2019 Roster

Board of Directors
Ken Almstead, New Rochelle
Lee Von Elm, Somers
Shane Biles, Hartsdale
Peter Cipriano, South Salem
Ellen Lewis, Larchmont
Troy Lipp, White Plains
John Merrell, Rye
Mills Ripley, Mt. Kisco
Vicky Sturmer, New Rochelle
Deb Taft, Sleepy Hollow
Greg Twenhoe, Tarrytown
Hon. Alfreda Williams, County Legislator
Adam Hughes State Extension Specialist

Horticulture and the Environment
Program Resource Committee
Ken Almstead, New Rochelle
Erna Capetanopolous, Dobbs Ferry
Tim Kilgallon, Scarsdale
Andrew Messinger, Bedford Hills
Nancy Ross, Mt. Kisco
Chris Ruboe, Thornwood
Bob Yedowitz, Yonkers

Youth and Family Development Program
Nancy Canxwell, Community Educator
Patris Beamon, IT Deskside Support/Community Educator

Nutrition and Consumer Sciences Program
Dawn Reda, Nutrition Educator/Supervisor
Lucy Diaz, Nutrition Educator

4-H Youth and Family Development Program
Nancy Canxwell, Community Educator

Partners and Collaborators
NYS IPM Program at Cornell University, Geneva
NYS Office of the Comptroller, Albany
North Castle Public Library
OPEN: Organization of People Undaunted by Stroke, Hartsdale
Ossining Community Garden
Ossining Farmers Market
Parsons Memorial Presbyterian Church
Pearsall Hawthorne School, Yonkers
Peekskill City School District
Peekskill Gardens Club
Peekskill High School
Peekskill Youth Bureau
Pepisco, Purchase
Pequannock Elementary School, North Salem
PN CFR, Inc.
Phillip Manor Hall State Historic Site, Sleepy Hollow
Pleasant View Farm, Brewster
Pleasantville Children’s Center
Pleasantville Farmers Market
Pleasantville Garden Club
Pleasantville Public Pool
Pocantico Conference Center, Sleepy Hollow
Pocantico Hills School, Sleepy Hollow
Port Chester Carver Center
Pound Ridge Elementary School
Preservation Company, Peekskill
Preston School, West Harrison
Primrose Elementary School, Larchmont
Project Hope, Peekskill
Prayn Sanctuary, Saw Mill River Audubon Society, Chappaqua
Pulaski Elementary, Yonkers
Putnam/NY ROCE, Yonkown
Ripswamp Cinqua School, Mt. Kisco
Rotary Club, East Yonkers
Rutgers, the State University of New Jersey, Soil Testing Laboratory, New Brunswick, NJ
Rutgers, the State University of New Jersey, Planet Diagnostic Laboratory/Ralph Geiger Turfgrass Education Center, New Brunswick, NJ
Rye Free Reading Room
Rye Nature Center
Sanford Terrace, Mt. Vernon
Scarsdale Public Library
Scarsdale School District
Scholastic Academy, Yonkers
Seabury Home, Yorktown
Sheldrake Environmental Center, Larchmont
Shawwood House, Yonkers
Shiloh Baptist Church, New Rochelle
Silver Lake Community Garden, Croton-On-Hudson
Sleepy Hollow Garden Club
Somers High School
Sony Corporation of America
Southern Westchester ROCE, Valhalla
Springﬁeld Elementary School, Dobbs Ferry
St. Christopher’s School, Dobbs Ferry
St. Christopher’s School, Valhalla
St. Francis of Assisi Church, Port Chester
St. Matthews Episcopal Church Parish House, Bedford (Program Venue)
Star of Bethlehem Baptist Church, Ossining
State University of New York
Stone Barns Center for Food and Agriculture, Pocantico Hills
SW ROCE at Carver Center, Port Chester
TD Bank, Thornwood
Teatown Lake Reservation, Ossining
Taconic Gardeners Club
Tarrytown/Sleepy Hollow Farms Market
TDA (Transitional Occupation Program), Yonkers
Town of Bedford
Town of Cortlandt
Town of Dobbs Ferry
Town of Greenburgh
Town of Lewisboro
Town of Mt. Pleasant
Town of North Salem
Town of Ossining
Town of Somers
Town of Somers Conservation Board
Town of Yorktown
Union Free School District of the Tarrytowns, Tarrytown
United Hebrew Geriatric Center, New Rochelle
University of Connecticut, Storrs, CT
Untermeyer Gardens, Yonkers
Urban League of Westchester, White Plains
Village of Bronxville
Village of Chappaqua
Village of Croton
Village of Elmsford
Village of Larchmont
Village of Scarsdale
Village of Tuckahoe
Vine School, Yonkers
Ward Acres Community Garden, New Rochelle
Watershed Agricultural Council, Yorktown
Waverly Hill, Bronx
West Patent Elementary, Bedford Hills
Westchester County Agriculture and Farmland Protection Board
Westchester Community College
Westchester County Department of Environmental Facilities – Recycling Office, White Plains
Westchester County Department of Health, White Plains
Westchester County Department of Parks, Recreation, and Conservation, Mt. Kisco
Westchester County Department of Planning, Yorktown & White Plains
Westchester County Department of Social Services, White Plains
Westchester County Department of Senior Services, White Plains
Westchester County Department of Global Warming Task Force
Westchester County Office of Soil and Water Conservation
Westchester County Pest Management Committee, White Plains
Westchester County Youth Bureau, White Plains
Westchester Greenhouse, Hartsdale
Westchester Jewish Community Services, White Plains, Yonkers and Mt. Vernon
Westchester-Fairfield Horticultural Society,
Westchester Turf Supply, Inc., Lincolndale
Wethab, Mt. Vernon, White Plains, Yonkers
Wheat Lake Middle School, Thornwood
WestPAC, White Plains
White Plains Beautification Foundation
White Plains Department of Public Works
White Plains Gendye Recycling Center
White Plains Historical Society
White Plains Library
White Plains School District
White Plains Youth Bureau
Wilkins Farm, Yorktown (program venue)
WL-Morse School, Sleepy Hollow
Working Gardeners of Bronxville
York Superior Court, White Plains
Yorktown Community & Cultural Center, Yorktown
Yorktown Grange, Yorktown

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact CCE of Westchester if you have any special needs.
Partners and Collaborators

Anthony Veteran Park, Greenburgh
Arkley Public Library
Bakewin Estate, Ozining (program venue)
Bedford 2020 Earth Day
Bedford Hills Correctional Facility
Bedford Road Elementary School, Pleasantville
Bethel Baptist Church, White Plains
Bowen Memorial Baptist Church, Mt. Vernon
Bracy Apartments, New Rochelle
Brunswick School District
Bylane Farm, Lewishow
Cacagno Houses, Yonkers
Career Achieve, Yonkers
Center for Continuing Education, Yonkers
Chappaqua School District
Child Care Council of Westchester, Scarsdale
City of Mt. Vernon
City of New Rochelle
City of Peekskill
City of Rye
City of White Plains
City of Yonkers
Clustar, Yonkers
Community Center of Northern Westchester, Katonah
Concord Road School, Ardsley
Connecticut Agricultural Experiment Station, New Haven, CT
Connecticut Department of Energy and Environmental Protection
Consolidated Edison
Cornell Cooperative Extension of Dutchess County, Millbrook
Cornell Cooperative Extension of Dutchess County, Rhinecliff
Cornell Cooperative Extension of Nassau County, Hempstead
Cornell Cooperative Extension of New York City, New York
Cornell Cooperative Extension of Orange County, Middletown
Cornell Cooperative Extension of Rensselaer County, Troy
Cornell Cooperative Extension of Rockland County, Stony Point
Cornell Cooperative Extension of Suffolk County, Riverhead
Cornell Cooperative Extension of Sullivan County, Liberty
Cornell Cooperative Extension of Tompkins County, Ithaca
Cornell Cooperative Extension of Ulster County, Kingston
Cornell University, Ithaca
Cornell Urban Horticulture Institute, Ithaca
Cornell Waste Management Institute, Ithaca
Croton Earth Day, Croton
Croton Public Library, Croton-on-Hudson
Cross Hill Academy, Yonkers
Caddy & Feder, White Plains, NY
Daniel Webster Magnet School, New Rochelle
Davenport Park Shakespeare Garden, New Rochelle
Dimensions, New Rochelle
Dobbins Ferry Garden Club
Don Bosco Community Center, Port Chester
Douie’s Lane School, Irvington
Dutchess, Putnam, Westchester
Fairway Farm
Edward Williams School, Mt. Vernon
Family Services of Westchester, Mt. Vernon, Ozining, White Plains
First Congregational Church of Chappaqua
Friends of Purchase Library
George Washington Elementary School, Mohegan Lake
Good Counsel Homes, Harrison
Grace Church, White Plains
Graham Elementary, Mt. Vernon
Greenbush Nature Center, Scarsdale
Greystone Foundation, Yonkers
Hackleay School, Tarrytown
Hamilton Elementary School, Mt. Vernon
Hart’s Brook Park & Preserve, Mt. Vernon
Harvest Moon Farm & Orchard, North Salem
Hastings Nursery School
Hawthorne Elementary School, Hawthorne
Herb Society of America, NY Unit
Heritage Hills Garden Club, Somers
Hilltop Hanover Farm, Yorktown
Hillside Elementary, Hastings-On-Hudson
Hudson River Audubon Society
Hudson Valley Wool Works, Bedford
Huguenot Nursery School, Pelham
Hutchinson Elementary, Pelham
IBM, Hawthorne & Yorktown
Irvington Beautification Committee
Issac Young Elementary School, New Rochelle
Jacob Purdy House, NY State Historic Site, White Plains
Jennie’s School, Mt. Kisco
Job Star, Westchester Community College, Valhalla
Job Star, Mt. Vernon
John C. Hart Memorial Library, Shrub Oak
John F. Kennedy Elementary, Port Chester
John Paulding School, Tarrytown
John Jay Homestead State Historic Site, Katonah
Journal News, White Plains
Katonah Elementary School
Kensico School, Valhalla
Lakeland Copper Beech Middle School, Yorktown
Larchmont Avenue Church, Larchmont
Larchmont Community Garden
Larchmont Gazette
Landon Park and Veteran’s Memorial Arboretum, Somers
Lee F. Jackson School, White Plains
Lenoir Preserves, Yonkers
Lewisboro Community Garden
Lewisboro Library
Lexington Center for Recovery, Mt Kisco
Longfield School, Yonkers
Lyndhurst Castle Fern Garden, Tarrytown
Mamaroneck Mayor’s Advisory Committee on Water Quality, Mamaroneck
Mamaroneck Avenue Elementary School, White Plains
Mariandale on Hudson, Ozining (Program Venue)
Martin Luther King Jr. Magnet School, Yonkers
Meadow Pond Elementary School, South Salem
Mohawk Country Day, White Plains
Montessori School 31, Yonkers
Montrose Veterans Hospital
Mt. Kisco Library
Mt. Kisco Food Pantry
Mt. Pleasant Cemetery, Mt. Pleasant
Mt. Vernon School District
Mt. Vernon Firehouse Community Garden
Mt. Vernon Head Start, Mt. Vernon
Mt. Vernon Library, Mt. Vernon
Municipal Housing Authority, Yonkers
Murray Avenue School, Larchmont
Museum School 25, Yonkers
Muscoot Farm, Katonah
Natural Plant Center at Westchester Community College, Valhalla
Nelson Mandela High School, Mt. Vernon
New Jersey Department of Environmental Protection
New Rochelle Downtown Beautification Program
New Rochelle Farmers Market
New Rochelle Library
New Rochelle Municipal Housing Authority
New Rochelle School District
New York Botanical Garden, Bronx
New York Presbyterian Community College, White Plains
New York School for the Deaf, Valhalla
New York State Arborists Association, Albany
New York State Department of Agriculture and Markets, Albany
New York State Department of Agriculture, Office of Professions
New York State Department of Environmental Conservation – Bureau of Pesticides
New York State Department of Environmental Conservation – Invasive Species Coordination Section
New York State Department of Environmental Conservation – Urban Forestry Program, Albany
New York State Department of Labor, White Plains
New York State Department of Taxation & Finance EAP, White Plains
New York State Office of Parks, Recreation and Historic Preservation
New York State Energy Research and Development Authority
New York State Pest Management Association
New York State Turf and Landscape Association, White Plains
New York State Turfgrass Association, Albany
North District Federated Garden Clubs of New York
NYC Department of Environmental Protection, Valhalla

A Message from the Executive Director

Westchester County is the Gateway to the Hudson Valley. As such, our CCE programs reflect the diversity of our residents and businesses. Some call us the nexus connecting downstate to upstate. We are urban, suburban and rural, which makes us a microcosm of NYS.

After serving hundreds of thousands of people in Westchester for 104 years, we still strive to improve our services and make our programs better and better: Life changes, our community changes; we now serve industries that people could not even imagine 104 years ago, so we have to keep changing. We evolve to continuously meet the needs of our community.

We provide the educational and practical services that no other entity in Westchester has the research-based expertise to deliver.

One of our greatest values is our incredible multiplier effect in promoting research-based “best practices” and improving the lives, businesses and environment of our community. By “getting the word out” and educating as many people as possible, residents and businesses learn from our local education in the community so they are well-posed to promote those best practices, carry them out and make sure that the entire community benefits from Cornell’s best practices.

CCE Westchester has the advantage of a long reach that brings the experts from Cornell University and other land grant universities throughout the United States to help us with our constituents’ problems. Objectivity and good results are the reasons cited most by our constituents as to why they rely on us and follow our advice.

Please enjoy reading this report on some of the things we accomplished in 2019.
Horticulture, the Environment and Natural Resources

Our professional staff of horticulture, pest management and arboriculture experts provide a variety of services to the public and to the "billion dollar green industry" in Westchester. That industry includes greenhouses, nurseries, turf and landscape businesses, tree services, landscape architects, garden supply houses, municipal owners of parks and public lands, and private and public golf courses. Among the services we provide are:

- best practices information for the Green Industry that protects the environment and helps the Green Industry stay competitive and viable in Westchester.
- best practices information for consumers that protects the environment.
- on-site laboratory services to test/analyze soils, plants, insects and other pests.
- soil test services and pH kits that show whether nutrient/pH changes are needed.
- site visits for the Green Industry and the horticulture consumer.
- remote services concerning plant culture, pests, diseases and structural pests via phone, email and snail mail.
- training and certification programs for the Green Industry.
- education programs for the horticulture consumer
- advice and assistance to farmers.
- growing degree day information for gardeners and the Green Industry.
- advice to landlords, tenants and homeowners about pest management in multi-family dwellings.
- advice on controlling insects and animals that damage plants or threaten public health.
- advice to hotels and dormitories about pest control.
- collaborative efforts with Cornell and other university experts, government entities and other environmental organizations involving research and environmental remediation projects.
- collaborative efforts with Westchester County trade associations involving educational outreach.

"Don't Get Ticked" workshops were given by us on 1/30, 1/31, 2/19, and 2/21 to familiarize our community with tick-borne diseases. 85 commercial employees and community members learned identification, monitoring, management and tick removal as best professional practices.

- 1,117 responses to commercial and consumer telephone calls for service.
- 1,701 diagnoses completed for email and lab sample inquiries for service.
- 164 soil nutrient and pH tests facilitated in response to inquiries for soil testing service.
- 17 Commercial site visits for the Green Industry and Westchester municipalities to satisfy the need for field diagnostic services.
- 1,650 program participants served through commercial/residential presentations and conferences.
- 1,040,000 - mostly Westchester - internet and hard copy subscribers reached through weekly Journal News articles on topics concerning horticulture and the environment.
- 2,500 to 3,500 Green Industry subscribers reached internationally via CCE through Westchester’s contribution to Cornell’s commercial turfgrass publication, ShortCUTT.
- 400 Green Industry subscribers reached locally/regionally via CCE Westchester’s 9 pest scouting activities for Cornell’s tree/shrub publication, Branching Out.

2019 Paid Support for Cornell Cooperative Extension OF WESTCHESTER COUNTY

<table>
<thead>
<tr>
<th>Source</th>
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<tr>
<td>Westchester County</td>
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<td>New York State</td>
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<tr>
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<td><strong>Total</strong></td>
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</tbody>
</table>

Westchester County’s investment leverages four times the resources brought into our county through CCE. Additionally, hundreds of thousands of dollars in volunteer and volunteer partner time are given to us each year.
2019 Functional Expenditures

Y.T.D. | PROGRAM MANAGEMENT & GENERAL
---|---|---
1,345,463 | 1,279,357 | 66,106
1.00 | 0.95 | 0.05

Horticulture, the Environment and Natural Resources

CCE Westchester multiplies good environmental stewardship via direct educational delivery and by helping our community with programming generated with our many partners.

1/3/19 “Managing Emerald Ash Borer” Webinar for Green Industry with CEUs: partner: UMass
1/15/19 New York State Turf and Landscape Conference with NYSTLA with CEUs, Westchester County Center, White Plains, partner: NYSTLA
1/23/19 “Invasive Pest Update” HGLS program for residents/Green Industry with CEUs, Will Library, Yonkers
2/20/19 “Investigating the Health Effects of Glyphosate” program for residents & Green Industry with CEUs, CCE Headquarters Elmsford.
3/11/19 “Extreme Gardening: Native Designs for Resiliency” program for residents and Green Industry with CEUs, partners: The Native Plant Center at WCC
3/14/19 “Designing & Promoting Urban Forestry Contracts for Municipalities” webinar for Green Industry with CEUs, partner: UMASS
3/20/19 Shrubs: The New Perennials, HGLS program for residents/Green Industry with CEUs, Anthony Veteran Park, Greenburgh
4/9/19 “Understand and Avoid Ticks” program for Green Industry, partner: NYSTLA
5/5/19 “Beyond the Native/Exotic Debate” HGLS program for residents and Green Industry with CEUs, Will Library, Yonkers
5/18/19, 5/19/19 “Friends of Lasdon Plant sale” Information booth, Lasdon Park, Arboretum & Vets Memorial, Somers, Partner: Westchester County Parks.
6/5/19 Guided Tour of the Ellen and James Best Property, HGLS program for residents/Green Industry with CEUs, Pound Ridge
6/6/19 “Confronting Climate Change: Impacts on Ag, Forests and Landscapes” program for Residents & Green Industry with CEUs, Westchester County Center, White Plains.
7/15/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, Vassar Eco Preserve, Poughkeepsie, partner: Ecological Research Institute
7/16/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, CCE Dutchess County, Millbrook, partner: Ecological Research Institute
7/17/19 “Monitoring and Managing Ash (MaMA) Program for residents and Green Industry, Bedford Audubon Society, Katonah, partner: Ecological Research Institute
7/18-20/19 “27th Annual ReLeaf Conference, Community Forestry in a Rapidly Changing World”, Mount Saint Mary College, in Newburgh
8/15/19 “Spotted Lanternfly- On the Doorstep or In Our Fields?” program for Green Industry with CEUs, Binghamton, partner: NYS IPM
9/12/19 “Tree Growth & Development in a Changing Climate” webinar for Green Industry with CEUs, partner: UMASS
9/26/19 “NYBG Field Day program with NYSTLA for Green Industry with CEUs, partner: NYSTLA
10/3/19 “UConn Native Plants and Pollinators Conference” program for residents and Green Industry, Storrs, CT, partner: UConn
11/17/19 “It’s time for an "Emerald Ash Borer Update"! Webinar for Green Industry with CEUs, partner: UMASS
12/12/19 “Pruning Update” Webinar for Green Industry with CEUs: partner: UMASS
Master Gardener Volunteer Program

volunteering at Stone Barns, Lasdon Arboretum, Native Plant Center, Prayn Audubon Sanctuary and other venues. At Hart’s Brook, our MGVs grew and harvested over 978 pounds of produce donated to a local food pantry.

We have trained over 325 teachers so far and introduced over 8,500 Westchester children to school gardening in more than 40 schools. 85 fifth graders in Tarrytown and 907 student in Yonkers learned about pollinators like butterflies and birds in their gardens. MGVs read to over 450 school children at 9 local schools during “Agriculture in the Classroom” week.

MGVs write a weekly gardening advice column and other gardening articles for the Journal News and Gannett newspapers, plus local publications reaching hundreds of thousands indirectly and over a million via online media.

Pollinator Support: Since 2016 we have worked to improve pollinator venues. This year, 30 of our MGVs were involved in Pollinator Support demonstration gardens in Lewisboro, Rye, White Plains, Yorktown, Bedford and Tarrytown. Hundreds of residents, the local media and business owners have learned about the importance of supporting and advancing pollinator gardens, and how to advance it.

Our MGVs donated over 7,235 hours to CCE in 2019 valued at $43.06 per hour for a value of $311,539. They also put in over 815 hours of continuing education to advance their skills to serve the public. Valued at $43.06 per hour, this was a $35,094 additionally for a total commitment of $346,633.

MGVs directly served 8,051 community members in 2019 at Q&A tables, conferences, demonstration gardens, site visits, speaking engagements and other CCE educational venues. Our MGVs also engaged many thousands indirectly through our work and installations at Hart’s Brook, John Jay Herb Garden, Muscoot Farm, Sherwood House, Westchester Community College Vegetable Garden, Ossining Organic Community Garden, and

Nutrition and Consumer Sciences

EFNEP Youth Results

221 youth participated in our special youth programs (separate & apart from adult and family participants) and 91% improved their knowledge and practice of food selection. They also practiced better physical activity. They brought these best food practices back to their families.

SUCCESS STORIES IN THEIR OWN WORDS....

“I used to be a chef and took the EFNEP class at my son’s school. With notebook and pen to take notes on the EFNEP class, I started walking 15 minutes a day, learned to drink more water, cut down on sugary drinks, and lost 10 pounds by the 5th class. I am now exercising by riding my bike, eating more fruits and vegetables, and a month after the class ended, I lost 28 pounds and found a new job as a chef.”

In the Spanish language class, participants told us:

SC said she “had weight problems for years and took the class, now reads labels, cut down on processed foods, added added more vegetables, don’t drink sugary drinks anymore, walk everywhere and have more energy for my kids and am in a better mood.”

Another participant said she “stopped defrosting meat in the sink and now defrosts it in the refrigerator where it’s safe and sanitary. I'm in a Zumba class now and love it. I carry trail mix with me in case I get hungry. I have more energy.”

2019 HOME GARDENING LECTURE SERIES

<table>
<thead>
<tr>
<th>Lecture Series</th>
<th>Date</th>
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<tbody>
<tr>
<td>Invasive Pest Update*</td>
<td>Wednesday, January 23, 2019</td>
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<tr>
<td>Vegetables: The Taste of Summer</td>
<td>Wednesday, February 27, 2019</td>
</tr>
<tr>
<td>Shrubs: The New Perennials*</td>
<td>Wednesday, March 20, 2019</td>
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<tr>
<td>Hands-On With Edible Flowers and Herbs</td>
<td>Wednesday, April 17, 2019</td>
</tr>
<tr>
<td>Beyond the Native/Exotic Debate*</td>
<td>Wednesday, May 15, 2019</td>
</tr>
<tr>
<td>Guided Tour Of The Ellen and James Best Property*</td>
<td>Wednesday, June 5, 2019</td>
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</tbody>
</table>

*Landscape Architect Health, Safety and Welfare credit hours were awarded.
A study by Opportunity Insights, a non-partisan organization, showed in 2019 that government money spent on improving the health and education for low income children had a big payback. Each $1.00 spent on these benefits for kids yielded $1.47 payback in improved educational attainment and lower rates of hospitalization and chronic health conditions. These are part of CCE Westchester’s goals. As we improve the lives of our residents, we strive to see them become productive and healthy.

Our nutrition education programs are geared toward this and toward helping low income families stretch their SNAP and cash food dollars. In addition to the obvious benefits of improved health and lifestyles of our participants, there are benefits for Westchester taxpayers, too. Nutrition-related health problems are disproportionately high among low income individuals. Lacking private health insurance, our target population relies on taxpayer-funded Medicaid for health care. That is costly. The annual cost of Medicaid in Westchester is around $1.5 billion.

Nutrition related diseases such as Type II Diabetes, cardiovascular disease, crania-vascular disease, hypertension, youth obesity, stroke and certain cancers are preventable with programs like EFNEP, which improve people’s behaviors and their family’s health.

**EFNEP**

Our EFNEP program provides nutrition education programs to low income families with children, whose income does not exceed 185% of the poverty level. Nearly 10% of Westchester families meet this criteria. Pregnant women, Head Start parents, low income Hispanic parents and other low income families with dependent children in the household are our target audience. Indicators included eating more vegetables & fruits, reducing sugar intake, reading food labels, compare food prices, plan meals, and use a shopping list, & cooking dinner at home instead of fast food out. We teach in English and Spanish. In federal fiscal year 2019, we taught 240 families representing 916 individuals via our adult programs.

**Behavior Changes We Achieved**

100% of our participants showed improvement in one or more diet quality indicators measured objectively by pre- and post-testing. 100% of our participants showed improvement in or more key physical activity indicators (exercising at least 30 minutes, doing workouts to build and strengthen muscles or making small changes to be more active).
4-H Youth and Family Development

One of our largest programs is 4-H Incubation & Embryology (I&E) which teaches youngsters about biology, nutrition and the environment while they hatch chick and duck eggs in their classrooms. CCE helps the schools obtain fertilized eggs and equipment, trains teachers, provides curriculum, and answers questions during the hatching process. In 2019, 14 teachers newly attended our trainings. 150 schools, 383 classrooms, 8,867 children and 1,227 adults participated with this educational outreach. Teachers volunteered 1,915 hours to I&E.

Notable accomplishments of 4-H Clubs in 2019

Muscoot Gang 4-H Club members provided at least 120 volunteer hours each during the year as the club assists the staff of Muscoot Farm doing farm chores and during big events such as Meet the Baby Animals, Sheep Shearing, Dairy Day, Turkey Talk, and Pumpkin Picking. The club also saves the county taxpayers a lot of money each year. Muscoot Gang members participated in the Putnam County 4H fair as well as the Grange Fair and attended Dairy Days program at Cornell.

K-9 Kids did their annual demos at the Putnam County 4-H Fair and the Yorktown Grange Fair, and volunteered at the Taconic Hills Kennel Club annual dog show, FastCat event and Farm Dogs. They & their dogs passed the Therapy Dog International test and also did the Reading with Rover program at the Mount Kisco Library. They led hands on play with the NXT robots for children at the White Plains High School (200 attendees), and offered robotics workshops for 5 mornings in August at Pace University (12 students).

North Salem 4-H members continue to teach working with farm animals.

Rabbiteers held their annual Rabbit Show plus their Rabbit Information Day at Muscoot Farm to teach hundreds of visitors about raising rabbits as pets.

Afterschool programs: we continued to teach the afterschool programs at 2 elementary schools in Mt. Vernon.

Rover program at the Mount Kisco Library. They took the American Kennel Club Canine Good Citizen Urban dog test, and they passed & obtained the AKC titles of CGC, CGCU and TKN. Members who passed the Farm dog test received a FD title. They attended March Dog Madness in Orange County, went to K9 Aqua Dog to try Dry Dock Diving, and visited Dr. Kelly Murphy, a rehab vet in Yonkers. They did a “safety around dogs” and training dogs program at the Mt. Kisco Library.

K-9 Kids at Mt. Kisco Library

Hooves, Beaks and Bills 4-H participated in the Maple Weekend Pancake Breakfast at Hilltop Hanover Farm, bringing goats to add a little more agriculture to the morning.

Robocracy 4-H Club participated in the “FIRST Hudson Valley Regional Championship” in February and emerged as the Captain of the Finalist Alliance. They gave STEM outreach afternoon classes at Bell Middle School in Chappaqua (200 youth and 50 parents attended) and the Grange Fair in Yorktown where about 250 members of the public came to enjoy learning about “sumo bots”. They ran the local First Lego League Challenge and offered hands-on activities during the Mid-Hudson Engineering Expo. They led hands-on play with the NXT

Final match with Team Beta (4-H Robocracy Club).