

# Quarterly Report

Second Quarter FY21



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer  
and Environmental Sciences**  
Cooperative Extension Service  
Otero County Extension Office



## 4-H Activities At Home

Otero County 4-H hosted two hands-on virtual learning opportunities for youth at home. During the first activity, *Halloween Smoothies*, youth learned how to prepare easy after school recipes with their families. Following the recipe demonstration, youth participated in a game of *Horticulture Jeopardy*. The recipes and identification game introduced youth to a variety of fruits and vegetables for including in healthy snacks. How youth eat today will have a great impact on their health throughout adolescence and adulthood. It is important for youth to learn and develop healthy eating habits so they may reap the benefits of healthy habits throughout a lifetime.



During the second 4-H at home activity hosted in December by the 4-H agent, youth created mini snow creatures, *Foaming Frosty Snowmen*, using household supplies of baking soda and dish soap and watched them fizz away into a bubbly goo with vinegar. Youth discussed and observed how chemical reactions can occur when combining acids and bases through participation in this STEM experiment.



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The FCS agent and team members of *Eat Well Otero* conducted a survey to evaluate the effectiveness of their healthy eating initiative. The survey was completed by *Eat Well Otero* restaurant partner owners and managers during the fall of 2020.

*Eat Well Otero* improves access to foods of high nutritional value available to Otero County residents when they dine out, increases fruit and vegetable intake by restaurant consumers, and helps Otero County restaurants revise menu items and offer small-portion options. For three years, nine locally-owned restaurant partners have been supported in offering healthier food choices, cutting overall costs, and reducing food waste through the *Eat Well Otero* initiative.



**Our online survey found that 75% of restaurant owners/managers are extremely satisfied with *Eat Well Otero*.**



● Extremely Satisfied    ● Moderately Satisfied

*Eat Well Otero* has been beneficial to restaurants in the following ways:

"In an effort to provide healthier options, guests usually have more of an impulse to buy a menu item labeled *Eat Well Otero*."

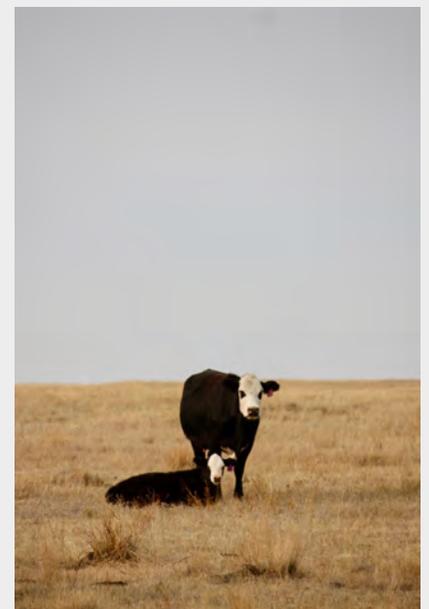
"*Eat Well Otero* inspired and supported our chef to create and serve healthy options for our customers."

## Supporting Beef/Livestock Production

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The county agriculture agent participated in the virtual 2020 *Joint Stockman's Convention* where producers from around the state participated in virtual workshops, committee assignments and the general session. The agent, Sid Gordon, serves on the Board of Directors for the *New Mexico Cattle Growers Association* and participated in board of director meetings, *Range Improvement Task Force* meeting and other committee breakout sessions.

The agent also participated in a series of animal science webinars via Zoom meeting that covered topics such as range and drought to cattle selection for the arid south west. During the free webinars offered in November and December, researchers and project directors presented information on research projects related to livestock production being conducted by *NMSU's College of Agricultural, Consumer and Environmental Sciences*.





4-H and Ag agents hosted a horsemanship workshop in October utilizing the Fairgrounds and COVID-safe practices to work with youth on skill and knowledge-building exercises. Youth with horses brought their mounts and learned about tack maintenance, horse care, safe horse handling and horsemanship and riding exercises. Youth who attended without mounts received instruction in judging horses based on conformation, parts of the horse, general hippology (study of the horse) and tack.

An online series of free cooking classes designed to teach adults with diabetes how to cook healthy meals was offered in November and December. *Kitchen Creations* consists of four weekly classes, during which participants learn food safety, how to plan meals, how to read food labels and how to manage carbohydrates. In Otero County, 10.7% of adults have diabetes (New Mexico's Indicator-Based Information System, 2017). Research has shown that lifestyle changes, including healthier eating, can help manage diabetes and reduce the risk of complications (Cassandra Vanderpool, registered dietitian nutritionist at NMSU).

The FCS agent partnered with neighboring county Extension agents and a registered dietitian nutritionist to offer the cooking classes virtually. She also lead the food safety lesson of the classes and provided a live virtual cooking demonstration of preparing a winter squash recipe. An additional *Kitchen Creations* series is tentatively scheduled for March.



## Kitchen Creations



4-H community clubs hosted monthly meetings in October, November and December through Zoom.

These meetings consist of a business meeting conducted by the club's 4-H officers, a fun activity and updates from the county agents.

In October, FCS/4-H and Ag/4-H agents hosted a leader meeting to work on planning activities and strategize with volunteer leaders around the county regarding activities and plans for 4-H members. In

November, 4-H agents attended a statewide in-service utilized to network and plan with agents and supervisors from across the state. In December, club business meetings included holiday games and challenges for 4-H youth including Zoom games and cookie decorating activities.

Otero County 4-H also hosted a county-wide community service challenge. Youth completed community service projects as individuals or families. Members of the Tularosa 4-H Club assisted in the lighting of Tularosa luminarias in December, Mescalero 4-H members made care baskets for first responders and the Crabtree family from Heritage 4-H Club made blankets that were donated to a local nursing home.



## Connect With Us



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NMSU Otero County 4-H  
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Otero County Cooperative  
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