

**Clifton Strategic Plan**  
**Submitted by the CSU Extension – Mesa County**  
**Updated May 14, 2007**

**Current Extension Activities in the Clifton Area**

- 1) 4-H and Youth Development – Dinah Peebles
  - a) Clifton 4-H Clubs
    - i) Intermountain 4-H - 47 members – sheep, goats, rabbits & poultry
    - ii) Tri River Beef - 18 members – beef & swine
    - iii) Rocky Mtn Riders Club – 7 members – equestrian
    - iv) High Desert Club Indoor activities, horse and swine
    - v) Other youth from Clifton are involved with other 4-H clubs and projects in other area of Mesa County
  - b) Clifton Elementary
    - i) One of the target schools for after school projects. Already scheduled a training program for this summer.
  - c) Community Partnerships
    - i) Murdock's – County 4-H clubs assist with different activities throughout the year, such as serving a couple BBQ's, Dog washes, Gift wrapping and etc.
- 2) Provided Xeriscape design and plant list for Clifton Transfer Station – Bobbie Alpha, Master Gardener
- 3) Head Start Educational programs – Jeanne Rice
- 4) Book Cook Programs at the Clifton Library – Rhonda Follman
- 5) Asthma education – at Clifton Elementary School – Rhonda Follman
- 6) Currently deal with phone calls and plant/insect samples at our Fairgrounds office – Swift, Rose and Hammon
- 7) Currently providing on-site visits on small acreage management – Dr. Ed Page
- 8) Press releases on current topics and events submitted regularly to Clifton Tribune - all

**Possible Activities/educational programs**

- 1) **Horticulture with emphasis on Xeriscape**
  - a) Set up photographic displays – these are used in other spots throughout the Tri River Area and changed monthly – Swift and Rose
    - i) Needed to accomplish this:
      - (1) Access and wall space at Clifton Library Branch, Clifton Community Hall, and/or Clifton Motor Vehicle office – **May need assistance from County Admin to coordinate availability.**
      - (2) **Funds to develop additional photographic displays**
        - (a) 4 sets of 6 panels @ \$7 = \$42/set = \$168
  - b) Set up information racks with brochures – Swift and Rose
    - i) Xeriscape
    - ii) Nutrition
    - iii) Etc

- (1) Needed to accomplish this:
  - (2) Space at Clifton Library Branch, Clifton Community Hall, and/or Clifton Motor Vehicle office – may need County Admin assistance to secure
    - (a) **Reimbursement for publication printing**
    - (b) Brochure Display(s)
      - (i) **Funds needed** – based on type of display and number of sites
        - 1. wall displays – 9 pockets acrylic - 30.00"(W) x 36.88"(H)
          - a. \$188.00 Item#: 5603-CL -  
<http://www.plasticfab.com/5603-CL.htm>
        - 2. Black metal floor stand for magazine displays
          - a. \$130.00 - Item#: 5619-BL  
<http://www.plasticfab.com/5603-CL.htm>
  - (c) Signage and brochures on Xeriscape at the Clifton Transfer Station – Swift and Rose
    - i) **Need monies to cover signs, brochure holders and printing of brochures**
      - (1) Swift will coordinate with Tom Fisher to have this happen
      - (2) Swift and Rose will refill when needed.
- 2) Nutrition Education - Jeanne Rice, Food Stamp Nutrition Education Program, CSU Extension – 970 252-5071**
  - a) Session available - see attachments
    - i) **Needs:**
      - (1) **appropriation of funding by CSU to hire an assistant**
      - (2) This position has been approved
      - (3) **Mileage for Jeanne Rice** to conduct workshops– Jeanne is located in Montrose
      - (4) **Reimbursement of food items required for presentations**
- 3) Consumer Family Science Classes – Rhonda Follman**
  - a) Financial Management/Basic Budgeting Classes
  - b) Legally secure financial future – for senior population
  - c) Parenting classes- possible topics/programs: Partners in Parenting, Strengthening Families, Grandparents Raising Grandchildren, and Parenting Teens.
  - d) Dining with Diabetes classes
  - e) Etc.
- 4) Additional activities and programs in the Clifton area should be based on survey results**
  - a) Survey of residents to determine programs and possible attendance
    - i) **Funding will be needed** for this survey
      - (1) Mailing list development
      - (2) Cost of survey development
      - (3) Cost of printing and mailing of survey
      - (4) Cost of survey tabulation
- 5) Additional funds will be needed for:**

- a) Mailings to announce programs
  - b) Printing of handout material
  - c) Refreshments at programs
  - d) Facility rental – if necessary
- 6) Possible facilities for programs; cost and availability will need to be determined**
- a) Clifton Community Center
  - b) Churches
  - c) Clifton Elementary and other schools

## One Time Presentations

(any of these titles can be changed to make them a bit more catchy)

Less Sugar as a Life Habit

Less Fat as a Life Habit-- But Less of Which Kinds????

Low-Fat or No-Fat -- How can THAT taste Good?!

Promoting Life-Long Healthy Eating Habits for Adults

Needs vs. Wants: Making Nutrition Choices

MyPyramid-- Making it Work for You/ Eating with Wisdom and no Deprivation

How Big is a Serving Size?/?/ How Much Should I eat?

Why Whole Grain instead of White bread?

It's All about Colors-- Eat your way to Better Health (vegetables and fruits)

Low-Cost Fruits and Vegetables to Major on for Tight Budgets/ I Simply Can't Afford More Fruits and Vegetables—Can I?

How to get more Calcium into Your Bones

Healthy Protein Choices

Mommy Munchies / Healthy Eating for Two/ Building a Better Baby

Feeding Your Infant—Making a Solid Start

Promoting Life Long Healthy Eating Habits for Children

Less Sugar for your little Ones -- Healthy Snacks

Childhood Nutrition/ Feeding your Young Children

Fun Snacks for Kids

Fight Bac<sup>®</sup> with Food Safety/ Cooking Food That is Safe to Serve

Don't let your Hands Glow/ Learn Hand washing Techniques

Let's Dissect Food Labels-- Figure out What They Mean

How much does it Cost? Compare Food Prices

Calculate a Wise Food Budget and be a Savvy Shopper.

Fun Menu Planning Ideas/ Why Menu Plan—It Take SO Much Time!!

Supermarket Psychology-- Marketing Strategies

How to cook Low Cost Meals for a Family

Buy More Food for the Same \$

Fruits & Vegetables—More than Vitamins and Minerals!

The Top 5 Ways to Save Money on Food

The Fitness Connection, Benefits and Suggestions

No Hassle Cooking -- Learn how to stock your kitchen cupboard

Create the Perfect Shopping List and Save Money

Everyone Has Time to 'Cook' with Fast Easy One Minute Recipes

How can I Alter My favorite Recipe?

In and out of the Kitchen Fast -- Dinner in less than 30 minutes

Healthy Lifestyles – How Do I Get There From Here?

The Real Truth on Fast Food Restaurants / making Healthy Fat Choices

Why Eat Breakfast?

Grilling Vegetables and Fruits (a summer open-air presentation)

Senior Nutrition—Are there Special Needs?

Food Needs vs. Food Wants

Getting the Most Nutrition Bang for Your Buck

Eat Less Salt—Use More Seasonings

Good Basic Foods to Have on Hand

Write Out a Menu vs. a Master Menu -- Both Work!

**Additionally:**

- Any sort of Holiday cooking or recipe presentation, like assembling Holiday gift jars of mixes, how to cook a turkey, low budget entertaining etc.
- Any sort of vegetable or fruit presentation with tasting
- Any presentation can be lecture, interactive, guided discussion, participant activities, etc
- Any idea you have that relates to food or food behavior can probably be developed.

## LESSON SERIES

Lesson series present either comprehensive messages or focused messages. Many agencies have found that accommodating a lesson series increases desirable behavior change.

Ask for more details if anything interests you.

### ❖ **EAT WELL FOR LESS**

- Comprehensive curriculum
- Twelve lessons covering : eating less fat, eating less sugar, choosing healthy foods from the pyramid (and why), reading food labels, practicing food safety, planning a food budget and meals, making a shopping list and shopping smart. Can expand it to include child nutrition and other subjects.
  - Uses teaching, discussion, activities and posters
  - Can be group or individual
  - Longer meeting times can incorporate food demonstrations that help drive home the message (example: low fat food CAN taste good!).\*
  - Lessons can be combined into 4 (1½ - 2 hr) meetings or up to 6 or 8 shorter meetings.

### ❖ **CENT\$IBLE NUTRITION**

- Comprehensive curriculum
- Sixteen lessons covering: eating less fat, eating less sugar, choosing healthy foods from the pyramid (and why), reading food labels, practicing food safety, planning a food budget and meals, making a shopping list, shopping smart, pregnancy, infant & child nutrition.
  - Uses teaching, discussion, activities and posters
  - Can be group or individual
  - Longer meetings can incorporate food demonstrations that help drive home the message (example: low fat food CAN taste good!).\*
  - Lessons can be combined into 5 (1½ - 2 hr) meetings or up to 6 or 8 meetings.

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\* Recipes can be chosen to accommodate the food-prep limitations of the classroom.

## ❖ **MONEY FOR FOOD**

- Focused curriculum
- Fifteen lessons emphasizing the financial aspects of: making a spending plan, low-cost healthy eating, meal planning, shopping list, grocery shopping, eating out
  - Uses activities and group discussion to learn
  - Designed for small to mid-sized group settings
  - Does not include food preparation
  - Lessons can be combined to from 4 to 6 1½ hour meetings

## ❖ **SISTERS IN HEALTH**

- Focused curriculum
- Choose six out of twelve lessons designed to increase fruit and vegetable intake
  - Uses experiential or discovery-based learning.
  - Meant to be used with a group
  - Vegetables and/or fruits are prepared and eaten by everyone at each meeting so complete kitchen facilities are important.
  - A supplemental food budget is a consideration.
  - A series of six 90 minute meetings.

## ❖ **NUTRITION FOR THE YOUNG AT HEART**

- Comprehensive curriculum for mature audiences
- Six lessons covering: eating less fat, eating less sugar, choosing healthy foods from the pyramid (and why), practicing food safety, preparing and small amounts of food, keeping food interesting, healthy dining out, benefits of being active
  - Uses a mix of lecture, class participation, activities and handouts
  - Includes recipe demonstrations.\*
  - Six two-hour lessons

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\* Recipes can be chosen to accommodate the food-prep limitations of the classroom.