

## Franklin County Extension Connections

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### Heart Healthy for Life with Jenny Lobb



In July-August 2022, our Family and Consumer Sciences Educator Jenny Lobb offered a Globally Inspired Heart Healthy Cooking class series at the Mount Carmel Healthy Living Center using the American Heart Associations' *Healthy for Life* curriculum. 21 people participated in the classes, which included food demonstrations and tastings, and each attendee took home a meal kit after each class so they could recreate a recipe on their own. In addition, 15 appliances such as air fryers and electric pressure cookers were raffled to individuals who completed the class series. One participant shared "I enjoyed the

Healthy for Life Class very much. I love that these recipes are healthy, quick, and easy to prepare."

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### Growing Franklin Wins National Award

Congratulations to Tim McDermott, Agriculture and Natural Resource Educator! Tim won a Communications Award at this year's National Association of County Agricultural Agents (NACAA) for [Growing Franklin](#). The award is for members who excel in communicating programs and ideas to their clientele.



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### LiFEsports Fun Around Town

This year the LiFEsports Initiative partnered across the city to offer 5 summer camps to over 500 Franklin County youth. LiFEsports strives "to prepare youth for life and leadership through sports." To achieve this mission, the LiFEsports summer camp programs provide daily sport and social skill instruction to youth.

The following programs were offered this summer:

- 4 week camp located on the campus of the Ohio State University for youth ages 9-14
- 8 week camp located at the Adams Community Center for youth ages 6-14
- 8 week camp located at the Linden Community Center for youth ages 6-14
- 8 week camp located at the Beatty Community Center for youth ages 6-15
- 2, 4 week camps located at Riverside Elementary in Dublin City Schools for youth in 5-6<sup>th</sup> grade

All of the camps were provide free of charge to youth thanks to program sponsors and donors. While camps have ended for the summer, LiFEsports is excited to begin our sports clinic season with youth throughout the academic year! To learn more about the camps, please visit [lifesports.osu.edu](http://lifesports.osu.edu).



## Cultivating Common Ground: Eighth School Garden Conference

Come participate in the community that a school garden can cultivate, while also learning more about the diversity of plants and people that can be found in the garden. Sessions will focus on community-building, our common culture, cooking from the garden, different cultivars, basic garden information and more. The \$65 registration fee includes continental breakfast, lunch, and all program materials. As an exciting first step to expanding School Gardens of Ohio statewide, we will also be setting up regional networks at the conference. Additional information, including payment options, can be found [here](#). Questions? [hogan.239@osu.edu](mailto:hogan.239@osu.edu)



Congratulations Mariah! "We took care of those tasks straight away after we spoke the last time. We actually have purchased a home and are closing this Friday, the 8th!"



Congratulations to Kevin! He is one of our Home Buyer Education success stories. I am now a homeowner! I learned so much every time (I took your course three times!) and this was the year that it all worked out." He used a USDA and OFHA grant to purchase a home near Buckeye Lake.

Learn more about Home Buyer Education [here](#).



# STRENGTHENING Our COMMUNITY



## SNAP-Ed Busy with Cooking Demos, New Fall Sessions Coming Soon

Written by: Danielle Seidita, Program Coordinator, SNAP-Ed



This summer, SNAP-Ed performed cooking demos at The Linden Market and All People's Fresh Market to show folks simple, healthy, tasty ways to prepare fresh fruits and vegetables. They also whipped up some tasty fruit smoothies and veggie dip using the blender bike at The Franklin Park Conservatory Farmers Market.

Join SNAP-Ed this fall for FREE community nutrition classes and cooking demos at The Linden Market and All People's Fresh Market to learn how to make healthy food choices, balance a healthy diet with physical activity, stretch food dollars, and keep food safe! For details, contact Danielle Seidita at (614) 292-8274 or [Seidita.2@osu.edu](mailto:Seidita.2@osu.edu).

## Upcoming Events

- September 7: Community Nutrition **Classes** at The Linden Market
- September 7: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 7: **Garden Walk**: Mari Sunami Community Garden
- September 8: Master Gardener Volunteer Leadership Team Meeting
- September 9 -11: **Ask a Master Gardner Booth** - Columbus Dispatch Fall Home and Garden Show
- September 10: Home Buyer Education Virtual **Workshop**
- September 10: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 13: Taking Control of Student Loan Debt Virtual **Workshop**
- September 13: CARTEENS **Class**
- September 14: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 14: **Garden Walk**: Franklinton Farms
- September 14: School Gardens **Tour** of Sanctuary Garden
- September 17: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 17: Coffee with the Master Gardeners **Workshop**: Soil Testing to Improve Your Lawn & Garden
- September 17: Home Buyer Education Virtual **Workshop**
- September 17: Money Management Virtual **Workshop**
- September 19: Tai Chi for Beginners **Online Series**
- September 20 - 22: **Farm Science Review**
- September 20: **Cooking Demos** at All People's Fresh Market
- September 20: Savoring Ohio Produce Webinar Series: **Potatoes**
- September 21: Tai Chi for Beginners **Online Series**
- September 21: Community Nutrition **Classes** at The Linden Market: Nutrition Facts Label & Cowboy Caviar
- September 21: Healthy Eating for Healthy Aging **Workshop**
- September 21: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 23: Tai Chi for Beginners **Online Series**
- September 24: Money Management Virtual **Workshop**
- September 24: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 24: Brain Health **Fair**
- September 26: Tai Chi for Beginners **Online Series**
- September 26: Healthy Eating for Healthy Aging **Workshop**
- September 27: **Cooking Demos** at All People's Fresh Market
- September 27: Salad in a Jar **Workshop**
- September 28: Tai Chi for Beginners **Online Series**
- September 28: The Heroes Garden: A Community Garden for Military Veterans **Work Session**
- September 29: Fermentation Basics **Workshop**
- September 30: Tai Chi for Beginners **Online Series**

**Be sure to check out [franklin.osu.edu/events](http://franklin.osu.edu/events) for the most up-to-date list of events.**





# School Gardens of Ohio

## September 14, 2022 Meeting

### 4:30-6:00 p.m.

Come tour the Sanctuary Garden at Newark H.S.  
314 Granville Rd., Newark, OH 43055

The meeting will be in person and on Zoom. Register at:



scan to register

[go.osu.edu/sgo922](https://go.osu.edu/sgo922)



#### GROWING FRANKLIN

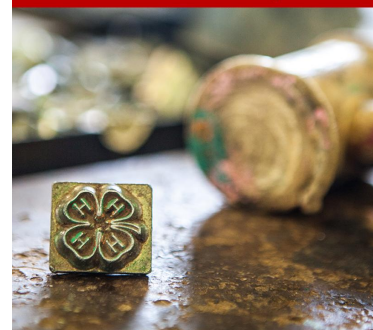
Local Food Production in Franklin County



#### Soil Testing Information



#### 4-H Youth Development



— We Sustain Life —

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