

PINAL COUNTY

QUARTERLY NEWSLETTER

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Cooperative Extension, the outreach arm of the University of Arizona, brings the University to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

It is hard to believe that October is here, cotton harvest is right around the corner, with Halloween and Thanksgiving not too far behind.

As we head into some of the best months of the year for outdoor activities, take a look at some of the programs and events UACE participates in throughout Pinal County. Whether you are a consumer, parent, farmer, or thinking about volunteering, part of our mission here at Cooperative Extension is to take what is happening on the academic and research front and get it out into our communities to help people improve their lives.

Meet some of our partner organizations and folks involved in community nutrition, pick up a few tips on budgeting and saving for the holiday season and how to incorporate physical activity for better health. Get out of doors and enjoy Pinal County!

Greeta Mills
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4-H YOUTH DEVELOPMENT



DOWN AT THE FARM WITH 4-H AG-VENTURES

Submitted by Cinda Willittes, Community Outreach Coordinator



Do you feel that cool, crisp air in the morning? Yeah, I don't either; but fall is coming! And that means it is time for our Corn Festival programming at the Maricopa Agricultural Center (MAC).

At 4-H Ag-Ventures, we do Ag-literacy outreach by teaching students (and adults) where their food comes from, while hosting school field trips in our Ag-Village. A typical day consists of educational stations, lunch, popcorn and a movie, an arts and craft activity, then a tractor ride into the fields. After lunch, students make an Ag-Venture bracelet that emphasizes what a plant needs to grow and then, watch a movie about corn while eating corn...POPCorn.

Corn Festival educational stations include:

- learning the history of corn,
- grinding corn using grinding stones (metate) or bowls (molcajete),
- planting corn in a garden cup that goes home with the students,
- running a water relay while learning about water conservation, and
- learning the difference between a vegetable and a fruit

Students have the opportunity to:

- explore farm equipment,
- milk Macy our friendly, fiberglass Holstein, and
- pump water using hand pumps

We save the best part of the field trip for the end; we load up the tractors and head out to the Corn Maze. Students get to walk through the corn maze and see corn growing up-close, we talk about corn being part of the grass family and that walking in a corn maze is like walking in tall grass. We can look at the brace roots, the stalk, the tassel, the ears, and the silk.

Last year, we had some javelinas bedding down in our corn maze at night, so we were able to look for their prints and ask why they might be in the corn at night.

Outdoor classrooms offer a dynamic and engaging environment to learn in, and this is just one of the outdoor areas we offer at the MAC Farm 4-H Ag-Ventures.

If you know any teachers that might want to bring their elementary school students to experience the Corn Festival or other programming we offer, contact: Cinda Willittes, Community Outreach Coordinator, cwillitt@arizona.edu.

**AN AVERAGE EAR
OF CORN HAS 800
KERNELS IN
16 ROWS.**



DID YOU KNOW?



"If you eat, you're involved with Agriculture"

EXPANDED FOOD NUTRITION EDUCATION



LET'S GET MOVING!

Submitted by Janet Canales, Community Outreach Assistant II

"The weather outside is frightful, but the AC is so delightful"...(Let It Snow! Let It Snow! Let It Snow! by Sammy Cahn & Jule Styne 1945). But don't worry—the weather will soon be cooling down, which means it's a great time to get outside and Get Moving! Physical activity looks different for everyone. For some, it's running, swimming, lifting weights, or hitting the gym. For others, it's chasing kids, walking the dog, playing on the playground, or dancing in the kitchen. No matter how you move, staying active can significantly improve your overall health.

HOW MUCH PHYSICAL ACTIVITY DO WE NEED?

According to the U.S. Dept. of Health & Human Services:

- **Adults** should aim for at least **150 minutes of moderate physical activity per week**, with 2 days dedicated to muscle-strengthening activities.
- **Children and adolescents** (ages 6–17) should get at least **60 minutes of vigorous activity daily**, including 2–3 days of muscle & bone-strengthening exercises.

- ⇒ **Moderate activities** include brisk walking, biking, swimming, and jumping.
- ⇒ **Vigorous activities** include running, lap swimming, and aerobic dancing.
- ⇒ **Strength-building** can be done with weights, resistance bands, or even bodyweight exercises like squats and push-ups. Sports like basketball are great examples—they involve jumping, coordination, and full-body movement.

WHY IT MATTERS?

Several benefits of getting regular physical activity:

- Maintains a healthy weight
- Reduces stress and boosts energy
- Lowers the risk of chronic diseases
- Improves mood and sleep quality
- Enhances overall quality of life and longevity

MAKING IT WORK FOR YOUR SCHEDULE

Life gets busy, and it can feel hard to fit in a workout. One helpful strategy is to write out your daily schedule. You might not have a full 30 minutes at once, but you can break it into smaller chunks:

- ⇒ **Morning:** 10 minutes of stretching
- ⇒ **Afternoon:** 10-minute walk after lunch
- ⇒ **Evening:** 10 minutes of calf raises or light movement

If you have children, include them—it can be a fun way to bond and stay active together. The key is to **make it enjoyable and sustainable**. Ask yourself: Do I prefer indoor or outdoor activities? What do I genuinely enjoy?

Start slow and ease into your routine. Soreness is normal when starting something new, but pain is not. If you experience sharp pain, stop and consult your doctor. REMEMBER to drink plenty of water.

BEFORE YOU BEGIN

Always check with your healthcare provider to ensure that physical activity is safe and appropriate for you.

Join Us for Free EFNEP Classes! We offer:

Fun physical activities, Healthy meal planning tips, Food demonstrations and tastings of delicious recipes and a supportive and engaging environment. Let's Get Moving toward a healthier lifestyle—together!

FOR MORE INFORMATION, CONTACT:

Esmeralda Castillo, Community Outreach Professional III
ecastill@cals.arizona.edu | 520-788-6217

Janet Canales, Community Outreach Assistant II
janetcanales@arizona.edu | 520-621-1019

EXPANDED FOOD NUTRITION EDUCATION



¡VAMOS A MOVERNOS!

Submitted by Janet Canales, Community Outreach Assistant II

“El clima afuera es aterrador, pero el aire acondicionado es tan encantador”..(Let It Snow! Let It Snow! Let It Snow! por Sammy Cahn y Jule Styne 1945). ¡Pero no se preocupe! El clima pronto comenzará a refrescar, lo que significa que es un buen momento para salir y moverse más. La actividad física se ve diferente para cada persona. Para algunos, significa correr, nadar, levantar pesas o ir al gimnasio. Para otros, puede ser correr detrás de los niños, pasear al perro, jugar en el parque o bailar en la cocina. No importa cómo se mueva, mantenerse activo puede mejorar significativamente su salud general.

¿CUÁNTA ACTIVIDAD FÍSICA NECESITAMOS?

Según el Depto. de Salud y Servicios Humanos de EEUU:

- **Adultos:** Al menos **150 minutos de actividad moderada por semana**, con 2 días dedicados a ejercicios para fortalecer los músculos.
- **Niños y adolescentes (de 6 a 17 años):** Al menos **60 minutos de actividad vigorosa al día**, con 2–3 días de ejercicios para fortalecer músculos y huesos.

- ⇒ **Ejemplos de actividad moderada:** caminar rápido, andar en bicicleta, nadar, saltar.
- ⇒ **Ejemplos de actividad vigorosa:** correr, nadar en estilo libre, bailar aeróbicamente.
- ⇒ **Ejercicios de fuerza:** levantar pesas, usar bandas de resistencia o el propio peso corporal. Deportes como el baloncesto también ayudan, ya que implican saltar, correr y usar músculos de brazos, piernas y abdomen.

¿POR QUÉ ES IMPORTANTE?

La actividad física regular puede ayudar a:

- Mantener un peso saludable
- Reducir el estrés y aumentar la energía
- Disminuir el riesgo de enfermedades crónicas
- Mejorar el estado de ánimo y el sueño
- Aumentar la calidad y duración de la vida

CÓMO ADAPTARLO A SU HORARIO

La vida es ocupada, y a veces sentimos que no hay tiempo para hacer ejercicio. Una estrategia útil es escribir su horario diario. Tal vez no tenga 30 minutos seguidos, pero puede dividirlos en partes más pequeñas:

- ⇒ **Mañana:** 10 minutos de estiramiento
- ⇒ **Tarde:** caminata de 10 minutos después del almuerzo
- ⇒ **Noche:** 10 minutos de movimientos ligeros, como levantar talones

Si tiene hijos, ¡inclúyalos! Puede ser un momento divertido en familia. Lo importante es que sea **agradable y sostenible**. Pregúntese: ¿Prefiero estar al aire libre o en casa? ¿Qué actividades disfruto?

Comience despacio, escuche su cuerpo. Es normal sentir un poco de dolor muscular al comenzar, pero no debe ser dolor agudo. Si siente dolor fuerte, deténgase y consulte a su médico. **RECUERDE** beber suficiente agua.

ANTES DE COMENZAR

Siempre consulte con su proveedor de salud para asegurarse de que la actividad física sea segura y adecuada para usted.

¡ÚNASE A NUESTRAS CLASES GRATUITAS DE EFNEP!

Ofrecemos: Actividades físicas divertidas, consejos para planificar comidas saludables, demostraciones y degustaciones de alimentos, recetas deliciosas y ambiente de apoyo y participación. Avancemos juntos hacia un estilo de vida más saludable!

PARA MAS INFORMACIÓN, COMUNÍQUESE A:

Esmeralda Castillo, Community Outreach Professional III
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FIRST SMILES ORAL HEALTH



BASIC TOOTH BRUSHING SCIENCE

Submitted by Greeta Mills, RDH MEd, Oral Health Professional



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Likely you've heard that we need to brush our teeth twice a day. And not only brush our own teeth but help our young children with their brushing twice a day. Why is that? Isn't once a day good enough? You may have also heard that the "twice a day" message is outdated and excessive.

There is solid science behind that recommendation, it is not just something that a toothpaste marketing group decided was a good idea!

We all have bacteria living in our mouth, some estimates are as many as twenty billion living on our cheeks, tongue, and teeth. These bacteria multiply and double their numbers five times in a single 24-hour period of time! Simple math will tell

us that in a single day, we might end up with one hundred billion bacteria living in our oral cavity. Imagine what happens when you go camping for a couple of days and forget your toothbrush, or your children decide to brush the dogs' teeth instead of their own.

That's an amazing growth curve and brings us back to the original question. Why brush twice a day? If we brush our teeth and tongue both in the morning and evening, we have disrupted the growth pattern of these bacteria, reducing our risk of inflammation of the gums around the teeth and decay on the teeth themselves. Also, some of the bacteria that show up a little later in the growth pattern are more destructive and toxic to the gum tissues.

If we only brush in the morning, bacteria can build up not just during the day, but all night as well. As we sleep, our saliva slows down so that the protective factors it provides are not available to help protect our teeth from the bacterial acid activity. Brushing at bedtime helps to disrupt and remove the bacteria at a time when our teeth are more vulnerable to attack.

Two minutes twice a day is the recommendation because two minutes of brushing results in much better plaque removal than a shorter time. Continue helping your young children with their brushing until they are five to six years old. That's when their manual dexterity has improved to the point where they can do it on their own.

Good oral health is critical to good overall health, and it simply starts with brushing twice a day.

FINANCIAL LITERACY



MONEY HABITS

Submitted by Carissa Diaz, Community Outreach Assistant II

MONEY HABITS

Track Expenses

Fall is a season full of expenses, such as school supplies, pumpkin everything, and the start of holiday shopping. Tracking your spending now helps you stay on top of your budget and avoid surprises later. A little awareness goes a long way!

Wants Versus Needs

As fall brings tempting seasonal treats and sales, it's easy to blur the line between wants and needs. Needs are necessary for survival-like food, housing, and bills. Wants are extras like pumpkin lattes, new boots, or fall decor. Knowing the difference helps you spend smarter and save for what truly matters!

Savings, Savings, Savings!

The holidays may feel far away, but they sneak up fast! Start a small savings plan now by setting aside a little each week. Even \$10-\$20 adds up by December! Planning ahead means less stress. Your future self will thank you!

REMINDERS

With fall quickly approaching the time for Pumpkin Spice and Personal Finance is near! Set your intentions on saving for the upcoming Holiday season! Spend less on stress and more time with your family and friends this season by practicing these healthy money habits!

UPCOMING EVENTS

Building Financial Security Series

- October 6, 7, 13, 14, 2025, from 5:30-7:30 P.M. MST.

Financial Literacy Lunch-N-Learn

- October 7 & 14, 2025, from 11:00-12:00 P.M. MST.

All classes will be held virtually, please register at:

- <https://extension.arizona.edu/financial-literacy>

CONTACT INFO

Carissa Diaz, Community Outreach Assistant II

Email: cdiaz221@arizona.edu | **Phone:** 520-374-6248

Website: extension.arizona.edu/programs/financial-literacy

FOOD SYSTEMS COMMUNITY PARTNERS

Submitted by Muriel Gutierrez, Community Outreach Assistant III

In July and August, seven vital food banks and distribution centers located in Casa Grande, Coolidge, Eloy, and Florence, received essential supplies to support their ongoing efforts in serving our community.

These dedicated organizations, along with their committed staff and volunteers, tirelessly work to combat food insecurity by providing emergency food boxes, affordable produce, and specialized assistance such as senior care packages. Their selfless commitment ensures that vulnerable populations—including adults, children, families, and the unhoused—have access to nutritious food, a critical foundation for overall community well-being.

Without the invaluable contributions of these community champions across Pinal County, countless individuals would face hunger, with far-reaching impacts on health, stability, and social outcomes.

The University of Arizona Cooperative Extension SNAP-ED program extends its deepest gratitude for the unwavering dedication and impactful work these partners perform every day to strengthen and nourish our community.



Christ the Victor Lutheran Food Bank in Florence serves Coolidge, Florence, Queen Creek, and San Tan Valley. They serve the community on Tuesdays and Thursdays from 8am-10am (April-October) and 9am-11am (November-March).

More Info:

<https://azfoodbanks.org/maps/christ-the-victor-lutheran-food-bank/>



Coolidge Chamber of Commerce hosts the Market on the Move drive thru produce distribution. A \$10 donation provides 60 pounds of produce.

More Info:

<https://www.marketonthemove.org/>

Chamber of Commerce Events Calendar:

<https://business.coolidgechamber.org/events/calendar/>



Eloy Chamber of Commerce hosts Community Action Market and Produce (C.A.M.P.) drive thru produce distribution. A \$15 donation gives you access to Shop-N-Select (you choose) or order a PrePacks2Go (pre-packed produce box) online. Available on-site from November through May.

For summer pick up and more information:
<https://www.farms2tableaz.org/>



Hope International Food Pantry in Coolidge serves the local community with drive-up food pantry, meal delivery, and other food programs. Serving the first three Thursdays of every month from 6am-8am (summer) and 7am-9am (winter).

For more information:
<https://hopeinternationalfoodpantry.org/>



Gila River Indian Community Nutrition Assistance (NAP) distributes emergency boxes on Wednesdays from 10am-11am and by referral. The agency service consists of the Food Commodity Distribution Program on Indian Reservations, TEFAP, and CSFP.

For more information: <https://ampleharvest.org/food-pantries/gila-river-indian-community-nutrition-assistance-11112/>



St. Vincent de Paul Food Bank distributes food Monday-Friday from 9am-12:30pm at 405 E. 2nd St in Casa Grande. Eligible clients can receive a grocery cart of food and a food box once a month.

For more information:
<https://www.svdpcasagrande.org/food-bank>
520-836-2009



PC FOOD INITIATIVE COALITION GAINING MOMENTUM

Submitted by Muriel Gutierrez, Community Outreach Assistant III

The Pinal County Food Initiative was created in response to a growing need for stronger connections among food banks, distribution centers, and service organizations that support families, seniors, and children in our communities.

What began as a simple idea has quickly grown into a county-wide movement.



Shared Vision, Strong Partnerships

From the start of outreach, it was evident that our vision was shared by many. Partners across Pinal County expressed enthusiasm and a clear commitment to improving food access and coordination.

Our inaugural meeting was held on June 12th at McFarland State Historic Park, with 30 participants representing 23 different organizations. The strong turnout reflected a shared passion for collaboration and community impact.

Growing Engagement & Structure

Since that first gathering, we've hosted two additional coalition meetings, welcoming new agencies and expanding participation.

- Two working committees have been formed
- Leadership has been selected to guide the coalition's next steps
- Seventy-two participants are currently subscribed to our coalition mailing list—and the number continues to grow every day

Looking Ahead

There is great excitement about where this coalition is headed and the impact it can make on food access, health, and well-being across Pinal County. Together, we are laying the foundation for a stronger, more connected support network for those who need it most.

Want to Get Involved? If you'd like to learn more or be added to the coalition email list, please reach out to:

Myrna Bermudez, Coordinator | Myrna.Bermudez@slfhc.org



DEVELOPMENTAL & SENSORY

GREAT TIME TO RESET ROUTINES!

Submitted by Stephen McCarville, Community Outreach Specialist II

The start of a new school year is a great time to reset routines and help your kids start the school year confidently. Here are some tips to help you jump-start back to school and make school a priority outside the classroom.

1. **Establish a routine.** Set a consistent bedtime and wake-up schedule. Plan morning and evening routines to reduce stress. Pack the book bag and leave it in the same place every night. Set out what they will wear tomorrow, including that elusive pair of shoes.
2. **Create a study space and a reading nook.** Set up a dedicated, clutter-free area for homework and studying. Think about a separate place for reading. Reduce background noise if you can.
3. **Organize school supplies.** Involve them in shopping for school supplies. Label and organize their materials together. Double-check with the teacher for any last-minute additions or subtractions to the school's supply list.
4. **Foster independence.** Gradually encourage your child to take responsibility for their own tasks, such as packing their backpack or organizing their homework. Building independence boosts self-esteem and confidence.
5. **Encourage a positive, growth mindset.** Emphasize effort and persistence over perfection. Celebrate both successes and attempts, encouraging positive self-talk and resilience. Listen and acknowledge their concerns, addressing any anxiety head-on. Work together to figure out ways to reduce stress.
6. **Build their social skills.** Discuss what it means to be a good friend and how to manage social situations, including tricky ones, to help your child feel confident in making new friends and interacting with classmates. Encourage empathy, active listening, and positive body language.
7. **Get to know the unknown.** Practice the route. Walk or drive the route to school together before the first day. Meet the teachers. Attend any orientation sessions or open houses.
8. **Be there.** If possible, take them to school and drop them off or be home to greet them when the bus or carpool drops them off. Make those first few days a priority for your schedule.
9. **Ask open-ended questions.** Give them your undivided attention when they are answering. Who is new in your class? What was the best thing about the day? Describe your classroom. Where is your desk? What did you all read? What did you do before lunch? What did you do during recess? Who are your new friends? Don't forget to ask follow-up questions!



10. **Celebrate!** Acknowledge and celebrate achievements, no matter how small. Positive reinforcement encourages a can-do attitude and motivates your child to try their best. Rewards don't have to be expensive. Fix their favorite meal. Leave a note in their lunch box. Go for ice cream after dinner. Do a celebration dance or create a special handshake.

Helping your child start the new school year with confidence involves a mix of preparation, support, and encouragement. Providing a stable foundation and fostering a positive mindset empowers them to face new challenges with enthusiasm and resilience.

FIELD CROPS SYSTEMS



AGRONOMY PROGRAM IN PINAL COUNTY

Submitted by Avik Mukherjee, Assistant Agent, Agriculture

EXTENSION & OUTREACH ACTIVITIES:

- Three (3) Cotton Tent Talks
 - ⇒ Maricopa (Ak-Chin Farms)
 - ⇒ Eloy (Sunshine Farming)
 - ⇒ Casa Grande (Sierra Farming), AZ.
- Annual New Technology Workshop (May 2025) New Invasive Insects Training (September 2025) at Maricopa Agricultural Center, Maricopa, AZ.

UPCOMING EXTENSION EVENTS:

- The Forage Forum (Tent Talk) at the [Tierra Verde Farms](#), Casa Grande on **October 16, 2025**
- The Annual Central Arizona Farmer Field Day at [Maricopa Ag Center](#), Maricopa on **November 19, 2025**

COTTON TENT TALK, ELOY, AZ



COTTON TENT TALK, CASA GRANDE, AZ



Research Activities:

- 2024-25 Small Grain Variety Testing Trial at Maricopa Ag Center (Completed)
- 2025 Herbicide Efficacy Trial in Cotton at Maricopa Ag Center. (Completed)
- 2025 Herbicide Efficacy Trial in Corn Silage at Maricopa Ag Center (Ongoing)
- Alfalfa Round-up Ready Variety Testing Trial (Upcoming)

DATA COLLECTION IN
SMALL GRAIN VARIETY TESTING TRIAL



HERBICIDE EFFICACY
TRIAL IN CORN SILAGE



HERBICIDE EFFICACY
TRIAL IN COTTON





Please join us in congratulating Jessica for being selected as the 4-H Volunteer Spotlight! Her dedication, hard work, and passion for 4-H makes a huge difference in the lives of our youth and community. Let's all celebrate and thank her for the amazing impact she continues to make!

4-H VOLUNTEER SPOTLIGHT

JESSICA NEHRMEYER, ORACLE OAKS 4-H CLUB

WHO IS JESSICA...

Outside of volunteering, I stay busy with work and family life. I'm a 4th grade teacher at Mt. Vista Elementary, and I truly love what I do. I enjoy spending time outdoors, especially hunting and working with animals. My husband, Matt, and I have two children, Colt and Kimber. I love watching them swim competitively and supporting their 4-H goals. When I'm not chasing kids or animals, I enjoy winding down with a good book.

I grew up in 4-H, and it had a huge impact on my life. It taught me responsibility, leadership, and confidence. Some of my best memories come from my time as a 4-H member, including the opportunity to travel the country promoting 4-H. When my own children became old enough to join, I knew I wanted them to have the same opportunities and experiences I did. I also wanted to give back to a program that helped shape who I am today and to help shape future generations through hard work and dedication.

One of my favorite memories was watching my daughter, a shy first-year member, step up to the public speaking podium for the first time. The pride and excitement on her face doing something she never thought she could was unforgettable. Moments like that are exactly why I keep coming back. I also love the way our 4-H club, Oracle Oaks, supports each other. We've built a culture of encouragement, where cheering one another on and lifting each other up is the norm.

What I enjoy most are the relationships. It's amazing to build connections not only with the youth but also with fellow volunteers and families. It truly feels like a community coming together to work toward a shared goal. Over the years, we've become more than a club, we've become a family.

Volunteering has given me a greater sense of purpose and fulfillment. It's taught me patience, flexibility, and how even the smallest act of encouragement can make a big impact. I've learned just as much from these kiddos as they've learned from me.

FIND US. LIKE US. FOLLOW US.

Facebook Pages:

- [Maricopa Master Gardeners](#)
- [Pinal County 4-H](#)
- [Sensory & Developmental Screening](#)

Webpage: [CALS, Pinal County](#)



Greeta Mills, Acting County Extension Director

gmills@arizona.edu

Avik Mukherjee, Assistant Agent—Agriculture

avikm@arizona.edu

Esther Turner, Associate Agent—4-H Youth Development

eturner@cals.arizona.edu

4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: Esther Turner at (520) 340-4815 or eturner@cals.arizona.edu

AZ Health Zone is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.

Contact: Greeta Mills at (520) 340-4973 or gmills@arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.

Contact: Ashley Dixon at (928) 978-2911 or adixon@arizona.edu

Choose Health Action Teen (CHAT) is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events.

Contact: Esmeralda Castillo at (520) 788-6217 or ecastill@cals.arizona.edu

Developmental Screening Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.

Contact: Jennie Treadway at (520) 340-4979 or treadway@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.

Contact: Esmeralda Castillo at (520) 788-6217 or ecastill@cals.arizona.edu

Field Crops Systems uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.

Contact: Avik Mukherjee at (520) 340-4385 or avikm@arizona.edu

Financial Literacy & Positive Discipline Parenting will help individuals gain the knowledge, self-esteem, self-efficacy and self-awareness to become in control of their finances, and thus improve their lives controlling their financial health. This program will help with daily stressors such as: worrying about electric bills, putting food on the table and wondering if they have somewhere to sleep tomorrow night, which all influences the way individuals interact with their child(ren), their families and their communities.

Contact: Carissa Diaz at (520) 374-6248 or cdiaz221@arizona.edu

First Smiles is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five; and fluoride varnishing for children with emergent teeth up to age five.

Contact: Greeta Mills at (520) 340-4973 or gmills@arizona.edu

Horticulture Program develops and delivers educational information, structured programming, and technical support to the consumer and commercial horticulture sectors, as well as urban agriculture and food systems in Pinal County.

Contact: James Jepsen at (520) 340-4489 or jjepsen@arizona.edu

MAC (Maricopa Agricultural Center) Farm Ag-Ventures educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.

Contact: Esther Turner at (520) 340-4815 or eturner@cals.arizona.edu

Sensory Screening Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Jennie Treadway at (520) 340-4979 or treadway@cals.arizona.edu