

PINAL COUNTY QUARTERLY NEWSLETTER

JULY — SEPTEMBER 2024

Volume 11, Issue 3

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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.

Summer in AZ is HOT, so we all know we must do some things (like wear sunscreen) to stay safe and healthy this time of year. It's also a time, if you have kids, when they're home and need something to do, so we've included lots of great ideas.

Summer is also when many of us travel to get out of the heat. If you've got some upcoming travel planned, in addition to packing what you'll wear, toiletries, etc. consider preparing your digital devices ahead of your trip. Here are some tips:

- **Pack Light (Digitally):** take as few devices as possible. Remove unnecessary or sensitive data including saved passwords.
- **Backup Data:** save copies of important files to secure cloud storage or an external hard drive.
- **Install Security Software:** to help defend against threats.
- **Update Everything:** make sure your devices and apps you'll want to use are updated before you leave home.
- **Encrypt your devices:** you can turn this on, usually in Settings, for your laptop and phone.
- **Set up Two-Factor Authentication:** adds an extra step to log in making it harder for others to access your accounts.
- **Use a VPN:** download a reputable 'virtual private network' app. It encrypts your internet connection making it harder for anyone to snoop what you're doing online.
- **Enable Remote Wipe:** activating this option will make it possible to erase data if your device is stolen.
- **Track Your Device:** enable "Find My" features on your devices to help locate or wipe them if lost or stolen.
- **Turn off Auto-Connect:** disabling this feature prevents them from automatically joining untrusted networks.

Stay cool and safe this summer!

Cathy L. Martinez
Cathy L. Martinez

County Extension Director

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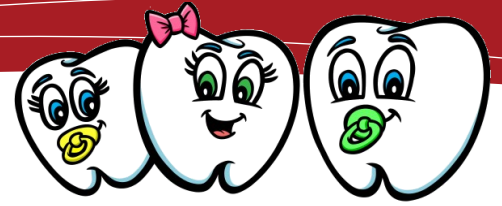
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THE UNIVERSITY
OF ARIZONA

FIRST SMILES ORAL HEALTH



WHEN DO BABY TEETH FALL OUT?

Submitted by Greeta Mills, RDH MEd, Oral Health Professional



It is common for parents to wonder when their child's baby teeth are going to fall out. And that may seem like a funny way to say it—fall out. But that is truly what happens.

As the permanent adult tooth forms underneath the baby tooth, it pushes near the root of the baby tooth. That pressure of the developing tooth causes the roots of the baby tooth to resorb, or kind of melt away. The tooth will get wiggly, and once enough of the root has resorbed, the baby tooth will fall out because there is no longer root attaching it to the gums and bone. Sometimes you will see just a hint of the root remaining, but not always. This is also why it is critical for the baby teeth to remain in their place and position in the jaw until it is time for them to fall out. The baby tooth holds the space for the permanent tooth to come into the mouth or erupt.

Usually, the first teeth to erupt into the mouth are the first to fall out. That is the front four teeth on both the top and bottom. The lower front central incisors, the two right in the middle of the lower front, come in when your baby is around 6-10 months. It can vary with the baby; it may be a little earlier or a little later. The upper central incisors, the two right in the middle on the top come in just a little later, around 8-12 months. These four teeth fall out when your child is about 6-7 years old.

The molar teeth, the big chewing teeth in the back, erupt between 14-33 months. (By age 3, most children have their full set of teeth.) But these back teeth are not lost until your child is 10-12 years old. This means that it is really important to help your child with their brushing until they are 5-6 years old, and teach them, show them, reinforce to them the importance of brushing their back chewing teeth really well. Those teeth have to last until they are nearly a teenager!



NETWORKING NEWS



SUMMER & FOOD SAFETY

Submitted by Cathy Martinez, County Director & FCHS Agent

During the summer, the sunshine beckons us into the outdoors for a picnic on the beach or in the mountains, or for grilling in our back yard. We want to enjoy these occasions as much as possible, yet each year over 48 million Americans get food poisoning so it's important to remember some simple steps to avoid being one of them.

If you're firing up the grill, be sure to clean it and your grill tools. Use a moist cloth or paper towels to clean the grill's surface before cooking. If you use a wire bristle brush for cleaning, be sure to thoroughly inspect the grill's surface for any loose bristles that may have come off the brush before cooking as they can hurt if swallowed. No one wants to find a bristle in their burger!

The first step in preparing food for the grill or a picnic is to be sure to wash your hands before handling any food AND after touching raw meat, poultry, or seafood. If soap and water aren't available, be sure to use an alcohol-based hand sanitizer (one with at least 60% alcohol). Next, be sure you wash your fresh vegetables and lettuce. If you aren't sure whether water will be available where you're going, do this step before you pack for the picnic.

Next, most of us already know how to keep foods cool – and it's more important when the weather is warm. Keep raw meat, poultry, and seafood chilled until ready to grill – in the fridge or an insulated cooler (below 40° F). Put any leftovers in the freezer or fridge within 2 hours of cooking – or ONE hour if it's over 90° outside! And throw away any perishable food leftover that wasn't refrigerated.

It's important that our food is cooked to a safe internal temperature to destroy harmful bacteria. Never partially grill meat and finish cooking it later. If you don't have one, consider investing in a food thermometer to make sure cooked foods get hot enough to kill germs (145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165° for chicken or turkey). If you're smoking meat, keep the temperature inside the smoker at 225°F to 300°F. And be sure to think about how you will keep your cooked meat hot and out of the Danger Zone (between 40° and 140°F – the zone where perishable foods spoil rapidly) before serving.

Finally, be sure to follow safe food handling tips regarding separating raw from cooked foods. Don't use the same utensils on raw foods and cooked or ready-to-eat foods. Put cooked meat on a clean plate (not the same one it was on when raw – unless you've washed it). Keep raw meat away from cooked and ready-to-eat food and drinks. And don't use the same utensils on raw foods and your cooked and ready-to-eat foods.

Follow these food safety tips, and you'll soon be enjoying a nice glass of lemonade or iced tea, well-cooked burgers, rinsed fresh veggies, and maybe a nice, chilled fruit salad!

For more information about food safety go to: <https://cdc.gov/food-safety>

POSITIVE DISCIPLINE



SUMMER FAMILY MEETINGS & BUCKET LISTS

Submitted by Muriel Gutierrez, Instructional Specialist

Summer Family Meetings

School is out, normal activities have slowed down, and the sun is high! Summer has arrived. With the rest of the year so busy, maybe family meetings haven't been as routine as we'd like, or you haven't done them in awhile. What better time than now? Gather the kids around, create an agenda, grab the talking stick and dive into this fun and effective family activity. Family meetings give kids the opportunity to develop great life skills and characteristics that will help them now and later. Family meetings promote a sense of belonging and a belief in themselves that they are capable. Parents also benefit from family meetings because this is a place for problem solving and family planning. Here are some simple steps and tips on how to run a smooth and effective meeting.

1. Bring the family together in one specific spot.
2. Bring the talking stick (this item is passed around to those whose turn it is to speak, while others listen).
3. Start meeting with each person sharing one thing that is appreciated about each member of the family.
4. Family meeting agenda will be reviewed (good idea to have this in a location it can be added to throughout the week) .
5. Brainstorming: for problem-solving write down all ideas (choose a scribe for this).
6. Encourage the kids to brainstorm first and encourage wild and crazy ideas.
7. Encourage solutions to be 1) Related, 2) Reasonable, 3) Respectful, and 4) Helpful.
8. Discuss each suggestion, cross them off the list and narrow them down to come up with a solution for the next week; evaluate the new list at the next meeting.
9. Last but not least do a fun activity at the end of each meeting, and then decide an activity for the next meeting.



LINKS FOR FUN IDEAS:

[Eventbrite.com](https://www.eventbrite.com)

[Kidsoutandabout.com](https://www.kidsoutandabout.com)

[Phoenix.kidcityguide.com](https://www.phoenix.kidcityguide.com)

[Phoenixonthecheap.com](https://www.phoenixonthecheap.com)

[Phoenixwithkids.net](https://www.phoenixwithkids.net)

[Raisingarizonakids.com](https://www.raisingarizonakids.com)

[ThisisTucson.com](https://www.thisistucson.com)

[Visitarizona.com](https://www.visitarizona.com)

[WellnessMama.com](https://www.wellnessmama.com)

Summer Bucket List

What better way to start your first family meeting than with a fun problem that has a fun solution?! A summer bucket list is a fun problem to solve. Find out what everyone wants to do, then create a family summer bucket list! The list can be as simple as run in the sprinklers, to a more complex and involved activity that takes planning and money — like a road trip. Have each child make their own bucket list; help the littles with theirs. Then, make a family bucket list with those things that the majority of family members have on their own lists. Put the list up where everyone can see it and calendar those items that need a bit of preplanning. Have fun and check them off as you all complete them. Excite the whole family on the many summer adventures to come!



SUMMER

OVER 100 IDEAS!

bucket list



- Make Tie-Dye Shirts
- Catch Fireflies
- Run Through Sprinklers
- Play Marco Polo
- Homemade Ice Cream
- Drive-in Movie Theater
- Have a Water Balloon Fight
- Stargaze
- Have a Picnic
- Visit a Nursing Home
- Play at the Park with Friends
- Blow Bubbles
- Eat Watermelon
- Read at least 10 Books
- Watch Fireworks
- Dance in the Rain
- Play Frisbee
- Watch the Sunset at Beach
- Roast Marshmallows
- Visit a Farmers Market
- Play Hide and Seek
- Make Homemade Playdoh
- Have a Slumber Party
- Finger Paint
- Eat a Snow Cone
- Make Recycled Crayons
- Visit Mom or Dad at Work
- Play Dodge Ball
- Make Paper Bag Puppets
- Go to the Library
- Watch a Thunderstorm
- Make Story Stones
- Play Flashlight Tag
- Make Sponge Water Bombs
- Visit National Monuments
- Make Root Beer Floats
- Collect Seashells
- Go Camping
- Color with Sidewalk Chalk
- Go on a Nature Walk
- Bonfire & S'mores
- Visit a Water Park
- Fly a Kite
- Buy from Ice Cream Truck
- Watch the Sunrise at Beach
- Eat Breakfast for Dinner
- Make Wishes on Dandelions
- Visit a Zoo
- Have a Pillow Fight
- Go Swimming
- Eat too many Popsicles
- Climb a Tree
- Plant Flowers
- Help Cook Dinner
- Host a Scavenger Hunt
- Do a Science Project
- Play Messy Twister
- Random Act of Kindness
- Attend Free Kids Art Class
- Learn Origami
- Bake Cookies for Neighbor
- Make Homemade Slime
- Attend Free Kids Workshop
- Make a Bird Feeder
- Wash the Family Car
- Make & Sail Paper Boats
- Go to Childrens Museum
- Write a Story & Illustrate It
- Build a Sand Castle
- Ride a Ferris Wheel
- Make Fresh Lemonade
- Play On a Slip-N-Slide
- PJ Movie Day
- Make Friendship Bracelets
- Make a Blanket Fort
- Start a Blessings Jar
- Play Tag with Friends
- Ride your Bike on a Trail
- Go Minigolfing
- Jump in Puddles
- Plant Vegetables
- Write a Soldier a Letter
- Paint Pet Rocks
- Donate to Animal Shelter
- Family Game Night
- Make Homemade Pizza
- Go Bowling
- Make Handprint Art
- Go Cloud Watching
- Have a Water Gun Fight
- Play Bingo
- Make Suncatchers
- Jump on a Trampoline
- Go Fishing
- Bury a Time Capsule
- Drink a Slurpee
- Go Rock Hunting
- Start a Summer Journal
- Play Capture the Flag
- Go to Chuck E Cheese
- Visit an Aquarium
- Go Kayaking

FINANCIAL LITERACY



SUMMER FUN: FAMILY FINANCIAL LITERACY ADVENTURES

Submitted by Carissa Diaz, Community Outreach Assistant II

Sunny Savings

As the sun beams and summer beckons with promises of adventure and fun, families across the country are seeking ways to create lasting memories with their loved ones. Dive in, as we share some cool tips on how to make the most of your finances, while enjoying the summer sun. Amidst the laughter and warmth, families can discover the joy of learning together and seize the opportunity to teach financial literacy in a playful and interactive way.

1. **Summer Savings Challenge:** It's never too early to introduce the concept of savings to your children. Encourage your little ones to go on a treasure hunt, keeping an eye out for loose change and set out a jar for them to put the money in. Once the jar is full, reward yourselves with a special summer treat!
2. **Lemonade Stand:** Help your little ones set up a lemonade stand to introduce them to earning money, pricing items, and managing sales. This is a great way to get them to interact with others, make money, and have fun!
3. **Budget-Friendly Picnic:** Plan a picnic at the park/splash pad with a budget in mind. Have kids help create a shopping list, compare prices at the store, and allow them to be part of tracking expenses to stay within the budget.
4. **Charity and Giving Back:** Teach children about the importance of giving back by involving them in charity work or fundraising. They can learn about financial empathy all while making a positive impact.

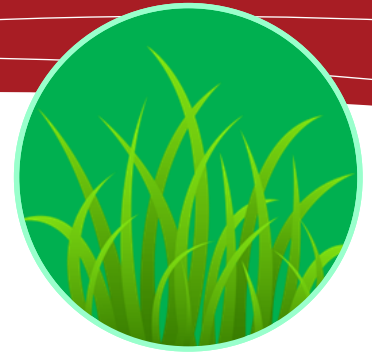
Spend Time Reading:

- "Curious George Saves His Pennies"
- "The Berenstain Bears Dollar\$ and \$ense"
- "The Coin Counting Book"
- "You Can't Buy a Dinosaur with a Dime"
- "A Chair for my Mother"



As the sun sets on another day of family adventures in financial literacy, parents and children can reflect and embrace the lessons learned through these activities. Not only are you spending the day soaking up the sun, but children are also soaking up valuable money management skills, such as saving, tracking expenses, and earning money. Families can also embrace the importance of financial empathy and the power of generosity. So, this summer, let financial literacy become part of your family's story. Create memories and skills that will last far beyond the season's end!





BEATING THE HEAT: LOW DESERT GARDENING IN THE SUMMER

Submitted by Anne LeSenne, Assistant Agent, Horticulture

The Sonoran Desert explodes with vibrant life in spring, but the scorching summer months of July, August, and September bring a different set of challenges for our gardens. Fear not, fellow desert dwellers! With some adjustments and clever techniques, you can still nurture a thriving oasis throughout the hottest part of the year.

Let's focus on three key strategies to keep your garden thriving:

- **Water Wisely:**
 - ⇒ **Deep and Infrequent:** Instead of frequent shallow watering, aim for deep soakings of the root zone. This encourages deeper root growth and reduces evaporation. Early mornings are ideal for watering to minimize water loss.
 - ⇒ **Check Your Soil:** Before watering, stick a soil probe into the soil. If it can only go down a few inches, it's time to water. Don't waste water on saturated soil.
 - ⇒ **Consider Mulch:** A layer of organic mulch around your plants helps retain moisture, regulate soil temperature, and suppress weeds. Mulch also feeds the soil with nutrients as it breaks down. Replenish your mulch as needed throughout the summer.
- **Shade and Shelter:**
 - ⇒ **Protect Sensitive Plants:** Many plants will benefit greatly from afternoon shade. Shade cloth that provides 30% to 50% shade or strategically placed taller plants or trees can offer protection.
 - ⇒ **Container Gardening:** Container gardening allows for greater control over sun exposure and watering. Move heat-loving herbs and tomatoes to shaded areas during the hottest part of the year.
- **Embrace the Season:**
 - ⇒ **Focus on Heat-Tolerant Plants:** There's a wealth of plants that thrive in our desert summers! Grow vegetables like okra, peppers, and certain squash varieties. Heat-loving herbs like rosemary, basil and thyme flourish this time of year. Don't forget about the vibrant blooms of desert wildflowers and cacti!
 - ⇒ **Succession Planting:** For vegetables with shorter growing seasons, consider succession planting. Plant new seeds every few weeks to ensure a continuous harvest throughout the summer.

Bonus Tip: Don't forget to take care of yourself! Gardening in the heat requires hydration and sun protection. Schedule your gardening tasks for cooler mornings or evenings, wear a hat and sunscreen, and stay hydrated.

By following these tips and embracing the unique beauty of our desert summers, you can keep your garden thriving and enjoy the rewards of your hard work throughout the hottest months.

Happy Gardening!





RECIPE LOVE CHALLENGE

Submitted by Sybil Peters, Program Coordinator, Sr.

Sharing a meal is a wonderful way to celebrate being together. Getting kids of all ages involved in preparing recipes gets them excited about learning cooking skills and trying new foods. Here are some general tips:

- Safety first! Always start with clean hands, clean tools and a clean workspace. Be sure to assist younger children with tasks involving sharp objects or heat.
- Read the recipe twice before you start cooking so you understand all the steps.
- Gather all the tools you will need, like spoons, bowls, and measuring cups.
- Check that you have all the ingredients that you need, or find a substitution.
- Wash fruits and vegetables, even if you will peel them.
- Wash your hands, counter and tools carefully after touching meat, chicken, eggs or fish.
- Use clean, dry oven mitts when using the oven.
- Make sure pot handles are turned away from the front of the stove when cooking.
- When using a blender, keep the lid on.
- Keep food at the right temperature. Hot foods need to stay Hot and Cold foods need to stay Cold.
- Separate uncooked and cooked foods. Don't use the same cutting board or utensils when preparing these.



***For additional food safety tips see the Summer Food and Safety article in this newsletter.**

For more tasty recipes to try, check out the [AZ Health Zone's recipe library](#).

Sources: Cooking Tips for Kids ([CalFresh](#)), *We Can! Parent Tips: Getting Kids in the Kitchen* ([National Heart, Lung, and Blood Institute, National Institutes of Health](#)) ; [azhealthzone.org](#)

Now its your turn to Give Your Recipe Some LOVE!

Whether it's a breakfast idea, side dish, salad, quick weekday meal, or family-favorite dessert, we want to hear about it. Slow-cooked, air-fried, and grilled ideas count too, so submit your very best.

Your recipe could be the next one featured in our app. Submit your idea today!

<https://PinalHealthy.com/recipe-love>



EXPANDED FOOD NUTRITION EDUCATION



ARE YOU THIRSTY?

Submitted by Esmeralda Castillo, Program Coordinator, Sr.



If you answered YES, you are most likely already dehydrated. Dehydration can lead to heat exhaustion especially with the summer months coming up and if you plan to be out and about in the warm/hot temperatures, it's important that you drink enough water to stay hydrated. Drinking water is one of the most important things you can do to prevent heat exhaustion. Other symptoms of dehydration are: infrequent urination or dark urine, dry mouth or bad breath, headache, confusion, dizziness or lightheadedness and fatigue.

The next question is what will you choose to quench your thirst? Hopefully you will choose water. Water plays a huge part in our bodies' overall health and proper functioning. Water helps our body get rid of waste, promotes a healthy immune and digestive system, lubricates our joints and it helps regulate our body temperature.

You may be wondering how much water you need to drink? The answer is not so simple. If you have heard of drinking 8 glasses of water every day that is easy to remember. However, there are many factors that need to be considered such as age, activity level, environment, breastfeeding status. Your daily water consumption needs to be based on your daily routine. If you are active and your body is sweating you need to drink more water than usual to replenish the fluids you have lost.

Water is not the only way to hydrate. There are many fruits and vegetables that are hydrating such as: watermelon, cucumbers, strawberries, spinach, and celery. Fruits and vegetables are also a great way to add flavor to your water. Cut up some pineapples, watermelons, strawberries, kiwi, lemons, limes or cucumbers and add to your water to make a great tasting infused water.

WATERMELON LIME INFUSED WATER

- 1 cup watermelon, cut into 1-inch cubes
- 1 lime, peeled and sliced
- 1 ½ quarts of icy cold water

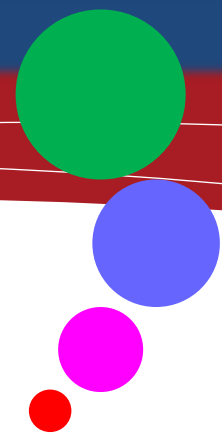
Wash all produce.

Measure all ingredients into a 2 quart pitcher.

Chill overnight for the best flavor.

For more information on healthy living our EFNEP program can help.
Contact Esmeralda Castillo at 520-788-6217.

DEVELOPMENTAL & SENSORY



WHAT TO DO WHEN IT'S 102°?

Submitted by Tammy McCarville, Community Outreach Assistant II

The summers in Arizona can be grueling, especially when temperatures reach well into the hundreds. Here are some fun indoor and outdoor activities to do with little ones.

- **Water tables.** A low table with raised sides for your toddler to play with water, allowing them to let loose and have fun while developing problem solving, fine, and gross motor skills.
- **Sensory bins.** From water beads to dish soap bubbles, there are several sensory bin ideas that Pinterest has to offer. The best part? Most of these things are items that you already have in your home. You can even turn the water table into a sensory bin, but small buckets or containers will work just as well.
- **Aquatic centers.** Summer means swimming! Some families have their own pool or have a neighbor that does, and others have a community pool thanks to HOAs. But if neither of these are options are for you, then aquatic centers are your best friend! These fabulous city-run pools often have water slides and other features, making it fun for the entire family.
- **Attend a local splash pad.** If your little one(s) is a fan of water, they will love running around in a splash pad. Bring buckets, toys, and a light snack to add to the fun.
- **Department of Parks & Recreation.** Connecting people with nature and each other through festivals, parades, social events, performing arts, tours and other programming is the goal. Many offer classes for children and adults of all ages.
- **Your local library.** A wonderful year-round resource, the library is, and especially comes in handy over the summer. Free classes for toddlers and preschoolers are the most popular. **Act One's Culture Pass** provides access to the arts for students, retirees, and under-resourced families to visit many of Arizona's arts and cultural treasures. Act One partners with over 175 libraries statewide to allow library cardholders the opportunity to check out free passes. Over 500,000 passes are offered annually. Visit your local library to check out a pass today!
- **Visit a local museum or the aquarium.** Phoenix offers several amazing museums to attend and beat the heat. To name a few, there is The Children's Museum, the Arizona Science Center, the i.d.e.a. Museum, Hall of Flame Museum of Firefighting and the Musical Instrument Museum. Another option is OdySea aquarium, Sea Life Arizona Aquarium and the Wildlife World Zoo Aquarium which offer several events and activities throughout the summer months.
- **Head to indoor play gyms.** Two words: life saver. Gymboree Play and Learn offer fair prices for memberships that also include four classes each month. Giggles indoor playground is designed for children between 9 months to 6 years. Makutu's Island is a multi-level indoor playground for kids of all ages; Amazing Jake's Food & Fun, 3 and younger get in for free.
- **Harkins Summer Movie Fun.** Harkins has announced their 2024 summer movie lineup! It costs only \$8 for 8 movies total, and you can sign up at any participating theater. The price can't be beaten, and the setting is extremely kid-friendly for little ones who might talk or need to wiggle on occasion.

The developmental and sensory screening team have age-appropriate activities for all children ages 1 month to 5.5yrs old.

Call (520) 374-6221 today if you are interested in receiving a free vision, hearing, or developmental screening and we will provide you with additional information and activities for your child.



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



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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) 836-5221, x211 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: Sybil Peters at (520) 836-5221, x216 or sybilpeters@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: Cathy Martinez at (520) 836-5221 or clmartin@cals.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) 836-5221, x244 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) 836-5221, x236 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) 836-5221, x244 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: Randy Norton at (928) 985-8844 or rnorton@cals.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: Muriel Gutierrez at (520) 836-5221 or mquierrez5@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) 836-5221, x235 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: Anne LeSenne at (520) 836-5221, x227 annelesenne@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) 836-5221, x211 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) 836-5221, x236 or treadway@cals.arizona.edu