East Carroll Parish Family & Consumer Sciences
Advisory Leadership Council Meeting Minutes

The Family & Consumer Sciences (FCS) program held its annual Advisory Leadership Council meeting on Friday, March 24, 2017 at 12 p.m. in the fellowship hall of First Baptist Church in Lake Providence.

16 were in attendance including the following LSU/SU AgCenter employees: Area Extension Agent Carolyn Robinson, Area Nutrition Agent Brittney Seay, 4-H Agent Lekeisha Lucas-Powell, Assistant Nutrition Educator Grace Siggers, Nutrition Educator Mary Reed Russell and Administrative Coordinator Sherry McGaha.

Mrs. Robinson opened the meeting by thanking everyone for coming and asking Mrs. Russell to make introductions. Mrs. Russell welcomed everyone and introduced AgCenter employees with a brief description of their job duties. Mrs. Robinson then invited everyone to get their lunch after the invocation was given.

Ms. Seay gave a brief overview of Expanded Food and Nutrition Education Program (EFNEP). She thanked everyone for promoting the program and keeping its success going. Ms. Seay then called for questions and suggestions for program recruits.

Mrs. Robinson explained what the Roles and Responsibilities letter entails. She also discussed Ms. Siggers’ program and her own program areas, including parenting, nutrition education and family budgeting. Mrs. Robinson then designated each table as a category of discussion. She asked everyone to write down their suggestions on what the FCS program needs to include, what it needs to change, etc.

Ms. Seay started the discussion on the following topics of concern: fruit orchard, vegetable garden, emphasis on nutrition with youth to prevent later-in-life diseases, meal planning, meal demonstration and contact local foundations based on awareness for that month. The group prioritized the topics as follows:

1. Fruit orchard – a Southern University Ag Center representative will come on a Monday and Tuesday to look at possible sites for planting fruit trees; the trees can be planted now. We need a site so if anyone has suggestions, please let us know.
2. Vegetable garden – we are planning on starting community gardens. SU Ag Center will provide everything needed to plant the gardens, but someone will need to maintain them with the
knowledge that they are “community gardens” and are not intended for a specific individual(s).

3. Emphasis on nutrition with youth to prevent later-in-life diseases — including young adults who have children as this may help them with food preparation and training the children in healthy eating habits. The SU Ag Center nutrition program and EFNEP reach out to ages 9 years to adult. Each month should be designated to target a specific disease. Some EFNEP meetings are held in locations where there may be participation of younger and older adults. When clients graduate from one program (for example: EFNEP) they cannot enter it again, but may enroll in the SU Ag Center nutrition program. The 4th-6th suggestions are integrated into this topic.

Mrs. Robinson started the discussion on the following topics of concern:
Family/Child Development - Begin classes for anger management for children and parents; Proactive Approach to Children’s Happiness (PATCH), to include after-school programs and at-risk youth; Youth Educational Support (YES), to include after-school programs and at-risk youth; Mentoring programs for children and young mothers to build self-esteem
Family Resource Management – Promote budgeting: regardless of how much or how little one earns, it is important to construct a budget and every budget should include a portion for saving that can be used for unforeseen emergencies; everyone should be able to account for their money. Prioritize needs over wants: stressing the importance of understanding the differences between needs and wants – needs should be prioritized first (for example: buying medicine or paying bills is more important than eating out or going to a movie). Learn to look for ways to stretch resources by looking for sales, comparison shopping and clipping coupons (for example: Jong’s may have ground beef on sale while Mac’s may have pork chops on sale.) By looking for sale prices, one can save money. By clipping coupons, whether for food or household supplies, the average family could save about $20 a week. That could be used as a Christmas budget rather than acquiring debt. Starting a garden will save money on things like vegetables and other produce.

At this point Mrs. Robinson adjourned the meeting by thanking everyone for coming and reminding them to stop by the office or call if they have any more suggestions for program improvements or sites for the fruit orchard or community gardens.

Carolyn E. Robinson
Area Extension Agent
East/West Carroll Parishes

Brittney J. Seay
Area Nutrition Agent
East/West Carroll, Madison & Richland Parishes

CER/BJS:slm