

LaSalle Parish FCS Programs



Report to Stakeholders

2011

About the LSU AgCenter

The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a unique statewide network of parish extension offices, research stations and academic departments, the LSU AgCenter helps Louisiana citizens make the best use of natural resources, protect the environment, enhance agricultural enterprises and develop human and community resources.



Family and Consumer Sciences Program Highlights

The goal of the Family and Consumer Sciences educational programs is to provide up to date research based information to improve the lives of families in LaSalle Parish.

Family Development

Child Care Provider Training

All Class A Day Cares and Registered Home Child Care Providers are required to receive 12 hours of training each year. This past year twenty five classes were offered to assist 950 providers in providing developmentally appropriate experiences for children in their care.

Parenting Education

Parenting skills classes are offered bi-monthly to assist parents in developing positive parenting practices. Additional parenting information is distributed to parents through programs at schools and workshops. The Parents Preparing for Success Program provides both parenting education and financial management to parents of infants.

LaSalle Early Literacy Program

The LSU AgCenter has partnered with the LaSalle Parish Health Unit to work with families to promote parent-child attachment and foster children's early language, literacy and cognitive development during the first year of life. 75 families receive 12 books for the first year of their child's life. Parenting tips are also included in the packets.



Nutrition and Health

Childhood obesity is of great concern in LaSalle Parish, often caused by limited resource families and lack of knowledge of healthy food choices. Nutrition programs directed toward youth and adults have reached 1250 families. Students in two parish schools participated in the Smart Bodies program. This past semester 768 students toured the Smart Choices Body Walk exhibit. Teachers and parents reported these children were eating more fruits and vegetables and less junk food. Bi-monthly Lunch and Learn programs provide a range of topics related to nutrition and health to parish residents.



Family Resource Management

Financial information is provided to parish residents on a variety of subjects including saving money on food, budgeting tips, earned income credit, and smart shopping.

LaSalle Parish Extension Office

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Office Hours:
8:00a.m. - 4:30 p.m.

Family & Consumer Sciences (FCS)

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Family Development
Parenting Education
Child Care Provider Training
LaSalle Early Literacy Program

Nutrition and Health
FNP -Family Nutrition Program

Family Resource Management

4-H and Youth Development
Carli McClure

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Teaching Methods:

- Series of Classes
- Demonstrations and workshops
- Weekly news articles in *The Jena Times/Olla-Tullos-Urania Signal*
- Radio Spots on KJNA
- Living Well* Quarterly Newsletter
- Web site articles
- Guest presentations
- Publications

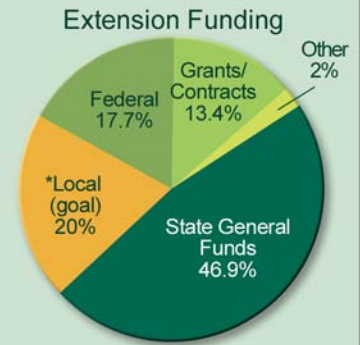
Expanding Our Efforts:

- Volunteers for Smart Bodies/Body Walk
- Teachers from local schools teaching Take 10 and Wisercise
- Master Gardeners that assist with FCS programs.

Parish Facts

LaSalle Parish rates 13th as the healthiest parish in Louisiana according to the 2011 County Health Rankings. According to the US Census State and County Quick Facts data the estimated population for LaSalle Parish is 13,964. The total households with children under 18 is 5,291. Out of 3,798 families in LaSalle Parish, 17.6 % live in poverty. For families with children under 18, the percentage rises with 24.7% living in poverty.

- Land area (square miles) - 623.83
- Persons under 18 years old - 25.3%
- Persons 65 years old and over - 15%
- Median household income - \$36,926
- Persons below poverty - 16.2%



*Local Funding
LaSalle Parish School board
LaSalle Parish Police Jury

How we are funded.

You are the local supporters and beneficiaries in the LSU AgCenter's Extension programs. Just 20 percent support keeps these programs in your community.

Your parish extension office offers programs in:

- Sustaining Louisiana's agriculture, forestry and fisheries.
- Building leaders and good citizens through 4-H youth development.
- Family, nutrition, health and community development to enhance the quality of life for Louisiana citizens.

Local Issues & Plans for this year:

Family Development

- Parenting Education-especially for teen parents and grandparents raising grandchildren.
- Continue staff development for Child Care Providers and Pre-K and Head Start staff.



Nutrition and Health

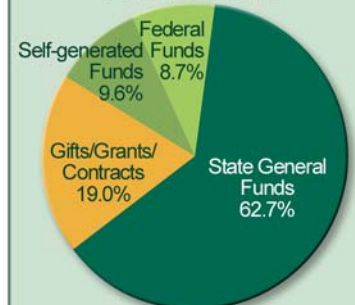
- Nutrition education offered to families and groups.
- Smart Bodies to be taught at two LaSalle Parish Schools.
- Train teachers to incorporate Wisercise program with students.
- Family Nutrition Program offered to clientele.
- Promote healthy habits with youth and include information on drug awareness to discourage unhealthy behaviors.



Family Resource Management

- Provide information on budgeting, credit, saving money on food, earned income credit, and consumer education.

LSU AgCenter
Restricted/Unrestricted
Funds FY 2009



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LSUAgCenter.com