

COOPERATIVE EXTENSION SERVICE WORK
IN
AGRICULTURE AND HOME ECONOMICS

U. S. DEPARTMENT OF AGRICULTURE &
VIRGINIA POLYTECHNIC INSTITUTE
COOPERATING

EXTENSION SERVICE
LOCAL FARM AND HOME
DEMONSTRATION WORK

PLAN OF WORK

- 1963 -

COUNTY

Northway

NAME

L. H. Mayfield
Local Home Agent

DATE MAILED 3/15/63

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A MAJOR EMPHASIS: ORGANIZATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Home Demonstration Clubs and Committee, Year: 1963

The Situation:

The County of Nottoway has been without a home demonstration agent for approximately one year. Beginning in January 1963, the agent and leaders have been trying to get extension information on improved and new home-making practices to more people in the county. At present, there are six active H. D. Clubs in the county. More people could be reached with the program through the organization of more H. D. groups.

The Specific Problem:

Small number of persons being reached with the extension program due to one year inactivity.

The Program Objective:

To increase the number of organized H. D. Clubs in order to reach more people with the extension program.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Publica's)	METHODS	WHEN	BY WHOM
1. To stimulate interest on the part of homemakers in the various communities and neighborhoods in organizing and, in some instances, re-organizing H. D. Club Work.	Specialist District Agent County Leaders and Officers Extension Publications No. 723 County Handbook The Cooperative Ext. Ser. Booklet USDA 1960	1. Questionnaire to previous inactive groups on re-organizing.	Jan.	Agent
		2. Visits to un-organized communities to determine interest.	Jan.	District Agent Agent, Leaders
2. To provide potential club members with information on home demonstration club work; its purpose and function.		3. Conference with District Agent on organizational work.	Jan. March	Agent
		4. Discuss organization with key leaders during other meetings.	Feb.-Mar. April	Agent
		5. To hold organizational meetings as requested.	April Dec. 1963	Agent Leaders

(CON.)

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
3. To solicit the continuous assistance of organized H. D. groups to encourage other communities and neighborhoods to organize and explain the value of available extension assistance. 4. To plan first meetings and continue to work/w clubs. 5. To encourage H. D. Club Officers to serve on County H. D. Committee.		6. Call H. D. Club Officers together to encourage reorganization of the County H. D. Club Committee	April	Agent

EVALUATION:

1. Note number of H. D. Clubs organized since January 1963.
2. Increased enrollment in all H. D. Clubs.
3. Number of members sharing extension information on improved practices. Approximate number of people reached with the program.
4. Questionnaire in handbook to determine the activeness of these clubs.

A MAJOR EMPHASIS: ORGANIZATIONAL PLAN

PROJECT AREA: FOUR-H AND OTHER YOUTH PROGRAMS

PHASE: Four-H Clubs and Leaders Association, Year: 1963

The Situation:

Some of the Nottoway 4-H Clubs have been inactive for approximately one year due to the absence of a home agent. A few of the previous leaders are interested in working with the 4-H program and have expressed interest in reorganizing their 4-H groups again. They are also interested in encouraging other communities to organize to create a stronger program for the youth in the county.

The Specific Problem:

There are many inactive 4-H Clubs and un-organized communities in Nottoway County not participating in this youth program.

The Program Objective:

To organize more 4-H Clubs in Nottoway County to reach more youth with the extension 4-H program.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
1. To interest potential leaders in organizing 4-H Clubs in their community.	Specialist District Agent Co. Leaders and Officers Extension Publications	1. Send letters to previous leaders encouraging reorganization. 2. Home Visits	Jan. Jan. Feb.	Agent Agent Leaders
2. To provide leaders and potential 4-H members with information on 4-H Club work and available projects they may select to meet their needs and interest.	Bull. 270 Cir. 877 Leaf. 125 Form 6 Form 72 Form 866 Bull. 238 Leaf. 86 Record Book 24	3. Conference with District Agent on organizational work. 4. Discuss organizational work with H-B members, and other key leaders in the county.	Jan. Feb. Feb. Feb. Mar.	District Agent Agent Agent Leaders

(CON.)

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
<p>3. To make plans for the first meeting.</p> <p>4. To continue to work with 4-H members and leaders during regular club and/or training meetings.</p> <p>5. To encourage these 4-H Adult Leaders to reorganize Leaders Association.</p>	County 4-H Yearbook	5. To hold organizational meetings as requested.	March Dec.	Agent Active Leaders
		6. Meet with adult and junior leaders to encourage the re-organization of County Leaders Association.	May	Agent

EVALUATION:

1. Number of active 4-H Clubs in comparison to beginning of January 1963.
2. Increased enrollment in previous and newly organized clubs.

A MAJOR EMPHASIS: EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Food and Nutrition, Year: 1963

The Situation:

Most homemakers in Nettoway County spend time and energy planning and preparing meals daily for family members. Many are not including all of the basic food needs in their diets nor are they adding variety to their meals. Many of the homemakers could do a better job in meal planning with a knowledge of the basic food needs and skills in preparing foods to add variety to meals.

The Specific Problem:

Many homemakers lack knowledge of basic food needs and how to include them in the daily diet. Many homemakers lack knowledge and skills in preparing foods that will add variety to meals.

The Program Objective:

To improve skills in meal planning and also food preparation for variety in meals.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
1. To provide homemakers knowledge and skills in planning meals to include all food needs in the diet.	Extension Specialist Illustrative Material <u>Extension Bulletins</u> Leaf. 424 MF 395 MF 356	Leader Training Demonstrations Discussions Slides Result Demonstrations Home Visits News Releases	March	Agent Leaders Trained Leaders Serving as result demonstration leader
2. To teach skills and techniques in making a variety of breads for meals.	<u>Extension Slides</u> "Food For Fitness"	Demonstrations and emphasis on actual practice by homemakers participating. Discussions	April	Agent Leaders Trained

(CON.)

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
3. To teach skills in the preparation of Fish to get more in the diet.	<u>Extension Bulletins</u> Cir. 383 Bull.184 <u>U S D of Interior:</u> Basic Fish Cookery Fisheries Marketing Bull.		May	Agent Leaders Trained

EVALUATION:

1. Informal survey to determine the number of homemakers that actually plan meals in advance which includes the basic food needs.
2. Formal survey to find out: (a) the number of homemakers making use of the recipes to add variety to meals; (b) family comments on likes and dislikes on new foods; (c) homemakers observation of families general health (over a reasonable length of time for comparison with the beginning of the program.)

A MAJOR EMPHASIS: EDUCATIONAL PLAN

PROJECT AREA: EXTENSION HOME ECONOMICS

PHASE: Consumer Education, Year: 1963

The Situation:

Most homemakers in Nettoway County spend part of their time shopping for food and clothing and try to make use of sales when advertised. With the new fibers and hundreds of new products now available this job becomes more and more complicated to the homemaker. The buying job could be less complicated with a knowledge of food and clothing labels and protective clothing measures when shopping and help on recognizing real values in sales to meet family needs.

The Specific Problem:

Many homemakers lack knowledge of information on food and clothing labels, clothing protective measures and the kinds of clothing sales.

The Problem Objective:

To provide homemakers knowledge of food and clothing labels and clothing sales to acquire better skills in buying food and clothing.

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
1. To teach homemakers how to read and understand food labels when shopping.	Extension Specialist Illustrative Material Charts <u>Extension Bulletins</u>	Leader Training Demonstrations Discussions News Releases	June	Agent Leaders Trained
2. To teach homemakers how to plan and shop for clothing sales.	Cir: 811 PA 70 Leaf. 50	Tour of stores by leaders Collection and Study of labels	July	

(CON.)

TEACHING OBJECTIVES	SOURCE OF ASSISTANCE (Personnel and Public's)	METHODS	WHEN	BY WHOM
3. To teach homemakers how to study clothing labels and recognize protective measures before making clothing purchases.	<u>Extension Bulletins</u> MC - 247 MC - 64 (In Part) MC - 65 (In Part) Home Economics Report 1 Charts - Fiber Tree National Retail Merchants Association Charts- Sure Care Symbols Merchants		Sept. Oct.	Agent Leaders Trained

EVALUATION:

Homemakers review of recent purchases made and reasons for selections to: (a) determine wise use of information received on understanding labels, protective measures, and sale buying; (b) determine wise buying to meet family needs and circumstances.

Other Topics Of Interest To Homemakers To Be Covered, Year: 1963

1. Hat Making Clinic (Special Interest)---April/May
2. Adjusting Waist Lines-----November
3. Christmas Suggestions-----December
4. First Aid and Home Nursing Courses----April