



ANNUAL REPORT

MSU Extension Mackinac County

Food • Ag • Youth • Health • Environment • Community

Since 1914, the Michigan State University (MSU) Extension has helped residents in Mackinac County improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.

20

Programs hosted in Mackinac County

587

Participants attended programs hosted in Mackinac County

114

MSU Extension Programs (in county, on-line or statewide) were attended by Mackinac County residents

470

Mackinac County Residents attended MSU Extension Programs (in county, on-line or statewide)

308

Individual class session attended

9

Submissions to Ask Extension

8

Programs delivered by Mackinac County Staff

MACKINAC COUNTY STAFF

1

4-H Program Coordinator

4

Partnerships and Coalitions

MACKINAC COUNTY FOCUS AREAS

Agriculture

MSU Extension works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research. Agriculture is now one of the fastest growing sectors of the Michigan economy.

- TelFarm Check-ins
- Heroes to Hives
- Financial analysis with Northern Michigan Farms
- Residential/Commercial Soil Testing
- Consumer Horticulture/Ask Extension
- Beginning farmers Developing and Education Managers and New Decision-makers series
- Michigan farms developing series
- Sheep & Goats for Small Farms
- U.P. Agriculture for Tomorrow Conference

Environment

Our natural resources programs improve public understanding, help landowners and communities use those assets for sustainable long-term social and economic development and conserve natural resources for future generations.

- Introduction to Lakes on-line
- Cedar bay environmental stuartship presentation
- Les Cheneaux Christmas Bird count
- Michigan Birding 101
- Lake Huron citizen's fishery advisory committee-hybrid meeting

Community

Successful and thriving communities combine knowledgeable and engaged legislators, businesses, community groups and residents. By connecting these groups with the most trusted tools, MSU Extension helps enhance the quality of life in Michigan.

- How to start a food truck business Desire to Learn
- UP North East Master citizen planner meeting
- Product center client consultations
- Aldo Leopold Festival programming and participation

Community (cont.)

- Michigan Association of planners conference
- MILES
- U.P. Extension Master Gardener Recognition Event
- Great Lakes fisheries heritage trail conference

Health & Nutrition

MSU Extension's programming promotes healthy lifestyles and empowers Michigan residents to take control of their health. Participants learn how to build nutritious diets on a budget, reduce foodborne diseases and become leaders in the food industry.

- Mindful Me- Three Lakes, Mackinac Island School
- Teen Cuisines LaSalle High School
- Stress less with Mindfulness
- RELAX alternatives to anger
- Tai Chi for arthritis and fall prevention
- Cedarville Head Start nutrition presentation
- New Commissioner School
- Food Safety First
- Mindful Mondays Lunch & Learn
- Cottage Food Law- Michigan

4-H Programs and Youth

Keeping Michigan families strong and successful—financially, emotionally and physically—is a big part of measuring MSU Extension's success. Programs devoted to keeping families safe include those dealing with bullying and violence prevention.

- Shamrock 'n with 4-H
- Astronomy spin club
- NELT- Engadine Health Club series
- National 4-H Shooting Clubs
- 4-H Mackinac Island School Mindfulness
- Exploration Days
- Farm Field Trips
- Mackinac Island Horse Club
- 4-H Science through Chocolate
- Positive discipline
- Extension Extras professional hour

4-H Mackinac County

*According to research completed by the Institute for Applied Research in Youth Development at Tufts University, 4-H'ers are **4X** more likely to make contributions to their communities, **2X** more likely to be civically active, and **2X** more likely to make healthier choices.*

6
Clubs

34
Members

34
Organized 4-H Community
club Members

6
Adult
Volunteers