budget, how to identify different food groups and why our bodies need a variety of foods and discuss the importance of proper nutrition on a young child's development, body, and mind. A major aspect of the FEP program is emphasizing habits, routines, and traditions. A child has developed their lifelong habits, positive or negative, by age six. The FEP program believes in helping parents and caregivers to create a secure and safe foundation for their children in this ever-changing world.



Early Childhood play experiences are very important for optimal growth and development. Music and movement are part of their healthy appreciation for sound identification, rhythm/rhyme, physical coordination, and much more. Skills gained during a structured class help with later math and reading success. Music and movement classes for parents, caregivers and children ages 0-5 were piloted this past year around Genesee County, especially within the city of Flint at the Sylvester Broome Empowerment Village. Families were invited to weekly sessions consisting of hour-long learning to listen to culturally interesting music while dancing and playing a variety of child size instruments. Participation in experiences like this help young children gain exposure to, and knowledge of, basic principles in rhythm/rhyme, patterns, and gross motor coordination which all contribute to healthy development and foundational building blocks to reading and math.

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