

## **County Agent Roundtables – Thursday, December 8, 10:00 AM**

### **Kid's Chef Challenge**

JoAnn Vann, Cindy Ham, Amy Simpson & Cassidy Witherspoon

*Kid's Chef Challenge is a fun year-long program to enhance youth understanding of healthy eating patterns, increase cooking skills, and deepen connections with Arkansas grown foods, producers, and career opportunities. The monthly cooking challenges focus on Arkansas commodities. The program is enhanced with farm and local food business tours and food preparation workshops. Youth accumulate points and prizes for each activity with high-point junior and senior claiming the title of Kid's Chef Champion. The program has been formatted into a curriculum package available for other counties to implement. Join us next year for a multi-county Kid's Chef Challenge championship!*

### **Turning Off! Hosting a Screen-Free Week**

Amy Monk

*Excessive screen time is linked to childhood obesity, poor school performance, & low attention spans. This session will give agents the tools to encourage families to turn off screens & turn on the world around them. Screen-Free Week is a chance for kids to read, play, think, create, be active & spend more time with friends & family.*

*Learn how to build partnerships with organizations & businesses to bring Extension programs & prize incentives to kids during Screen-Free Week. Educational program ideas include citizenship, consumer education, fitness, & healthy snacking. An evaluation tool for the week is included."*

### **Pope County's Farm 2 Table**

Pamela Luker, Ashley Flickinger & Brandon Yarbery

*A 4-day educational program where 4-H'ers toured local producers in and surrounding Pope County including Tyson Hatchery, Ouachita Livestock Market, Pope County Farmer's Market, Cypress Valley Meat Company, and the Ronnie Cross Farm. Our goal was to educate youth on where their food comes from. Each location provided hands on learning about how our food is grown, harvested, and processed. We also conducted educational programs along with a food preservation workshop at the Extension Office. We ended the week with making a meal for the Pope County Quorum Court Members where the 4-H youth shared presentations on their week's experiences.*

### **Sports Nutrition**

Shaw nee Tichenor

*Overview of Sports Nutrition*

### **Growing EHC Programs**

Anna Goff & Trudy McManus

*Expanding EHC programs and growing in different ways including attracting younger audiences. Come learn more about how to empower your volunteers, training them in exciting ways.*

**West Central Successful 4-H Programs**

Jeanie Rowbotham, Casey Ford, Ashley Flickinger,  
Sarah Enoch & Rachel Chaney

*West Central group will discuss tips and tricks on how to rebuild your 4-H program post covid. Johnson, Franklin, Logan, Yell, and Pope County Agents will share successful 4-H programs from their counties.*

**Farm To Table: How to Create Consumer Market in your County!**

Maleigha Cook

4-H and During the hardest time of COVID, Craighead County 4-H members sold over \$25,000 worth of fresh beef, pork, poultry, eggs and cottage goods to local community members. Many of these members were first time buyers but are now regular consumers of 4-H raised, grown and created products. See how you can build a powerhouse relationship between local consumers and 4-Hers in your community. This relationship helps the consumer by placing fresh products on their table and in their pantry and it helps teach marketing and economics to 4-H members while helping make their small business sustainable.

**Mediterranean Diet & Cooking**

Mary Ann Kizer

*The Mediterranean Diet has been proven to be the healthiest diet in the world. To stay healthy, begin by being active and sharing meals with others. Base every meal on fruits, vegetables, mostly whole grains, olive oil, beans, nuts, legumes, seeds, herbs, and spices. Shift your protein choices to fish and seafood at least twice a week. Poultry, an egg, and yogurt can be included daily to weekly. Meats and sweets are to be eaten less often. Replace processed foods with healthier options. Combine these strategies with managing stress and ample sleep to improve overall health.*