

LSU AgCenter St. Charles Parish Profile

Report to Stakeholders January 2025



ABOUT THE LSU AGCENTER

The LSU AgCenter is dedicated to providing innovative research, information and education to improve people's lives. Working in a 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.

PROGRAM HIGHLIGHTS

4-H Youth Development

The St. Charles Parish 4-H Youth Development Program enables youth to gain important life skills through participation in age-appropriate experiential learning programs conducted in school, community, and other 4-H club enrichment opportunities. In 2024, the St. Charles Parish 4-H program focused on teaching youth about healthy living, leadership development, and outdoor skills education through hands-on lessons and workshops. Over 1500 youth gained knowledge, experience, and mastered skills in STEM, civic engagement, and healthy living parish-wide education and contributed their hands to larger service to help over 100+ families in the community through service-learning and community service projects.

Agriculture and Natural Resources

St. Charles Parish Agricultural outputs include sugarcane, soybeans, commercial vegetables, home gardens, beef cattle, aquaculture, and fisheries. The St. Charles Parish Agriculture and Natural Resources Program provides research-based recommendations through seminars, demonstrations, workshops, farm and home visits, and electronic and printed extension publications. These outreach efforts help residents achieve their economic and aesthetic goals on farms and home gardens and landscapes while conserving the parish's abundant natural resources. Efforts through the River Region Master Gardener Volunteer Association help further promote best management practices throughout the parish by maintaining school and demonstration gardens, hosting community events, answering questions, and providing LSU AgCenter publications at the German Coast Farmer's Market.

Nutrition and Community Health

St. Charles Parish ranks 5 out of 64 parishes for health outcomes and is in the top 25% of healthiest parishes in Louisiana (2023 County Health Rankings). According to the County Health Rankings, 37% of St. Charles residents are obese, which increases their risk of developing cardiovascular illnesses, type 2 diabetes, and some types of cancer. Flavors of Health provides classes and workshops on a variety of topics that empower individuals and families to make healthy choices to live their most healthful lives. Programs include Healthy Communities, Smart Portions, Dining with Diabetes, Small Changes, Health Habits, Faithful Families: Eating Smarter Moving More, Lunch and Learns, Food Safety, and outreach initiatives. Over 1,000 adults and youth have participated in at least one of the programs to improve one's health and wellbeing.



EXTENSION OFFICE

Address:

453 Spruce Street, P.O. Box 557
Norco, LA 70079

Phone:

985-785-4473

Office Hours:

Monday – Friday (8:00 a.m. – 4:30 p.m.)

Websites: www.LSUAgCenter.com
www.LSUAgCenter.com/StCharles

EXTENSION AGENTS

Dr. Kali Zammit

Parish Chair & 4-H Youth Development
Extension Agent
kzammit@agcenter.lsu.edu

Alyssa Tarrant

Horticulture Extension Agent
atarrant@agcenter.lsu.edu

Rinalda Rocquin

Nutrition and Community Health
Extension Agent
rrocquin@agcenter.lsu.edu

EXTENSION STAFF

Vacant

Administrative Coordinator
stcharles@agcenter.lsu.edu

PROGRAMS

- 4-H Youth Development
- Agriculture and Natural Resources (ANR)
- Nutrition and Community Health (NCH)

WHOM WE REACH:

5,500 youth

1,075 4-H members, 572 school enrichment participants, 16 school 4-H Clubs, and 5 community 4-H Project Clubs

4,850 Adults

1,000 4-H Youth Development
2,400 Agriculture and Natural Resources
1,450 Nutrition and Community Health

HOW WE REACH THEM:

4-H Clubs, school enrichment, field days, publications, newsletters, class series, website, social media, trainings, websites, and workshops.

EXPANDING OUR EFFORTS:

150+ volunteers from 4-H, Master Gardeners, and family and community

PARISH FACTS:

LSU AgCenter Extension Agents provide research-based information on plant, fisheries and wildlife, and animal enterprises to St. Charles Parish clientele. The most recent total dollar amounts from these commodities are:

Plant Enterprises: \$9,848,458
Fisheries and Wildlife: \$9,245,262
Animal Enterprises: \$3,287,281

DATA FROM U.S. CENSUS:

Population- 50,620	Land Area (Square Miles)- 277.74
Persons 65 years and older-16.3%	Persons under 18 years old- 23.8%
Median Household Income- \$82,172	Persons in poverty- 12.9%

LOCAL ISSUES AND PLANS FOR THIS YEAR:

Increase productivity and profitability of Louisiana agriculture.

- Conduct community demonstrations on best management practices
- Conduct River Region Master Gardener Training programs
- Write news column, webpage content, and seminars on agriculture practices
- Conduct farm and home educational visits.

Promote the wide use of natural resources and protection of the environment.

- Educate and involve youth in Louisiana wetlands solutions and restoration
- Conduct pesticide applicators and worker protection standards certifications
- Promote Best Management Practices (BMP) and Integrated Pest Management (IMP) programs
- Conduct training that promotes conservation stewardship

Build leaders and good citizens through 4-H Youth Development.

- Provide opportunities for youth to participate in service-learning projects
- Recruit youth and adult volunteers and conduct volunteer trainings
- Provide youth with tools for developing life skills in club meetings and programs
- Provide youth with opportunities to develop a sense of belonging, independence, generosity, and mastery.
- Provide 4-H youth development educational programming to increase knowledge in the areas of civic engagement, healthy living, and science, technology, engineering, and math (STEM)

Strengthen families and communities.

- Conduct nutrition programs to create healthy communities by improving overall nutrition and increasing physical activity levels in youth and adults, producing long-lasting behavior changes
- Teach stand-alone nutrition lessons and healthy recipe demonstrations to various audiences in St. Charles Parish
- Establish a Healthy Communities Coalition in St. Charles Parish



HOW IS EXTENSION FUNDED?

- Federal funding from the USDA/ NIFA.
- State general funds from the Louisiana Legislature.
- Local support from parish government, including police juries and school boards.
- Self-generated funds.



WHAT ROLE DO YOU PLAY?

Our stakeholders at the parish level are the local supporters and beneficiaries of the LSU AgCenter cooperative extension programs. Their support keeps these critical programs in their communities.



EACH PARISH OFFERS PROGRAMMING IN:

- 4-H Youth Development.
- Agriculture and Natural Resources.
- Nutrition and Community Health



For the latest research-based information on just about anything, visit our website:

www.LSUAgCenter.com