



Dean's Notes and Quotes

During our recent webinar series ***Extension Connections*** on April 14th we spoke with our newly appointed Dean for CALS, as well as covering relevant Extension Updates. Dr. Elaine Turner spoke with us about the College of Agricultural and Life Sciences sharing some intriguing facts as well as essential information regarding their mission, efforts, impacts and programs.

For those who missed this webinar, here is a link with the recorded session as well as future session dates so that you can reserve the time on your schedules.

[UF/IFAS Extension Connections](http://bit.ly/P9swgX)

We recently celebrated the 100th anniversary of the Smith-Lever Act on April 17th here on campus with great success. Here is a compilation of tweets and posts from the event: <http://bit.ly/P9swgX>

I look forward to interacting with everyone during our next session on May 19th.

Regards,

Dr. Nick Place

The future starts today, not tomorrow. - Pope John Paul II

April 2014

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Meet Your Specialist



Agata Kowalewska

Assistant Scientist, FSHN
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I came to the University of Florida from Blacksburg, Virginia where I lived for 14 years. While in Virginia I completed my education in the field of nutrition and dietetics receiving my Ph. D. from Virginia Polytechnic Institute and State University. Most recently I have worked with the Virginia Department of Education and Virginia Cooperative Extension.

My specialties are community nutrition and health promotion but I am also registered dietitian and have strong a commitment to the profession of dietetics and dietetics education. I also take a special interest in sustainable and environmentally sound food systems and use of natural resources on national and global scales.

My interest in nutrition started relatively early when I was a teenager running on a cross-country team. Then, I was more interested in herbal supplements that will make me beautiful and fast than in nutrition for that whole health body. Therefore my first career was in geology. After so many years of work on reconstructions of past environments and climates I started to look for a career that will allowed me to work closer with people and make my work more applicable. Since I already had interest in nutrition it was only natural to follow my hobby and look at it as a profession. My family and I were at that time in Blacksburg, Virginia and having Virginia Tech right there with an excellent department of Human Nutrition, Foods and Exercise was very convenient. Originally I enrolled as a master student but my advisor Dr. Kathy Hosig very quickly convinced me that the field of nutrition and particularly of communi-

ty nutrition is so broad and exciting that I needed to be a doctoral student to fully appreciate it. Under her eye I developed programs to collaborate with nurses and parents of elementary school children, home schooled children, college students, college students and their families. I work with federal agencies and programs, in big federal research grants and in small private grants. While I worked on my research projects it became obvious that my education and ability to fully develop my potential will not be complete without becoming registered dietitian. The dietetic internship was a very intense time gaining hands on experience and meeting people who benefit from nutritional research every day. Another turn of life brought us all to Gainesville and I am very happy to be able to continue my work and passion here, teaching future dietetic professionals and developing new programs with cooperative Extension at UF. I am also discovering a new passion for river and sea kayaking.

Meet Your Specialist



Jennifer Walsh

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tion Sciences

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I came to the University of Florida from the University of Maine where I was a research assistant working on my doctorate. I applied community-based participatory research principles to create an appropriate and sustainable healthy weight management intervention for a diverse group of disadvantaged young adults. The low-literacy intervention was designed to promote behavior change for eating healthfully, increasing physical activity, and managing stress effectively. I received my degree in Food and Nutrition Sciences

in 2012.

My specialties are community nutrition education and eating behavior, with a particular focus on young adults and low income audiences. I am particularly interested in behavior change theories and applications within nutrition education for obesity prevention and healthy weight management. I enjoy my role as the Nutrition Education Coordinator of the Expanded Food and Nutrition Education Program (EFNEP) and the Family Nutrition Program (FNP). I believe the highlight of my position is traveling to connect with county Extension faculty and program assistants and meet program participants. I am proud of the nutrition education experiences our educators create that result in individuals and families adopting healthful lifestyles and often improving quality of life. This past year, each program assistant completed a 6-month training program and they are now all ServSafe® certified in food handling. As our team works to expand program impact, I am interested in evaluation methodology, integration of technology to reinforce educational approaches, and promoting healthful environments at the community, county, and state level.

My husband Brad and I have enjoyed the warm weather in Florida since we moved here 2 years ago. I like to explore the Florida coasts, hike with my dog, kayak, be active, or spend time at home cooking and reading.

Concurring Childhood Obesity: Healthy Kids Research Program

Statistics confirm that childhood obesity rates are higher in rural communities than those of urban areas. Duval County is often considered a suburban and urban community; however a significant part is rural. Higher rates of poverty, more residents without health insurance, and fewer health professionals to treat residents are just a few of the reasons why rural communities have higher obesity rates.

Duval County Extension, along with Family and

Consumer Sciences Agent Melanie Thomas, partnered with the UF College of Public Health and Health Professions to offer a research study titled Healthy Kids – also known as The Community-based Healthy-lifestyle Intervention for Rural Preschoolers (CHIRP). The program is designed to help young children (3 to 7 years of age) at the higher end of the growth chart and their parents improve diet, physical activity, and the home environment to promote healthy lifestyles. The project is funded by grant from the National Institute of Diabetes & Digestive & Kidney Diseases. Families in the Healthy Kids program attend 12 group sessions/classes during a 16 week period. Participants engage in fun physical activities, sample healthy snacks, and discuss topics about healthy lifestyles. Families are asked to monitor what they eat and drink and are also provided with pedometers in order to keep track of daily steps as well as other physical activities. Each session ends with families setting SMART food and physical activity goals for the upcoming week.



This program is a 2-year study and it is actively being conducted in multiple Northeast Florida counties. Specific data and impacts will not be finalized until all counties have completed implementation. With that being said,

seven families from Duval County are participating in the study and all have verbally stated they are thankful to be part of a program that truly understands the struggles families encounter when trying to make healthy changes that will develop into healthy lifetime habits.

Melanie Thomas, FCS EA II, Duval Cty

2014 Florida Forage Worker's Tour in Marianna

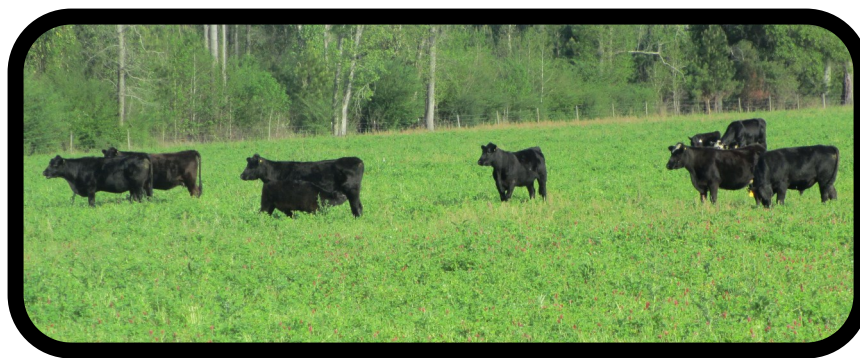
The Panhandle Agriculture Extension Team and the North Florida Research and Education Center



Forage Worker's Tour participants enjoyed a taste of gourmet ice cream produced from milk from Cindale Dairy Farm

(NFREC) teamed up to host the 2014 Florida Forage Worker's Tour in Marianna, on April 7th and 8th. Jose Dubeux, NFREC Forage Management Specialist, and Doug Mayo, Jackson County Extension Director, co-chaired the event that brought 50 of Florida's brightest minds in agronomy and animal science together for an opportunity to share, learn and collaborate. This event represented all phases of the Land Grant mission, with participants from teaching, research, extension, and students.

The second day offered a tour of a ranch, a dairy, and some of the cutting edge research currently underway at the NFREC Beef Unit. The tour was held in April to showcase cool-season forage utilization and research in the Marianna area. The group was able to see how rancher Mack Glass is utilizing crimson and ball clover to improve both his cattle performance and the subsequent production of his perennial pastures grasses. Cindale Dairy Farm shared how utilizing dairy effluent and rotational grazing of cool-season annual forages have improved the milk production of their herd. The dairy also shared some of their award winning gourmet ice cream, made from milk produced at the dairy, currently being marketed under the label of "Southern Craft Creamery." The final tour stop was at the REC. The group got a close-up look at the small grain, ryegrass, and legume variety



Cattle graze clover at Cherokee Ranch, Marianna

evaluation trials being conducted at the station. The NFREC faculty also showcased their research on cattle performance when grazing several different cool-season forage

blends and an evaluation of methane production from cattle under various production systems.

The first day of the event featured research and extension presentations related to forage and livestock production. Highlights of this session included introductions of new faculty, and veteran faculty and county agents sharing highlights of their work in Florida to improve livestock and forage production.



Close-up photo of crimson and ball clover in a pasture at Cherokee Ranch

Perhaps the most excitement was generated when participants saw the research plots with 2,4-D resistant red clovers that have been developed using six generations of natural selection. 2,4-D is a low-cost herbicide commonly used to control spring weeds in pastures. Currently, cattlemen must choose spring weed control or clover production, but not both. If these varieties can be successfully developed, it might greatly enhance the utilization of clovers in Florida pastures.

Doug Mayo, Livestock/Forage CED III, Jackson Cty

The Latte Factor

Ditching the morning latte might not cure everyone's money problems but for one Lee County resident it did! Habitat for Humanity utilizes Lee County Extension staff and volunteers to teach money management classes for clients in the home ownership program five times annually. During a recent class one of the Habitat employees spoke up and told the group that she had been following the recommended guidelines taught in class and saved \$200 each month. She explained that she tracked her expenses with the UF/IFAS Money Management calendar and saw how much she was spending on unnecessary items. She then changed her daily habit of driving through Dunkin Donuts for a coffee drink, which freed up money to use on debt. As a result she pays more each month on her student loan and car payment that will not only reduce the length of the loan but also the long-term cost of each loan from interest. As a Habitat employee she is an excellent example for the clients and she can pass on her knowledge to help them assess their spending habits as they save for a home down payment. In a recent Habitat class 90% (n=9) of the students agreed or strongly agreed they would stick to planned spending, develop a written spending plan, and reduce spending leaks. Of all the 2013 participants in money management classes, 92% (n=620) agreed or strongly agreed they would stick to a spending plan, 90% (n=605) agreed or strongly agreed they would develop a written spending plan, and 94% (n=632) agreed or strongly agreed they would reduce spending leaks.

Celia Hill, FCS EA IV, Lee Cty

Broward County Florida Master Naturalist Graduates Actively Contribute to Stewardship of Parks, natural Areas and Nature Centers

UF/IFAS Broward County Master Naturalists com-

prise a group of more than 240 individuals who have taken at least one of the three Core Modules or one of the four Specialized Modules available. The Broward County Master Naturalist Course is possible through its partnership with individual Broward County parks, lead agency Tanawhá Presents, the Sawgrass Nature Center, the Bonnet House, and Hugh Taylor Birch/John U. Lloyd state parks. While Master Naturalists are not required to volunteer, many give of their time to create hands-on, interactive interpretive exhibits, web-based teaching tools, teaching aids for guided tours, field identification tools, or more generic teaching tools for interpreting the flora, fauna and habitats around us. In all these venues, Master Naturalists have left interpretive exhibits, traveling exhibits, interactive flash cards, and interactive computerized games, and have completed vegetation and faunal inventories using quantitative plot and transect data. As a direct result of this work, we were instrumental in protecting the new hatchlings of the gopher tortoise this year, showed the correlation between active burrows and prickly pear cactus proximity, discovered Nutria in several places, removed thousands of invasive species, assisted in the planting of native species for ecological restoration projects, and assisted in the documentation of butterfly and bird migratory activities.

The 9,108 volunteer hours donated by Broward Master Naturalists are valued at \$177,777 using the \$18.86 per hour recognized by the independent volunteer center. Many Master Naturalists have worked with administrators and naturalists in charge of natural areas and parks to create new and exciting teaching tools and the equivalent service of 4.5 full-time employees. Those who have unselfishly donated to these projects have often paid all expenses with the creation of the exhibit, tour or demonstration activity. Because of these tools, Robin Recassina of the Sawgrass Nature Center was able to visit more than a dozen schools with her traveling "Robin's Nest" exhibit, which teaches young children the value of birds, where they live, and what they eat.

Master Naturalists have also played roles in actual

ecological restoration projects, including some at the Sawgrass Nature Center, Fern Forest Nature Center, John U. Lloyd Park, Lakeside Pine Reserve in Oak Park, Crystal Lake Sand Pine Scrub Natural Area, Highlands Scrub Natural Area, Sandy Ride Sanctuary in Coral Springs, and Miramar Pineland. Outside of Broward County, our Master Naturalists give guided tours at the Wakodahatchee Wetlands in Delray Beach and Marine Mammal Rescue Courses through the Marine Mammal Conservancy in Key Largo. There are also several events where our Master Naturalists participate, hosted by course partners Sawgrass Nature Center, the Youth Environmental Alliance, The Fish Florida Foundation, International Game Fish Association, Pompano Proud and the Florida Forestry Service. Now ending its 3rd year, this program has produced a total of 150 projects that would have taken more than six full-time, degreed naturalists to create.

In coming years, the Master Naturalists will be focusing on enhancing educational experiences at ecotourism destinations, creating of mobile educational tours and lectures, and accompanying research-based instructional materials. We are confident that these talented Master Naturalists are empowering more people to be able to observe and interpret natural resources through these innovative, timely work products. UF/IFAS Extension-Broward Co. is proud of this partnership, and we will be working to produce a Junior Master Naturalist Program in the coming year.

Dr. John Pipoly, MG/FFL Prog. EA II, Broward Cty

“You want me to...”

Sometimes a program’s success isn’t measured by the smiles on the participant’s faces or other forms of positive feedback. Sometimes you have to look at the whole process that it takes to accomplish a goal. A few months ago a new protocol for 4-H volunteer screening was required. This requirement needed to be planned and executed by April 1st.

As in most organizations, change is not embraced by everyone. The volunteers were unhappy, to say the least. “You want me to go through a class on the internet, have a paper notarized, and drive all the way across the county, during regular working hours to get fingerprinted. Plus you want personal information and you want us to pay for this with a personal credit card on a website.”

I planned two workshops for the volunteers, prepared a slide show, and wrote an instructional handout that explained the process and the steps to go through to complete each one of them. Only one-third of the volunteers attended. The volunteers that attended the workshops were able to complete all the steps of the background screening process with very little trouble. Those that did not attend had a different story.

After nearly 100 phone calls and emails and several face to face visits with our volunteers, 95% of Nassau County’s 4-H leaders and overnight chaperones are now approved by UF or are just waiting for the final clearance letter to arrive, meeting the April 1st goal. The last two volunteers quickly came around when they received notice that they are not eligible to serve in the capacity of a 4-H leader until they do so. The last volunteers are scheduled to be fingerprinted with a few days.

Even though most people involved in the process are not overly happy, in the end everyone is accepting and the task is nearly complete. Soon 100% of Nassau County’s 4-H Volunteers will be in compliance with the expectations of the Univ. of Florida.

Margaret Johnson, 4-H YD EA II, Nassau Cty

Lee County Extension GI-BMP Program Contributes to Cleaner Water

Since 2006, Lee County Extension has certified 2,702 persons in the GI-BMP program. This education has fulfilled the mandate of both county and city governments, attesting to the efficiency of the

team of individuals and collaborators who oversee and guide the delivery of the program. Since the commencement of the program, Lee County (Florida's eighth most populous county) has certified 2,702 individuals compared with the combined sum of 4,431 certified by the five most populous counties in the state - Broward, Hillsborough, Miami-Dade, Orange and Palm Beach. A survey of 534 program participants revealed that 31% of respondents were certified in the past 1 to 2 years and 23% were certified in the last 2 to 3 years. Respondents reported a 17% increase in positive management practices. As a result of certification, landscapers positively changed at least 16 management practices that contribute to cleaner water, reflecting an 8.6% achievement above the state average changes. An important impact and underlying success of the delivery of pesticide certification and recertification classes by the Lee County Extension Program is an estimated contribution of \$970,000 in differential wages to individuals, families, and the county's economy.

Stephen H. Brown, Hort Production EA IV, Lee Cty

Broward Extension 4-H Youth Development Program wins State Spirit Award

This year Broward 4-H hosted the 2013 National Youth Science Day. This year's experiment "Maps and Apps" encourage youth to be geospatial thinkers as they designed a new park using geographic information systems. Six clubs that are part of the 4-H program registered their Science Event on the National 4-H webpage. These groups included one school 4-H club (Driftwood Dig Its), three community 4-H clubs (Stepping Stones, Rock Cafe, and the Tropical Troopers 4-H Club (registered as 4-H club)) and two community-based events (County Council Meeting Science Day training and Broward National Youth Science Day at Tree Tops). Our largest gathering was the

Broward National Youth Science Day at Tree Tops Park with a total of 140 youth and 40 volunteers. Youth were greeted at the park to maracas, cheers, and a STEM dance created by some of the District Council officers from Miami-Dade and Broward Counties.

Students were divided into groups of eight and each group was led by a trained facilitator from Broward and Miami-Dade clubs, Broward College Education Program Interns, Broward Extension Education Staff, NOVA Southeastern University School of Optometry students, and staff from the Broward County Environmental Protection Office. As each group worked on their project, volunteer photographers took pictures on their phones and tablets and uploaded them to our social media pages, Instagram and Facebook. Several hashtags were used to market the event. These included #4heverywhere #broward4H #NYSD #browardnationalyouthscienceday and #florida4H.

In total there were 236 youth that participated in the National Youth Science Day through their clubs and through the event at the Tree Tops Park. The Broward 4-H Program won \$3000 towards Science Programs.

Rina LaRosa, 4-H YD EA I, Broward Cty

4-H Congressional Breakfast

On April 9, 4-H youth and professionals from Florida joined leaders from Cooperative Extension, the United States Department of Agriculture and National 4-H Council at the first-ever **4-H Congressional Breakfast** on Capitol Hill. The event, attended by 250, provided an opportunity for 4-H - the youth development program of the nation's Cooperative Extension System -- to share stories of 4-H youth impact with members of Congress and to thank them for their continued support of 4-H programming and learning.

The breakfast quickly filled with Senators and

Representatives including Senator Bill Nelson who sat with 4-H state leaders and young people who were in Washington, DC attending the 87th annual National 4-H Conference. Senator Nelson is an advocate for positive youth development and supports 4-H programs throughout Florida and the country.

ECOP Chairman Jimmy Henning (University of Kentucky) and Mark Latimore (Fort Valley State University) recognized the 100th anniversary of Extension and the Smith Lever Act. Joining them at the event were several Extension directors and administrators. Government and congressional leaders, including 15 members of Congress, Dr. Sonny Ramaswamy, Director of the National Institute of Food and Agriculture at USDA, and Robert Listenbee, the Administrator of the Office of Juvenile Justice and Delinquency Prevention at the Department of Justice.

The breakfast was hosted by Senator Saxby Chambliss (R-GA), Representative Tom Latham (R-IA), Senator Debbie Stabenow (D-MI) and Representative Chris Van Hollen (D-MD). The purpose of the event was to spotlight the importance of positive youth development programs in addressing urgent challenges facing America's youth.

Kate Caskin, Senior Director, Executive Communications, National 4-H Council



Kim Holmes, Senator Nelson and Don Mohanlal



Gaby Valentin, Senator Nelson and Andrew Horvath



Dr. Nick Place, Senator Nelson and Kaitlyn Pace

Clay County Buzzing About Beekeeping

Honeybees are the support of a much larger system. The 2.62 million managed honey bee colonies in the U.S. are critical to the agricultural system that provides 80% of the pollination for vegetable, fruit, seed and flower crops, one-third of which hits American plates.

Bee populations have been declining at an alarming rate for years. Recently, the phenomenon of bee die-offs is attributed to Colony Collapse Disorder, which reduces the population of adult bees in beehives. Researchers believe that multiple stressors, reduced nutrition, pesticides, transportation, climate, and pests are the ultimate reason

for Colony Collapse Disorder.

Because of this reality, many are buzzing to impart their support of honeybees. Florida has doubled the number of hives and has tripled its number of beekeepers since 2006. This expansion is due to an ever-growing group of residents supporting and engaging in keeping bees. Northeast Florida has some of the largest beekeeping associations, including Clay County, the first association in Northeast Florida.

Clay County Extension offers Beginning Beekeeping Short Courses each year in March and September. One of the goals of the course is to teach participants how to become better beekeepers. So far this year, 41 participants have attended the course taught by the county agriculture extension agent, local honeybee producers, and the district Florida Department of Agriculture and Consumer Services Apiary Inspector. Post program evaluation indicates that 100% of participants gained significant beekeeping knowledge, 88% plan on starting to keep bees, and 100% indicated a desire for additional advanced beekeeping education.

David Nistler, Ag/Sm Farms/Nat Res EA II, Clay Cty

Florida Panther Technical Meeting Gathers Diverse Options for Panther Protection and Expansion

The Florida panther is an iconic and endangered mammal threatened by habitat loss, fragmentation and degradation. These graceful predators have large home ranges and need significant areas of land to survive. Many groups are working to protect the Florida panther, sometimes together but often apart. On Friday, March 21st, Univ. of Florida's Levin College of Law Conservation Clinic and GreenLaw (co-hosts) along with Center for Biological Diversity and Florida Sierra Club (sponsors) convened a Florida Panther Symposium

and Technical Meeting in Gainesville. The event was facilitated by the Lee County Florida Sea Grant Extension Agent. The morning symposium had 90 participants and included eight presentations from noted panther experts and a keynote address by Joe Guthrie on the Florida Wildlife Corridor Expedition. The afternoon technical meeting had 22 participants representing government agencies, not-for-profit organizations, and interest groups. The objective of the meeting was to convene key stakeholders to identify opportunities, obstacles, goals and actions for protecting and expanding the Florida panther's range. Participants brainstormed opportunities and obstacles, and then placed their items into categories. Categories included 1) land use, 2) land acquisition and funding, 3) social acceptance, and 4) reintroduction. Participants discussed their preferred category of opportunities and obstacles for expanding Florida panthers. Three goals and action items within each category were identified, and participants addressed how information generated in their work would be used. The success of the forum is encapsulated in the creation of a forum where ideas and areas of divergence will be worked out. Final meeting report and further information can be found at <http://panthersymposium.org/>.

Joy Hazell, Sea Grant EA III, Lee Cty

Extension's Green Industry Training Protects Local Water Resources

In June 2009, the State of Florida enacted legislation requiring landscape maintenance workers who apply fertilizer for hire be certified to do so. This action was taken to reduce the amount of nitrogen and phosphorus that impair Florida waters from nearby fertilized landscapes. Working in conjunction with Florida Department of Environmental Protection, University of Florida IFAS developed six best management practices (BMP) in-

structional modules for use in training green industry workers in both English and Spanish. The modules teach research-based recommendations for handling fertilizers and pesticides to protect the environment. They also presented the latest information for designing and managing irrigation systems to prevent wasteful water use practices. In Broward County, these programs were delivered through UF/IFAS Extension and its cooperators.

Since the program's inception in July of 2009, IFAS Extension has conducted 30 GI-BMP educational programs that have drawn 1219 attendees and resulted in 1203 certifications. From surveys conducted, we learned that 99% of our attendees plan to use recommended rates and application procedures when they apply fertilizer in the future. That result represents a 79% improvement compared with the meager 21% who told us they were already using recommended rates and application methods before they took the class. Further, 99% of attendees reported that they intend to inform their clientele about their commitment to follow labeled rates and recommended application procedures. Prior to taking the class, only 17% indicated that they were already doing that.

A 3 to 6-month post-class follow-up survey returned by nearly 23% of program participants from the first three classes (23 individuals) revealed some degree of adoption of all twelve BMPs. Most notable was a 52% increase in the number of individuals using a deflector shield and/or cleaning up fertilizer spills on impervious surfaces. The number of individuals calibrating their fertilizer applicators and incorporating fertilizers into the soil shortly after application increased by 44%. The number using turf fertilizers with 50% or more slow release nitrogen increased by 39%. The use of slow-release fertilizer as opposed to the faster acting but more leachable quick release fertilizers reduces the amount of fertilizer that can readily be lost to the environment as a pollutant.

Results of statewide surveys conducted during the fall of 2013 revealed similar improvements in the percentage of survey respondents reporting that they were **always** using the following best practices:

- Use weather forecasts to plan a fertilization schedule: 39% before the class, 72 % after;
- Use soil test results to determine fertilization needs: 22% before the class, 40% after;
- Establish fertilizer-free buffer zones around water bodies: 50% before the class, 77% after;
- Use a fertilizer broadcast spreader deflector shield: 46% before the class, 67% after;
- Read the fertilizer label to determine slow- and quick-release nitrogen sources: 69% before the class, 83% after;
- Inspect plants for insect and disease pressures before applying nutrients: 47% before the class, 82% after;
- Calibrate their fertilizer application equipment: 49% before the class, 71% after.

The GI-BMP certification program is an example of how UF-IFAS Extension in Broward Co. is working for win-win solutions. Through its educational programs, the county's large and diverse green industry receives training and certifications enabling it to provide quality landscape services at competitive prices while protecting our environment.

***Dr. Michael Orfanedes, Com. Hort. EA IV,
Broward Cty***

New Healthy Meeting Toolkit

It's spring cleaning time: time to open the windows again and spruce everything up a bit. In addition to cleaning up our homes and workspaces, let's clean up our meetings too.

It can be difficult to eat well in our current food culture. One way to make healthy eating more possible is to change the food environment to

make it more supportive. A great place to start is at work, where most of us spend a lot of time (and do a lot of eating). If work is not a supportive environment, it will make it that much harder to eat healthfully.

This year, to support your own health and that of your coworkers/employees/members, pledge to have healthy meetings, conferences, and events.

Studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees. Nearly half of our waking hours are spent at work, and many of those hours are spent in meetings and conferences. By adopting healthy meeting guidelines, your organization can help to create a supportive environment that helps employees and members eat well and be physically active. Adopting healthy meeting guidelines sends the message that an organization or company cares about its employees and members.

The [National Alliance for Nutrition and Activity](#) (NANA) has developed the Healthy Meeting Toolkit to help institutions make this goal a reality. The toolkit contains helpful tips on how to serve healthier foods, work with hotels to contract for a healthy conference, talk to a caterer or chef about serving healthier options, integrate physical activity into meetings, and more.



All organizations, institutions, government agencies, or businesses that pledge to have healthy meetings can be recognized on our healthy meeting webpage at www.healthymeeting.org. You also may be able to use the healthy meeting logo on your website or in your meeting/conference agenda if you meet the NANA guidelines for nutrition and physical activity.

If you already have a healthy meeting policy, please take the healthy meeting pledge now to show your organization's support for providing a healthy work environment. You can take the healthy meeting pledge by emailing kbishop@cspinet.org.

If you haven't yet adopted healthy meeting practices, we hope you will find the Healthy Meeting Toolkit a helpful resource to help you begin offering healthier food and beverage options, physical activity, a tobacco-free environment, and sustainability practices during your institution's meetings and conferences. And if you need more information or help, please don't hesitate to contact us.

For more information please [visit this page](#).

Katie Bishop, Nutrition Policy Associate, Center for Science in the Public Interest, Washington, D.C., 202-777-8351

“Forced To Put Its Nets Away, One Fla. Town Clams Up - Literally”

“Since Florida banned gill nets 20 years ago, University of Florida researchers have helped Cedar Key replace commercial fishing with aquaculture. The area's no among the most productive clam farming ...”

To read more of this article, please follow this link to the full piece on [NPR](#) with our very own **Leslie Sturmer** (Aquaculture EA IV of Levy Cty).

Easy as PIE

Date: May 21st

Time: 2-3pm

Topic: Fact or Fiction? Public Perceptions and Realities of Immigration



Alex Lamm, Associate Director PIE Center, Assistant Professor AEC, University of Florida
Craig Regelbrugge, Senior Vice President, Industry Advocacy and Research AmericanHort

PIE Center Associate Director Alexa Lamm and AmericanHort's Craig Regelbrugge will take a closer look at a few of the topics and findings in the PIE Center's public opinion survey and fill some apparent knowledge gaps.

Registration is required for each session. Visit our website to register and to learn more about the Easy as PIE Webinar Series: <http://www.centerpie.com/easy-as-pie/>.

Contact Nicole Dodds for more information: ndodds@ufl.edu or 352-273-3139.

The new PIE Center tool aims to help producers sell more local food

The PIE Center's [newest training toolkit](#) will help farmers get their fair share of Florida's annual \$8.3 billion in local food sales. The toolkit, called "[Selling local food: Your market next door,](#)" summarizes the results of the PIE Center's research focused on local food in Florida and packages the results and recommendations in an easy-to-understand format that producers can apply to their own business.

The tool explores consumer perceptions and purchasing behavior of local foods. This fun and interactive online environment is aimed at helping small- to medium- scale producers market and sell more local food. Check out our [short demo](#) to learn more about the tool. Extension faculty are welcome to use this tool in their programming with local producers.

The PIE Center carried out the research in partnership with the Florida Specialty Crop Foundation and the UF/IFAS Food and Resource Economics Department and was funded by a specialty crop block grant from the U.S. Department of Agriculture and Florida Department of Agriculture and Consumer Sciences.

New Hires

We would like to welcome the following new faculty:

Kathy Marin, FCS EA I, Duval Cty
Dr. Bonnie Wells, Ag Program EA II, St. Johns Cty

Resignations

We would like to wish the following faculty the best of luck in their future endeavors:

Xiomara Diaz, 4-H EA I, Marion Cty

Extension Comings and Goings is a monthly newsletter distributed by the Office of the Dean for Extension via e-mail and on the Extension web site at <http://extadmin.ifas.ufl.edu>.

If you have any suggestions or would like to submit your own recognition or short article of interest, please send them to Valkyrie Shah. Please feel free to also forward any questions or comments about this periodical to Valkyrie Shah at valkyrieshah@ufl.edu.