

EXTENSION STRIKES

Volume 9, Issue 2

QUARTERLY OUTREACH MAGAZINE

Spring/Early Summer 2021

April/May/June

Hello Summer!

REACHING. TEACHING. SERVING.



Your quarterly update and look into what's going on at FAMU Cooperative Extension Program. We remain dedicated to reaching out to serve farmers, rural and urban families, elderly, youth, entrepreneurs, small business owners, and underserved communities.

FAMU Cooperative Extension Program

| | |
|--|--|
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Extension Strikes

Spring 2021 Edition, Volume 9, issue 2

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Cover Photo:

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(Photo courtesy of Amelia Davis)

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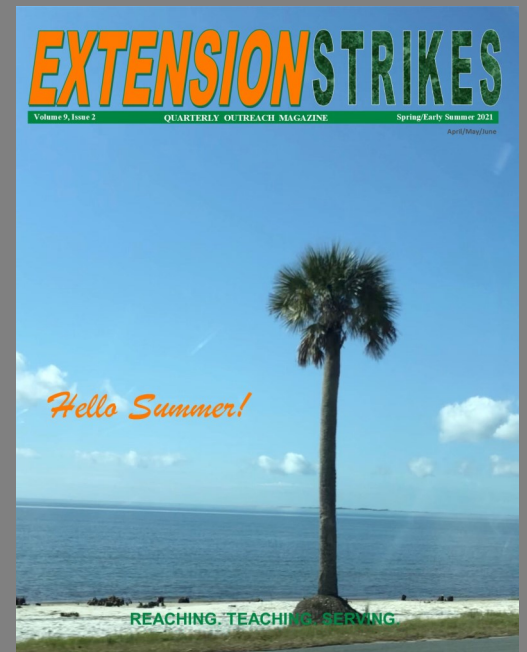
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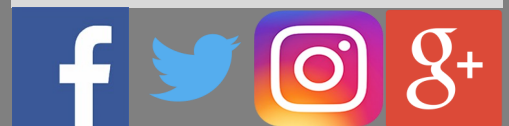
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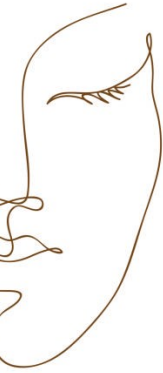


National Minority Health Month

April is **National Minority Health Month (NMHM)**, a time to raise awareness about health disparities that continue to affect racial and ethnic minority populations and encourage action through health education, early detection, and control of disease complications. [History of NMHM](#)

The **2021 NMHM theme is #VaccineReady**. As recognized by the [HHS Office of Minority Health](#), the COVID-19 pandemic has disproportionately impacted racial and ethnic minority communities and underscores the need for these vulnerable communities to get vaccinated as more vaccines become available. COVID-19 vaccination is an important tool to help us get back together with our families, communities, schools, and workplaces by preventing the spread of COVID-19 and bringing an end to the pandemic.

For more information, log onto <https://www.nimhd.nih.gov/programs/edu-training/nmhm/>



MAY is...

National Lupus Awareness Month

The aim of Lupus Awareness Month is to raise awareness and educate others about this life changing disease. Lupus is an autoimmune disease. In a healthy immune system, the body produces antibodies which destroy unhealthy cells such as bacteria, viruses and foreign waste. However, lupus causes an overactive immune system to produce auto antibodies which attacks healthy body tissue. This can affect most parts of the body including any organ.

There are several types of lupus, the most common being systemic lupus in which any organ of the body can be affected. Organs which can be damaged by lupus include the heart, lungs, kidneys, brain and skin. Other areas of the body can also be affected including the blood and the joints. In about 20% of cases, the eyes are affected. Other types of lupus include Cutaneous lupus which affects only the skin causing sores and rashes, and drug induced lupus brought on through the use of some types of prescription drugs. There are over 5 million people with lupus of which 90% are female.

For more information on lupus, please log onto <https://www.lupus.org/lupus-awareness-month>



JUNE is...

Men's Health Month

Throughout June, Men's Health Month focuses on improving the lifestyles of men. While there are several approaches to improving overall health, diet and exercise are the targets of any changes. All month long, community events and clinics take place to increase awareness of the leading health concerns men face. It's important to encourage the men in our lives to get regular checkups and be aware of the risks for their age, ethnicity, and lifestyle.

- Know your preventable risks
- Take steps to create healthful habits
- Schedule routine tests for early detection of disease
- Learn your risk factors
- Document your family history with your physician

According to the Centers for Disease Control and Prevention, the leading causes of death among men are heart disease, cancer, and accidental death.

For more information visit www.menshealthmonth.org.



USDA to Provide Critical Nutrition Assistance to 30M+ Kids Over the Summer

Press Release

Release No. 0085.21

Contact: USDA Press

Email: press@usda.gov

Builds on Proven Solution to Combat Child Food Insecurity

WASHINGTON, April 26, 2021 – The U.S. Department of Agriculture (USDA) today announced a new effort funded by the American Rescue Plan to provide adequate nutrition to more than 30 million children over the summer by expanding Pandemic Electronic Benefit Transfer (P-EBT) benefits. Summer months are difficult for low-income children because they lack access to school meals that fill a nutrition gap during the school year. When school is out of session, summer feeding programs—considered a lifeline for some families—reach just a small fraction, typically less than 20%, of the number served during the school year. This summer, USDA will offer P-EBT benefits to all low-income children of all ages, helping families put food on the table during the COVID-19 pandemic.

“The expansion of P-EBT benefits over the summer is a first-of-its-kind, game-changing intervention to reduce child hunger in the United States,” said Agriculture Secretary Tom Vilsack. “By providing low-income families with a simple benefit over the summer months, USDA is using an evidenced-based solution to drive down hunger and ensure no child has to miss a meal.”

P-EBT was established in March 2020 to provide food dollars to families to make up for meals missed when schools have closed due to COVID-19. The program was set to expire on September 30, 2021, but through the American Rescue Plan Act, benefits are now available for the duration of the pandemic, including during the summer months.

P-EBT builds on lessons learned from USDA’s Summer EBT pilots, which began in 2011 and have proven successful at reducing severe food insecurity as well as improving the quality of children’s diets. Recent research by the Brookings Institute confirms P-EBT also has a measurable impact on food insecurity, decreasing food hardship faced by low-income children by 30% in the week following benefit issuance.

Children are eligible for this temporary nutrition benefit – loaded onto an EBT card that can then be used to purchase food – if they are eligible to receive free or reduced-price meals during the school year or if they are under age six and live in a SNAP household. Families of eligible children typically receive \$6.82 per child, per weekday, or roughly \$375 per child over the summer months.

“Help is here for financially stressed families trying to put food on the table,” said Stacy Dean, deputy undersecretary for USDA’s Food, Nutrition, and Consumer Services. “Our nutrition assistance programs are powerful tools that are critical to America reaching a full and equitable recovery from the pandemic.”

For more on the estimated impact of this effort broken down by state, visit www.usda.gov/sites/default/files/documents/usda-p-ebt-summer-2021.pdf (PDF, 105 KB).

Some 29 million adults and as many as 12 million children haven't always had enough to eat throughout this pandemic. Further, food insecurity has disproportionate impacts on communities of color, with more than 1 in 5 Black and Latino adults living in food insecure households compared to 1 in 9 adults overall. However, recent data from the Census Bureau shows food insecurity among adults has fallen from 14 percent to 9 percent from December 2020 to April 2021.

The announcement today comes in addition to a variety of actions taken recently by USDA to strengthen food security, drive down hunger, and put a greater emphasis on the importance of nutrition. Just recently, USDA maximized economic relief for struggling families by taking administrative action on SNAP emergency allotments by targeting an additional \$1 billion per month to roughly 25 million people. The Biden-Harris Administration's American Rescue Plan Act provides over \$12 billion in new nutrition assistance to address hardship caused by the pandemic, including:

- Extending a 15 percent increase in SNAP benefits— providing over \$1.1 billion per month in additional benefits for about 41 million participants—through September 2021;
- Adding \$1.1 billion in new funding for territories that operate nutrition assistance block grants—home to nearly 3 million Americans—to support those hard-hit by the pandemic;
- To help reopen schools safely in the fall and address child food insecurity, USDA issued a broad range of flexibilities that will allow schools and childcare institutions to serve healthy meals for free to all kids in the 2021-2022 school year;
- Funding meals for young adults experiencing homelessness through Child and Adult Care Food Program (CACFP) emergency shelters;
- Providing nearly \$900 million for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC), including a temporary increase in fruit and vegetable vouchers to \$35 per month and an historic investment in innovation and outreach to better serve more than 6.2 million people that use WIC to support a healthy start for infants and young children.

For more information about P-EBT, please visit the P-EBT website

To read the entire article, log onto <https://www.usda.gov/media/press-releases/2021/04/26/usda-provide-critical-nutrition-assistance-30m-kids-over-summer>





In The News

Florida A&M University to administer all three vaccines, starting this Saturday!

Starting May 20th, Florida A&M University (FAMU) will offer the Pfizer vaccine, making it a site that offers all three types of vaccinations. The site currently offers the single-dose Johnson & Johnson vaccine and the two-dose Moderna vaccine.

The site is opened from 9 a.m. to 5 p.m., Monday through Saturday. All adults and those 12 and over are now eligible to receive the vaccine. Those seeking vaccinations are asked to make sure they have their ID, to verify their date of birth, along with safety face coverings (mask).

To date, the FAMU Al Lawson Center has administered more than 10,000 vaccinations. They are encouraging all students, faculty and staff to come and take advantage of the free site.

The Al Lawson Center, located at 1800 Wannish Way on the campus of FAMU is next door to the free state-operated testing site at Bragg Memorial Stadium that has administered over 335,00 COVID-19 tests since its inception.



Congratulations!



*A special congratulations to FAMU Extension employees
**Erika Willis (Masters) , Jalen Williams (Bachelors) , Ciara Hollman (Masters), and
Brandon Walker (Bachelors)***

for receiving their degree from FAMU. We wish you all the best!



FAMU 4-H Student Spotlight



The FAMU 4-H program chose Kanye Rahming, for the 4-H student spotlight. A native of Panama City, Florida, Kanye is a part of the FAMU Extension's Food Science Virtual Culinary Club. Kanye plans to pursue a career in video game designing.

Going into the second year, students in the Food Science Virtual Culinary Club can gather online to learn about food safety and food science. They also learn how food goes from the farm to their table and how to safely prepare the foods for themselves and others.

We asked Kanye a few questions and here are his responses:

Name, age, grade: *My name is Kanye Rahming and I am 16 years old. I'm currently in 10th grade and homeschooled.*

What do you like most about FAMU 4-H Food Science Culinary? *I like creating my food*

What is your favorite color? *Orange*

Who inspires you? *CoryxKenshin*

If you could choose anyone as a mentor, who would you choose? *CoryxKenshin*

What is something about you (a fun fact) that few people know? *I have Flight Simulator on my computer but only played it once.*

What advice can you offer to another student? *Come prepared with ingredients before the Zoom call.*

If you had to eat one meal every day for the rest of your life, what would it be? *Cereal*



#Flashback

2017 Outreach Event
Smith Williams Service Center
Tallahassee, FL



Top row: Fresh produce harvested from the FAMU Research and Extension Center (REC), displayed and ready!
Second row: Smith Williams personnel assists FAMU Extension in preparation of the crowd; A happy resident pulling two bountiful heads of cabbage; Linda Sapp assisting our clientele.
Third row: The crowd lines up, as FAMU Ext Director, Vonda Richardson thanks them for participating and support of FAMU Ext; smiles and good vibes!
Forth row: Linda Sapp, Sabrina Hayes and Conchita Newman; Vonda Richardson and the FAMU Extension crew; Rattlers supporting Rattlers!



Virtual CAMP

FAMU COOPERATIVE EXTENSION

Agri-STEM Virtual Summer Program

June 21– 25, 2021

Grades: 6th—8th
Fee: Grants funded by USDA/NIFA

The Florida A&M University Cooperative Extension Program is an Equal Employment/Educational Opportunity access organization that provides research-based educational information and other services only to eligible individuals and institutions regardless of race, color, national origin, religion, gender, age, disability, sexual orientation, marital or veteran status.

850-599-3546 1740 S. Martin Luther King Jr. Blvd., Room 215 Tallahassee, FL 32307 extension@famuedu www.famu.edu/cep

FAMU COOPERATIVE EXTENSION

The Entomology Insect Science Virtual Camp

July 19– 21, 2021 Fee: \$50/ per person

The Entomology Insect Science Virtual Program introduces students to the intriguing world of insects. Participants will engage in a variety of activities including hands-on experiential learning activities. The hands-on experiential learning activities, and pre-recorded videos are designed to enhance participants' awareness of insects and the impact they have on the world around us.

To obtain an application and consent form, log onto:
Insect Science Camp - <https://cvent.me/Zb8aL1>

For more information, contact Sabrina Hayes at sabrina.hayes@famuedu

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To register: http://www.famu.edu/cooperativeextension/AgriSTEM_Virtual_Camp_Info.pdf

To register: <https://cvent.me/Zb8aL1>

FAMU COOPERATIVE EXTENSION

FAMU 4-H Virtual Cloverbud Camp

July 12– 15, 2021

Ages: 5 to 7 years old
Fee: \$25 per person (covers supplies and t-shirts)

The FAMU 4-H Clover Bud Camp is a virtual day camp for young students that will discover the many opportunities agricultural science has to offer while engaging in hands-on learning experiences.

To obtain an application and consent form, log onto:
Cloverbud Day Camp - <https://cvent.me/qML2Xl>

For more information, contact Sabrina Hayes at sabrina.hayes@famuedu.

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To register: <https://cvent.me/qML2Xl>

FAMU COOPERATIVE EXTENSION

Virtual Food Science Summer Enrichment Camp

July 12-14, 2021 Fee: \$25/ per person

Students will evaluate the danger and health consequences of foodborne illnesses linked with specific food products and behaviors to create a recipe that contains instruction for safe food handling, preparation, and storage at home.

For more information, contact Conchita Newman at conchita.newman@famuedu.

To obtain an application and consent form, log onto:
<http://www.famu.edu/index.cfm?cooperativeextension&2020VirtualSummerProgram>

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To register: <https://cvent.me/vwLlly>

SPRING BREAK 2021 *Apalachicola, FL*



FAMU 4-H sponsored a Spring Break Camp with Project Impact, located in Apalachicola, Florida, under the leadership of Linda Sapp, on March 15-19, 2021.

The campers schedule was as listed:

Monday-3/15-Flowers & Herbs in Apalachicola Community Garden Day

- Plant Identification
- Insect Identification

Tuesday-3/16-Birds of Prey Day

- Bird Watching
- Bird Identification

Wednesday-3/17- Explore the natural wonder of Apalachicola

- Nature Hike
- Tree Identification

Thursday-3/18 - Reptile Day

- Know your Reptiles
- Snake Identification

Friday-3/19- Movie/Ice Cream Day

Photos : Linda Sapp

FAMU 4-H members participate in the “*Dolphin Tank*” Competition at the National Agri-Science Summit

Submission by: Sabrina Hayes



Thailer Jones



Morgan Newman



Stephen Hayes

Recently three FAMU 4-H members participated in the National 4-H Agri-Science Summit. Following the summit, the students created a community action plan, titled Pollinator Paradise. The plan was one of 21 selected for the Dolphin Tank (4-H's spin on Shark Tank) competition.

On April 29th Thailer Jones, Morgan Newman and Stephen Hayes delivered their CAP pitch to a panel of leaders in the agriscience industry. Representatives from organizations such as Brightmark, CME Group, Corteva, Farm Credit, National Corn Growers Association, Nationwide, New Holland Agriculture and Nutrien served as evaluators for various Dolphin Tanks.

Pollinator Paradise was selected as a 2021 4-H Agriscience Honorable Mention. Although this did not provide for award funding, we are all very proud of them and extend our congratulations.



Congratulations!

FAMU

FLORIDA A&M UNIVERSITY
**COOPERATIVE
EXTENSION**
COLLEGE OF AGRICULTURE AND FOOD SCIENCES





NATURE EXPLORERS

SUMMER CAMP

“A Walk In Time!”

June 14-25, 2021
Apalachicola, FL
Free camp!

Wild and Wet

Summer is here! Time to get down and dirty in our woodlands. Spend the day exploring in the wetland and creek. What lives down in the water? Join us to find out and perhaps get a little wet in the process .

AGES: 8 - 15

Nature Navigators

Join us for an exciting week of outdoor activities while learning about nature in your backyard. Become a junior Naturalist as we identify trees; explore wetlands, use binoculars to spot birds, and so much more.

Wild for Birds

Whether you wild for birds or have never birded before, this is perfect for you. Explore birding basics with a bird hike through the park. We'll discover the world of birds with fun activities, including making your own bird feeders.

Backyard Explorers

Discover animals and habitats in your backyard as we turn over logs, hike trails, and explore nature with all our senses. Get up close to a turtle, check out what a snake feels like.

For more information, contact Linda Sapp at linda.sapp@fam.u.edu.



The American Rescue Plan *Listening Session*

FAMU

FLORIDA A&M UNIVERSITY
**COOPERATIVE
EXTENSION**
COLLEGE OF AGRICULTURE AND FOOD SCIENCES



Wednesday, May 26, 2021
6 p.m.

FAMU Research and Extension Center
4259 Bainbridge Highway
Quincy, Florida 32352

FAMU Cooperative Extension Program, along with USDA, will host a listening session on the American Rescue Plan, for farmers of color. This session will address the objectives of the plan:

- Delivering Nutritional Assistance to Millions
- Supporting Farmers and Strengthening the Food Supply Chain
- Ensuring Equity for Farmers of Color Amid the Pandemic
- Strengthening Infrastructure, Housing and Health Care in Rural America

**We strongly recommend face coverings/masks to be worn*

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For more information, contact:
FAMU Cooperative Extension Program
(850) 599-3546 or (850) 412-6523

FAMU Research and Extension Center
4259 Bainbridge Highway
Quincy, Florida 32352

HAPPY FATHER'S DAY



June 20, 2021



Contact Us

For more information about our services and programs.

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PLACE
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