The Expanded Food and Nutrition Education Program (EFNEP) has addressed critical needs in Florence County for over 45 years. EFNEP services low income families by influencing nutrition and physical activity behaviors, particularly with children ages 5-19, mothers with children, and low-income pregnant women/teens.

This year, EFNEP reached over 50 families and 900 youth. In schools with the EFNEP programs, teachers review lessons to reinforce healthy eating as well as ways to fight germs. Food safety is an important component of the program since food poisoning can happen to anyone. Following these steps at home will reduce your risk of food poisoning.

1. Clean: wash hands and surfaces often
2. Separate: avoid cross-contamination
3. Cook: to a safe internal temperature
4. Chill: refrigerate promptly

The fifth South Carolina Annie’s Project was held in April 2016 in Georgetown. 23 participants from across the state came together to learn about business practices, risk management, and agricultural opportunities. Topics included business and marketing plans, estate planning, and policy decision.

Annie’s Project is dedicated to strengthening women’s roles in modern farm practices and is currently offered in 33 states. It fosters decision-making and problem-solving skills as well as record keeping.

One project participant commented “I had a life changing weekend with an amazing group of women who want to know more agriculture in South Carolina.” To learn more about Annie’s Project in South Carolina, contact Jennifer Boyles, State Coordinator, at 843-616-0786 or jbyls@clemson.edu

Improving Nutrition & Physical Activity

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Mission Statement

We improve the economy, environment, and well-being of South Carolinians through the delivery of unbiased research-based information and education.

Annies Project: Empowering Women in Agriculture

This year’s Annie’s Project participants.
**Beautification Through Service**

Lynches River County Park is a 676-acre park near the center of Florence County that draws over 150,000 people annually to walk the nature trails, visit the Environmental Discovery Center, and paddle the scenic River. To augment the appearance of the Park, a landscape plan comprised of native plants was contracted and drawn but was unable to be implemented due to budget cuts.

In 2000, the Pee Dee Plant Professionals, led by the Horticulture Agent, made their first donation and installation of approximately 200 plants at the Park’s Community Center. A second donation and installation occurred in 2012 at the then newly constructed Environmental Discovery Center.

To further improve the Park’s landscape and augment the existing plantings, the Pee Dee Plant Professionals donated and installed another 200 plants in June of 2016. Highlighting signs and entrances, these plantings not only enhance the natural beauty of the park, but will help the thousands that visit each year to connect with nature.

**Assisting Farmers In Tough Times**

The historic flood of October 2015 devastated farms and farmers. Many farms were on the verge of bankruptcy and with low commodity prices looming for 2016, there were few options. Farm Aid was a state-organized program worth $40 million that was distributed to farmers throughout the state. To be eligible, an applicant must have been able to show at least a 40% loss of predicted income and prove intent to continue farming. A maximum of $100,000 or 20% of the lost income, whichever was lesser, was available.

Clemson Cooperative Extension, SC Department of Agriculture, and SC State Extension, hosted training sessions to help flood-affected farmers with the application process. Topics discussed included:
- Farm Aid Eligibility Rules & Application Guidelines
- Required Documentation
- Calculating Losses
- Accessing & Completing Application
- FAQs and Resources

Through the education provided, more than $35 million in relief checks from the South Carolina Farm Aid grant program were delivered to farmers who were approved for crop assistance after last October’s flooding. More than 1200 applicants received over $35.5 million, which included $2,827,861 for farmers in Florence County.

**Engaging Youth In Rainwater Harvesting**

Clemson Extension’s Carolina Clear programs assists communities in providing education and involvement opportunities that protect water quality with the local collaborative being the Florence Darlington Stormwater Consortium (FDSC).

This year, the group hosted its third Rain Barrel Art Review. Open to school and community groups in Florence and Darlington counties, the contest provided a unique venue for educating and involving youth and the public in conservation, sustainability, and water resource protection.

Participants were provided with a pre-assembled rain barrel, primer, and sealer. Finished barrels were displayed at the Earth Day/Duck Cup at Kalmia Gardens of Coker College where visitors voted for their favorite barrel. Prizes were awarded for first, second, and third place in each category. There were 11 barrels entered in the contest that involved over 169 youth. Barrels were returned to participants for installation in a public location.
Cooking Life A Chef Summer Day Camp

Based on training received at the Healthy Lifestyles Summit, three high school 4-Hers created a 5-day cooking camp for youth ages 9-14. The camp was designed to expose youth to a variety of healthy foods as well as cooking skills, nutrition information, and safe food handling.

Fifteen youth participated in the camp, which was held June 20-24 from 9:30 AM – 1:30 PM at the Florence Extension Office.

On day 1, a professional chef taught campers about food and kitchen. Lessons on the importance of water and MyPlate were also included. On days 2-4, campers learned about food groups as well as healthier ways to prepare traditional southern foods. On day 5, campers learned about egg cooking practices, etiquette, and food presentation.

Each day, campers worked in groups to prepare healthy recipes that were served during the day. They also prepared food and oral presentations for a reception for parents and special guests on the last day.

Youth participants learned life-skills that can be used at home. Likewise, the high school 4-Hers were able to utilize their leadership skills and put their knowledge to work while making a positive difference in the lives of the campers.

4-H Grows in Florence County

4-H programming is delivered through school enrichment, special interest project, after-school programming, and day/overnight camps. All of these delivery methods help educate youth but those who wish to receive the total 4-H experience are members of 4-H clubs.

4-H clubs build the life skills needed for youth to become leaders in their communities. Through the work of dedicated volunteer leaders, new 4-H clubs were established at Briggs Elementary, Delmae Elementary, Lester Elementary, and Sneed Middle during the 2015-16 school year, which reached over 115 students. These 4-H club members were able to experience hands-on learning and build essential life skills to become better prepared to work with others; manage resources; make decisions and solve problems; acquire, analyze and use information; communicate and relate to others, and have an understanding of self. Officers were elected at each club and students were introduced to parliamentary procedure. Through planned club programs, students experienced a number of different things such as planting and maintaining gardens, community service activities, and preparation of healthy recipes. 4-H club members also had the opportunity to participate in regional and state 4-H activities including Junior Weekend at Camp Bob Cooper, State 4-H Legislative Day at the SC Statehouse, Healthy Lifestyles Cooking Competition at the SC State Fair, as well as various livestock projects.

Our goal is to add a minimum of three new clubs each year. If you or someone you know is interested in joining or volunteering with 4-H, please contact the Florence County 4-H Agent, Faith Truesdale, at flawrim@clemson.edu.

Analytical Services Offered through Clemson Extension

Clemson’s Agricultural Service Laboratory provides a variety of analytical agricultural testing to the citizens of South Carolina. Samples may be submitted through County Extension Offices or directly to the lab. Each County Extension Office has the supplies needed for submitting samples. Tests available include: soil, animal waste, compost, irrigation water, feed and forage, and plant tissue.

The Florence County Extension Office submitted 929 samples to the Agricultural Service Lab and Plant Problem Clinic during the July 1, 2015 – June 30, 2016 reporting year.

<table>
<thead>
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<th>Test</th>
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<tr>
<td>Feed &amp; Forage</td>
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<td>Plant Tissue</td>
<td>4</td>
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<td>Animal Waste</td>
<td>2</td>
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<tr>
<td>Irrigation Water</td>
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The Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

Small Ruminant Workshop

The Pee Dee region continues to see growth in small ruminant production throughout the region. Both novice and seasoned producers are seeking information on ways to improve production and efficiency of their operations.

In the summer of 2016, a production workshop was held at the Florence Extension Office to address key management, practice, and fencing concerns for small ruminants. The workshop included the topics of hoof care and management, checklist for parasite control, when to call the veterinarian, management options for improved forage production, fire ant control, and avoiding fencing pitfalls and mistakes. There were several hands-on portions of the workshop that included:

- fencing, hoof care, and FAMACHA training. Twenty-six people attended the workshop and several participants reported gaining knowledge about better management skills and fencing concerns.

![Extension Agents demonstrate proper fence installation.](image)