

Sustainability Programs

Cornell Cooperative Extension **Farm to School** addresses:

- childhood obesity by emphasizing fruits and vegetables and other whole foods in school meals
- nutritional quality of school meals by encouraging purchase from all food groups that are grown in-state
- strong markets and **sustainability** for New York State agricultural producers by establishing partnerships with schools, colleges, and universities

Farm to School programs not only increase access to locally grown foods to schools; these efforts are increasing student awareness and appreciation of local agriculture, providing market incentives for food-based entrepreneurship and value-added ventures, and developing partnerships between stakeholder groups that heretofore rarely communicated. These programs enhance the **sustainability** and quality of life for everyone they touch.

farmtoschool.cce.cornell.edu/

Cornell Cooperative Extension Educators present **EmPower New YorkSM** workshops to help consumers:

- make ends meet by **maximizing resources** and **reducing energy use**
- save resources and save dollars with low-cost and no-cost ways to save energy and reduce energy bills
- explore credit/debt management by selecting and using credit wisely

Workshops are conducted throughout New York State by CCE educators as part of the **EmPower New YorkSM Program** with funding from the New York State Energy Research and Development Authority (NYSERDA). CCE educators collaborate with local agencies already reaching the payment challenged customers of the six major utilities in the state. Partners include First Time Homebuyer's Programs, Head Start/Even Start, Habitat for Humanity, Work Force Development, and many more.

www.getenergysmart.org/LowIncome/EmPower.aspx

Extension and research staff in the Family Life Development Center help **sustain families** of deployed soldiers by researching and preparing resource and training materials for the U.S. Army's **Operation READY** program that:

- supports family resilience
- facilitates communication between families and the military command
- provides information, referral assistance, and emotional support
- connects families to resources where they live – in person and on line

Operation READY materials are being used at 95 active Army installations around the world and members of each state's National Guard and Army Reserve have the latest information about the support services available to them.

These materials support children of deployed mothers and fathers, provide training on trauma reactions and identify multiple sources of support to guide military personnel, family members, and others including schoolteachers and counselors on how to comfort and **sustain children**.

Cornell Cooperative Extension educators in Jefferson County implement the Operation READY program at Fort Drum – home of the most deployed Army division in the world. Last year, 100,000 contacts were made with Fort Drum families.

www.drum.army.mil/mwr/ACS/Family%20Support.htm



Cornell University
College of Human Ecology

Human Ecology Highlights

Cornell Cooperative Extension engages youth in science. The **Go Figure!** Youth Program waterways project:

- explains terms: from *aeration* to *well*
- provides facts: Showers vs. Baths, Why Save Water
- shows links: EPA Environmental Kids Club, Big Sioux Water Festival Kids Page
- is fun: Leak Detective experiments show if you have leaks in your house and how much water they will use

Go Figure! engages youth in online science, technology, and math experiences. Youth collect data on human performance from their own lives, input numbers into a database, and compare their results with those of other teens, which is intensely interesting at this age.

Waterways explains that water is all around us. It runs from faucets, showers, and drinking fountains. We use it so frequently and casually that we take it for granted. The program helps track how much water you use in a day and discover ways you can **save water**.

gofigure.cce.cornell.edu

Cornell Cooperative Extension:

- helps consumers be aware of the importance of **energy efficiency**
- provides information to make residential buildings more energy efficient
- brings NYSERDA's **New York Energy \$martSM** programs to residents of the state
- enhances the quality of life well beyond those directly involved

Cornell Cooperative Extension provides the **Consumer Education Program for Residential Energy Efficiency (CEPREE)**.

18,000 75-watt incandescent bulbs were changed to 15-watt compact fluorescent bulbs in residential buildings at Fort Drum military base. This change is in large part because of educational outreach efforts via CEPREE by CCE Jefferson County.

Comparing data from 2006 and 2007 at Fort Drum:

- Energy consumption in kWh dropped 17 percent.
- CO2 emissions in pounds dropped 1,347,848 pounds.

hosts.cce.cornell.edu/housing/nyserda/

Cornell Cooperative Extension:

- helps **sustain quality of life** for older adults in nursing homes
- enhances communication and fosters partnerships between family members and nursing home staff
- provides information to facilitate positive change in nursing home practices and policies

Nursing staff and family members of residents in nursing homes often distrust and misunderstand each other, feel powerless to improve communication, and feel distressed by the situation. Yet, the better the communication and interaction are between nursing staff and relatives of residents, the better the nursing home residents will fare.

Partners in Caregiving workshops have been shown to improve attitudes and behavior of families and staff. Both groups report greater comfort in relations with one another and an improved sense of being partners, rather than adversaries in the care-giving process. It has also resulted in changes in nursing home policies. Most importantly, it supports sustaining the quality of life of residents.

www.citra.org/project_detail.php?id=7