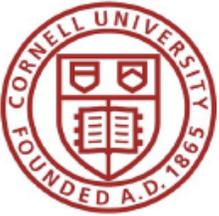


Extension in Action

Volume 1 Issue 2

October 2019



Farm to School in Cattaraugus County

In our busy lives, the food we eat every day can be easy to overlook. Occasionally we may have a stand out restaurant experience, memorable holiday dinner, or enjoyable summer cookout, but sometimes we take our meals for granted during our daily routines. Standing in contrast to this is the fact that producing, transporting and consuming food could be considered our civilization’s most influential activity. Food choices create both opportunities and consequences for our physical health, local and global economies, landscapes, wildlife, personal happiness, cultural experiences, and more. Making the connections visible between these elements and what we eat is critical for ensuring we are building a strong local food system that works for all of us.

With some of these factors in mind, Franklinville and Hinsdale school districts have partnered with CCE Cattaraugus County to establish a Farm to School program in their districts, hoping to create a successful program that can be used as a model for the rest of the county. Farm to School is a blanket term for many different projects that have appeared in recent years across the country, as more and more schools, governments, and educational institutions recognize the importance of healthy local foods and agriculture education. Farm to School programs take many forms based on the needs and dreams of the particular school district, including local foods in the cafeteria, classroom education, and community and student engagement in growing, cooking and eating food. School districts might hold special food events, create new menus with fresh ingredients, or establish school gardens. Cont. page 11

INSIDE THIS ISSUE:

Farm to School	1 & 11
CVP	2
SWNYDL	3
4-H	4 & 5
Events Calendar	6 & 7
Board of Directors	8
Annual Meeting Notice	8
EFNEP	9
Eat Smart NY	10
Farm to School	11
Ex.. Director Message	12



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Please contact the Cornell Cooperative Extension of Cattaraugus County office if you have any special needs.



Cornell Vegetable Program

The Cornell Vegetable Program maintains an active presence in all of our member counties. In addition to our regular suite of farm visits, phone and email consultations, and conducting grower-driven research projects, here are some of the programming we ran this season in the Southern Tier.

Monthly Meeting Series

It's the second Tuesday & Wednesday evening of the month. Where are most of the new produce growers in Allegany, Cattaraugus, Chautauqua, and Wyoming counties?

They've made a long trek to a peer's farm to spend their evening with Cornell Vegetable Program staff. These growers have gathered for an installment of a summer long, hands-on crop management course. With dozens of crops each needing different management plans, literal hordes of insect pests, carpets of weeds, and plant diseases blowing on the wind, produce growing is tough!

Though growing fresh market vegetables may seem a daunting undertaking, the Genesee Valley & Chautauqua Produce Auctions continue to attract new growers from across the Southern Tier. Many of these individuals are first time produce farmers and belong to plain communities. Several English growers also take advantage of the collective marketing opportunity offered by the produce auctions to reach more and larger buyers while simultaneously decreasing their marketing labor input.

The CVP supports the successful development of local farming and marketing enterprises and strengthens the Southern Tier grower community through our monthly field walk educational program. Attendees are a diverse mix of long-time and beginning farmers, organic and conventional producers, English and plain community members, and auction and non-auction marketers. This blend of growers promotes the development of a peer network and facilitates the transfer of production techniques and growing system approaches. These peer networks are essential to creating a vibrant and resilient agricultural community across the Southern Tier.

CVP staff teach growers essential integrated pest management knowledge and scouting skills at each field walk. Grow questions and interests drive the field discussion and training component. More importantly, farmers get a chance to share tips & tricks and compare notes in a supportive, educational environment. Cornell Vegetable Program staff complement these discussions with information on control options, pest alerts, preventative horticultural techniques, and the latest research findings.

Plant Disease Outbreak Mitigation

Cornell Vegetable Program staff took the lead on identifying, tracking, and helping growers manage the spread of two serious plant diseases this summer. The first, Late Blight, blows in on storm fronts. Late Blight decimates tomato, potato crops and can cause major economic harm to growers. The Southern Tier has unique geographical features that contribute to the regions high-risk of late blight development and spread. Field visits, radio and print media blasts, newsletter notifications, and farm visits were used to alert growers and disseminate management information. Growers outside of the initial infection zone were able to raise successful potato and tomato crops thanks to the Cornell Vegetable Program's efforts.

<https://cvp.cce.cornell.edu>



Photo: The Genesee Valley Produce Auction, an important market for regional vegetable growers.

The SWNY Dairy, Livestock and Field Crops Program

On July 1st, 2019, a collaboration between Cornell University and the Cornell Cooperative Extension Associations of the five county region including Allegany, Cattaraugus, Chautauqua, Erie, and Steuben Counties formed the Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC). SWNYDLFC offers educational programming and research based information to agricultural producers, growers, and agribusinesses. Our regional specialists work with Cornell Faculty and Extension Educators statewide to address the issues that impact the dairy, livestock, and field crops industries in New York through workshops and trainings, consultations, and on-farm research.

Our team will consist of four specialists, covering the topic areas of business management, field crops, dairy management, and livestock production. Team Specialists are housed in local Cornell Cooperative Extension Association offices, and are able to travel throughout the region to respond to community needs and offer accessible support. The SWNYDLFC team approach is designed to meet the rapidly changing needs of our region's diverse agricultural community.

Along with on-the-ground outreach and farm calls, we will be providing producers with access to the latest information from Cornell University and SWNYDLFC through our newsletter "Crops, Cows, and Critters". This will be a great source of industry news, research updates, upcoming events, and timely information that could affect your farm business.

Our specialists are also traveling throughout the region to meet with producers, growers, and agribusinesses to introduce the new program and learn more about the challenges and opportunities facing the agricultural industry in the SWNY region. As part of these visits, there will be an informal "needs assessment" to better determine what types of programming, research, and educational support are needed. If you would be willing to host us for a brief visit to introduce yourself and share your thoughts and programming needs, please reach out to us by calling or texting 716-640-0522 or emailing kaw249@cornell.edu (Katelyn) or 716-490-5572 or jap473@cornell.edu (Josh).



swnydlfc.cce.cornell.edu

Stay connected: Follow us on social media (coming soon!), sign up for our newsletter, visit our website.



Katelyn will be working with Dairy and Beef farms on Farm Business Summaries, a financial analysis tool to look at your business and benchmark it against statewide data. She is currently recruiting farms! 716-640-0522.



Find something weird in your fields this harvest season? Text Josh a picture for him to identify it and offer management advice. 716-490-5572.

That's a Wrap! County and State Fairs 2019

By: Carrie Busekist and Abby Luzier

With the Summer coming to an end, it has definitely been an exciting few months for our 4-H members in Cattaraugus County. A total of 279 youth participated at the county level this year and approximately 30 youth participated at the New York State Fair in Syracuse.

Of those kids who participated at county fair, there were 750 projects exhibited in the Youth Building, approximately 620 animal exhibits entered in total, and 210 animals run through the Youth Market Sale.

Something new this year (that the kids planned all on their own) was the 1st Annual Human Pig Show. On the last Sunday of fair, you could find quite a few kids over in the cattle arena conducting their show. It was certainly a site to see and they are already making plans and changes for next year to make it better!

Congratulations to all of our 4-H members this year on a job well done. Below are some highlights from county fair that you may not have seen on our Facebook page.



Fast forward a few weeks and the time has come yet again for The Great New York State Fair. With 182 projects exhibited in the Youth Building, 5 Cattaraugus County 4-H members received Outstanding Exhibit awards: **Porter Lemke** (Reclaimed Wood – Bow & Arrow Holder); **Eli Olejniczak** (Horticultural Collection); **Leah Olejniczak** (Container Garden, Horticultural Collection); **Daniel Stang** (Welded Horseshoe Owl); and **Megan Stang** (Sunflower; Hot Peppers).



A total of 38 Catt. Co. 4-H kids exhibited animals too: **Kaitlyn Bedient** (Dairy); **Kiera Brockhaus** (Horse); **Rebekah Butcher** (Horse); **Erika & Sarah Conhiser** (Goats); **Arianna Cozzarelli** (Horse); **Téa Fuller** (Horse); **Sidney & Zane Gleason** (Horse); **Oliva Knab** (Horse); **Abigail Kujawa** (Horse); **Baeleigh Loucks** (Horse); **Tara Lovern** (Horse); **Amelia Maul** (Rabbit); **Brenna Mentley** (Horse); **Vinny Pascarella** (Dairy); **Kendyl & Peyton Rogers** (Horse); **Eliza Schrantz** (Horse); **Aryanna Sears** (Horse); **Harper Smith** (Horse); **Sierra Smith** (Horse); **Sydney Smith** (Horse); **Megan Stang** (Horse & Sheep); **Alexis, Delanie, & Rylyn Tunstall** (Horse); **Savanna Wilson** (Horse); and **Kate Winsor** (Horse).



Let's not forget about those who competed in the competitions: **Erika & Sarah Conhiser** (Goat Product ID, Goat Knowledge, Goat Judging, & Goat Bowl as well as the Milking Contest); **Amelia & Justin Maul** (Rabbit Decathlon); **Kyra Pence** (Livestock Judging & Livestock Skillathon); **Kyle Senn** (Livestock Judging & Livestock Skillathon); **Harper & Ryder Smith** (Livestock Judging & Livestock Skillathon); and **Megan Stang** (Livestock Judging & Livestock Skillathon).

***Kyra, Kyle, Harper, and Ryder** also represented the Randolph FFA Chapter and were the 1st Place Sr. FFA Team in Livestock Judging, coached by Pat Walker. This October they will be headed to the National FFA Convention in Indianapolis representing NYS. Congratulations and Good Luck!*

Bridget and Calvin Dechow participated in the 1st rotation dairy judging event and **Jason Degenfelder, Aaron Gross, Vinny Pascarella** and **Gaige Osgood** participated in the 2nd rotation dairy judging event.

From the 4-H Office, we would like to wish best of luck to all of 4-H members aging out of the program this year. Your presence will be missed and we hope that you continue doing remarkable things as you strive to achieve all your goals in the future! **Ben Besok, Kendall Booth, Meganne Chapman, Thomas Chapman, Sarah Conhiser, Raeann Dayton, Adam Gassman, Brooklyn Hill, Raeleigh May, Emily Stang, Megan Stang, Logan Tabak, and Tim Ulinger.**

Homemade Holiday Here Again

Spend a day making homemade holiday crafts for your home or for gifts at Homemade Holiday, Saturday November 9th from 9 a.m-1 p.m. at the Cornell Cooperative Extension Office. Cattaraugus County 4-H hosts the community event where participants can complete up to four creative projects.

Class options include an instructor and all materials are provided. Participants can work at their own pace and move to the different craft stations as they finish their projects.

Pre-registration is required and is due by Friday, October 25th. Registration is \$5 for non-4-H members; \$3 for 4-H members, plus the cost of materials for each class selected. Contact the 4-H Office at CCE Cattaraugus County at 716-669-2377 ext.112 to request a complete list of classes, project descriptions and cost. Registration can also be found on our website:

<http://cattaraugus.cce.cornell.edu> under upcoming events.

4-H is a **community** of **young people** across America who are learning **leadership, citizenship** and **life skills.**



18 U.S.C. 707

UPCOMING EVENTS CALENDAR

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key: Red = Association Green = 4-H Blue = Ag Orange = Farm to School/AITC Purple = EFNEP Pink = ESNY	<i>*Please note that most events take place at CCE unless stated otherwise*</i>	1 4-H Program Year Begins *Club Candy Bar Sale Begins* Returning Leader/Volunteer Training at 6:30	2	3	4 Ag in the Classroom Training at CCE from 8-3	5 Shooting Sports at Ellicottville Sportsmen's Club at 2 pm
6 National 4-H Week	7	8	9 Tractor Supply Fall Clover Promotion Begins	10	11	12 BQA Certification Bingham Hall in West Valley from 10-3
13	14 Columbus Day Office Closed	15 FACS Comm. at 9:30 Dog Class at 6:30	16 Horse Committee 7pm	17 Achievement Night at 6:30 *Cuba Cheese Sale Begins*	18	19
20 Tractor Supply Fall Clover Promotion Ends	21	22 So you want to start a farm at CCE at 6 pm Livestock Comm. at 6:30 Dog Class at 6:30	23	24 New Leader/Volunteer Training at 6:30	25	26
27	28 CCE Board Meeting at 6:30pm	29 Dog Class at 6:30	30	31 *Club Candy Bar \$ Due by 5 pm* Halloween		

UPCOMING EVENTS CALENDAR

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key: Red = Association Green = 4-H Blue = Ag Orange = Farm to School/AITC Purple = EFNEP Pink = ESNY	<i>*Please note that most events take place at CCE unless stated otherwise*</i>					1
3	4	5 Dog Class at 6:30	6	7	8	9 Homemade Holiday 9-1
10	11 Veteran's Day Office Closed	12 Dog Class at 6:30	13 Leader/Volunteer Social at 6:30	14	15	16
17	18	19 Livestock Comm. at 6:30 Dog Class at 6:30	20 Horse Committee 7pm	21 Returning Leader/Volunteer Training at 6:30	22 Cuba Cheese \$ due	23
24	25 CCE Board Meeting at 6:30 pm	26	27	28 Thanksgiving Office Closed	29 Thanksgiving Office Closed	30

UPCOMING EVENTS CALENDAR

December

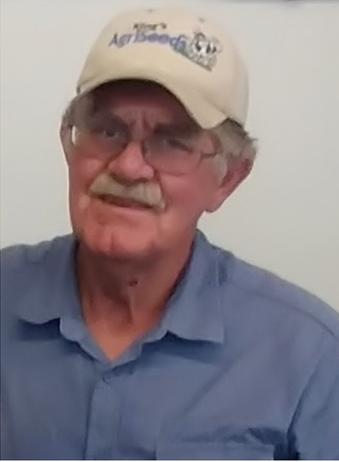
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Dog Class at 6:30	4	5 Club Officer Training at 6:30	6	7
8	9 CCE Annual Meeting at 6 pm	10 Dog Class at 6:30	11	12	13	14
15	16	17 Cheese Order pick-up from 10 - 6	18 Horse Committee 7pm	19	20	21
22	23	24	25 Christmas/New Year's Holiday Office Closed	26	27	28
29	30	31	1		Key: Red = Association Green = 4-H Blue = Ag Orange = Farm to School/AITC Purple = EFNEP Pink = ESNY	<i>*Please note that most events take place at CCE unless stated otherwise*</i>

UPCOMING EVENTS CALENDAR

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Key: Red = Association Green = 4-H Blue = Ag Orange = Farm to School/AITC Purple = EFNEP Pink = ESNY	<i>*Please note that most events take place at CCE unless stated otherwise*</i>	31	1 *Enrollments due (postmarked) for returning 4-H members*	2 Office Re-Opens	3	4
5	6	7 Dog Class at 6:30	8	9	10	11
12	13	14 Dog Class at 6:30	15	16	17	18
19	20 Martin Luther King Day Office Closed	21 Dog Class at 6:30	22	23	24	25
26	27 CCE Board Meeting at 6:30pm	28 Dog Class at 6:30	29	30	31 Beef and Dairy Steer Entries Due	

CCE Board of Directors



If you are looking for knowledge and dedication to all things agriculture, look no further than Don Wild. Don Wild, the current President of CCE of Cattaraugus County, has been involved with CCE, in many different counties for over 50 years.

He had the opportunity to work for USDA's "Soil Conservation Service", which in 1992 became the "Natural Resource Conservation Service" (NRCS) for 40 years. While he had many different position titles, his focus was always on assisting rural landowners in Western New York on their land and family goals.

Following that service, his specialty, after retirement, was grazing, forage management and livestock. At this time, he was appointed to the CCE Board of Directors, which at that time was merged with Allegany County as a two county association. After 6 plus years on that board representing Cattaraugus Counties' interest, the organizations split back into separate associations where he was again appointed by peers to serve on the new board. Currently, CCE of Cattaraugus County is completing its fourth year as a new association. Wild was appointed president of the board this past February after the sudden death of his long-time friend Butch George.

Aside from his service with CCE, he also, upon retirement, took on a seed dealership that allows him to remain in contact with farm families he served years before in both Cattaraugus and neighboring counties. In addition to all this, he continues to grow and produce vegetable crops, small fruits and small livestock for direct sale to regular customers and at the Olean Farm Market. Wild Acres Family Farm is the last chartered farm associated with the REAP group that sells Saturdays in Olean.

Without a doubt, his favorite memory of CCE was when he was stationed in Essex County way back in 1974. He read a bio of a new home economist Essex County CCE had recently hired. His excuse to visit that office was to obtain "information" for the large garden he had planted that year. That home economist was his future wife, Sharon. They were married four years after meeting and have been married for the past 41 years.

His vision for CCE in the future is to continue to move forward serving neighbors with the tools and information they need. The youth programs continue to grow and the new agricultural team is off to a great start. In closing, he noted: ***"As we grow, we need to constantly keep our sponsors and cooperating agencies aware of our activities. I can't thank enough all our volunteers we have in all departments. CCE continues to be what our volunteers make it to be."***

Thank you, Don, for your dedication and many years of service to the CCE organization and to the agricultural community!

Cornell Cooperative Extension of Cattaraugus County Board of Directors and Staff

Invite you to join us for our
4th Annual Meeting & Open House
Speaker to be determined

All county businesses and residents are encouraged to join us for a fun filled event and find out more about your CCE. Please feel free to share this invitation with your neighbors or colleagues. "Local" refreshments will be served and door prizes drawn. County residents will have an opportunity to vote for open Board of Director's seats.

There is no charge for this event. RSVP appreciated (716) 699-2377 ext. 100

December 9, 2019 - 6:00pm to 8:00pm

28 Parkside Drive, Ellicottville, NY 14731

EFNEP

The Expanded Food and Nutrition Education Program (**EFNEP**) at Cornell Cooperative Extension of Cattaraugus County has begun offering a new option in programming. “Mom (or Dad or Grandma, etc.) and Me” cooking camps had a trial run this summer at several library locations around Cattaraugus County. This idea was born out of concern for Cattaraugus County’s low rankings in several health categories compared to the other 61 counties in New York State, and the desire to find ways to address and improve the overall health of people of all ages in our county.

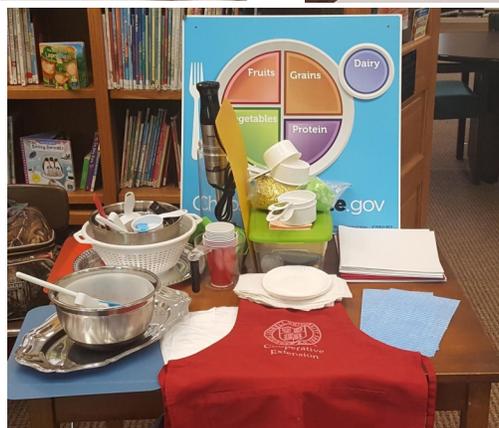
“Mom and Me” operates with the idea that everyone in the household, regardless of age or ability, can do something to help make healthy food decisions for their family. From meal planning to shopping, ingredient preparation to cooking, and also the cleaning, everyone can do something. Even children as young as 2 or 3 can help. However, to be truly successful, all the members of the household need to be on the same page. This is where the EFNEP educators can help.

In weeks 1 through 5 of the 6-week series, we focus on one food group each time. We look at why that group is important to the overall health of our bodies, what are the healthiest, as well as, most economical choices within that group and finally, participants get to prepare and taste recipes in which some of the ingredients come from that week’s food group focus. Recipe reading, measuring techniques, knife skills, following directions and finding suitable substitutions for ingredients that may not be readily available are some more of the skills that are taught and practiced.

In the final week, the steps and skills learned along the way come together in a “Plan, Shop, Cook and Save” session. When each of these components becomes part of the day-to-day routine for the entire household, the results include: healthier habits and lifestyle both now and for the future, knowledge and skills to maintain the healthy habits, less food waste, and monetary savings. Also, as each child works with their adult guardian, they both gain confidence in a more controlled environment and can continue using their newly acquired skills together at home.

Our educators realize we all live busy and often hectic lives, and making the time to plan ahead can be difficult and seem overwhelming. There are definitely quicker, easier options available to us which sometimes are unavoidable, but they are not always the best for our bodies. Together in the group, we address those concerns with ideas and suggestions. Each and every small step towards a healthier family can add up to measureable results.

For more information, contact us.



Eat Smart New York

This summer, Eat Smart New York collaborated with Veggie Wheels to provide food demonstrations and nutritional information to low-income individuals and families in Cattaraugus County. Veggie Wheels is a part of the Cattaraugus County Department of Health initiative that provides free, seasonal fruit and vegetables to low-income residents in Olean, Delevan, and Salamanca. Eat Smart New York nutritionists Melinda Drabant and Gabrielle Lanich set up tables at each of the Veggie Wheels locations to provide information on nutrition and eating healthy, recipes that relate to the seasonal produce provided by Veggie Wheels, and reinforcements, such as water bottles and salad shakers, to take home.

Heidi Reese, educator with the Cattaraugus County Department of Health, and the many Veggie Wheels volunteers lead the Veggie Wheels team to a successful year. According to the data from the Veggie Wheels report, approximately 600 community members participated in Veggie Wheels. Most of the Veggie wheels participants came back each week and any new participants became regulars as well.

When it was time for Veggie Wheels to close down for the fall and winter seasons, the participants commented on how sad they were that they could not have this service again until next year. The participants loved the food demonstrations and the recipes that they took home. One participant was quoted saying “you guys got me addicted to zucchini.” Many of the kids from the Veggie Wheels locations would come to get produce when their parents were not able to. The kids became knowledgeable about the different produce and had opinions of what types of fruits and vegetables that their family liked to eat. They also enjoyed trying the different ESNY food demonstrations. Veggie Wheels hopes to continue to grow throughout Cattaraugus County and ESNY hopes to continue collaborating with them to educate the community on eating healthy.



**VISIT US AT EATSMARTWNY.ORG
FOR MORE RECIPES, TIPS, AND TRICKS.**



@EatSmartWNY



/EatSmartNewYorkWNY

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www.cattaraugus.cce.cornell.edu

Farm to School in Cattaraugus County cont... from page 1

Cattaraugus County has a vibrant natural landscape and a rich agricultural tradition, and it makes sense to highlight these resources in our region's classrooms and cafeterias. New York State agrees with this assessment, and last year began a program making additional reimbursement available to schools whose lunch programs use at least 30% local food products. This not only encourages schools to serve fresher, better ingredients, but boosts the economies in our communities by keeping those food dollars local. In addition, there are many incredible educational opportunities created when the food served in our schools comes from farms and farmers who are part of the local community.

Perhaps you or your family are farmers, and are interested in supplying Cattaraugus County school districts with the food that you grow. Maybe you are a member of a school district as a parent, student, teacher, or staff member, and would like to learn more about creating a Farm to School initiative in your community. If any of this is true for you, please feel free to contact Cornell Cooperative Extension to receive more information and start a conversation with us on growing Farm to School in the county.

Contact: Jesse Meeder – Ag in the Classroom/Farm to School Educator

Jpm453@cornell.edu 716-699-2377 x 106



Office Directory

You can also contact us at: <https://cattaraugus.cce.cornell.edu>

Our fax: 716-699-5701

Name	Dept.	Phone	Ext	Email
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Gayle Patterson	EFNEP Educator	716-699-2377	109	gsp72@cornell.edu
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Josh Putman	SWNY Field Crop Specialist	716-490-5572		jap473@cornell.edu
Katelyn Walley-Stoll	SWNY Business Management	716-640-0522		kaw249@cornell.edu
Melinda Drabant	Lead SNAP Educator	716-699-2377	111	msd263@cornell.edu
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Message from the Executive Director

Another summer has passed and we are now into a season of many new activities. 4-Hers were extremely busy this summer at the Cattaraugus County and the NYS Fairs. Now they are on to the new programming year. Our SNAP-ED Program is seeing changes with a new consortium of Allegany, Cattaraugus and Chautauqua Counties working together to serve the populations of the 3 counties. This new grant is a 5 year program with Allegany County CCE as the lead agency.



The EFNEP program is undergoing staffing changes with Christine Terhune retiring in November. Gayle Patterson has been working on the development of a new online program to assist persons not able to travel to various locations in the county. This program is being jointly developed with staff from the Chautauqua CCE. Our new Farm to School grant program with the Franklinville and Hinsdale Schools is off to a great start with Jesse Meeder as the Program Coordinator. As you will read, he is working with the cafeteria staffs at the schools to insure that at least 30% of the food products served are locally produced within New York State. In addition, he is working with teachers and students to help them understand good nutrition and to pick healthy foods.

In the office, we are working on budget development for the 2020 year, planning our Annual Meeting for December 9th, and some new grant opportunities.

Dick

2019 BOARD OF DIRECTORS

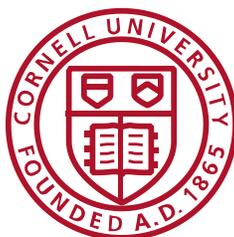
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