

# Ellbogen Grants

## SUPPORT INITIATIVES IN 2016 & BEYOND

In 2016, the Ellbogen Foundation supported the creation of two new UW Extension programs, Real Food Wyoming and Pathways to Higher Education, which are expected to produce long-lasting benefits for their participants.

The Pathways to Higher Education program draws on the rich history of the 4-H program, integrating real-life, hands-on animal science education with 4-H members' project experiences with beef, poultry, rabbits, sheep, horses, goats, and swine.

The Wyoming 4-H program serves more than 6,900 youths ages 8 to 18, with 3,129 (45%) of those involved in livestock projects. The Pathways to Higher Education program allows 4-H members in high school to enroll in a college course, 4-H Animal Science (ANSCI 1009), at the University of Wyoming to earn one to four credits.

For each animal species, 4-H'ers learn selection and evaluation, nutrition, care and disease prevention, reproduction and genetics, and meat science. Online learning modules and classroom work reinforce the firsthand experience of 4-H work and livestock projects.

The multi-year, sequential course culminates with a capstone learning experience on campus presented by the Department of Animal Science and submission of a portfolio of learning.

The Real Food program is a five-week series that

includes activities, cooking, and a lively curriculum covering these "Real Food" topics:

- What makes foods "whole" or "processed" and how to tell the difference.
- How packaging encourages shoppers to buy and how to spot misleading statements.
- Nutrition basics, the importance of nutrients, and what healthy eating really means.
- Detailed discussion of the nutrition label and ingredient list.
- How to plan menus, shop for minimally processed ingredients, and keep within a budget.
- How to locate local food producers and their importance to communities.

Participants make their own tortillas, granola, roasted vegetables, smoothies, meatballs, and a variety of other recipes in class, using fresh fruits and vegetables, whole grains, local meat and eggs, and fresh herbs. The Extension Nutrition and Food Safety team was trained in 2016, and the program will be piloted in 2017 in Douglas, Wheatland, Lusk, Newcastle, Sundance, and Sheridan.

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### Pathways to Higher Education

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### Real Food

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