OSU Extension Service in Umatilla County focuses on making **positive** changes that strengthen communities and economies, **sustain** natural resources and **promote** healthy families.

When you need to make decisions affecting your family, farm, business, or community, **start with the OSU Extension Service**. You’ll find reliable, science-based information and advice that is available through one-on-one conversations with experts, as well as in workshops, forestry and farm tours, publications, hotlines, websites, online classes and youth development clubs and activities.

**UMATILLA COUNTY IS UNIQUE**

Oregon State University is the state’s land grant university, and it has a mission to work with communities to solve local issues, promote health and well-being, protect the environment and spur economic development.

The OSU Extension Service offers a combination of services tailored to the unique industries and natural resources, demographics, and rural environments of Umatilla County.

“Our faculty and staff offer educational programming and agricultural research that provide essential tools to strengthen our local communities and industries. As a result, OSU Extension has the wonderful opportunity to work with diverse members of our county and see the long-term impacts of our collective efforts.”

–CLAIRE SPONSELLER, COUNTY LEADER, OSU EXTENSION SERVICE – UMATILLA COUNTY

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**LOCAL EXPERTISE**

Working alongside stakeholders from across Umatilla County, the OSU Extension Service faculty and staff:

**Conduct and share research** to minimize community risk, improve economic vitality and promote personal and environmental health.

- Train Master Gardeners, Master Food Preservers and Master Woodland Managers, who in turn help others in the community.
- Support sustainable agriculture, including livestock, forage, and commercial field and horticultural crops.
- Conduct research on sustainable timber and natural resource management outreach to woodland owners and industry.
- Support sustainable tourism to promote community and economic vitality.
- Delivered 4-H Youth Development programs that encourage young people to learn essential life, leadership and STEM skills.
- Offer food system resources for farmers and gardeners including small farms, sustainable food and farming systems, and horticulture.
- Inform individuals and families about nutrition, healthy living, fitness, how to stretch the family food budget and create healthy meals to reduce obesity rates and improve meal quality for low-income communities.
- Partner with local school districts and community colleges to address the unique educational needs of Umatilla County, resulting in greater college and career readiness and degree completion.

**OSU’s Community Engagement Model**

- **Step 1** Build internal and community partnerships
- **Step 2** Jointly identify current and future societal needs
- **Step 3** Explore options through science and information sharing
- **Step 4** Co-create relevant, innovative, knowledge-based solutions
- **Step 5** Assess outcomes and refine approach

**WHAT WE DO**

Inform individuals and families about nutrition, healthy living, fitness, how to stretch the family food budget and create healthy meals to reduce obesity rates and improve meal quality for low-income communities.

**OSU Extension Service Resources**

Publications: catalog.extension.oregonstate.edu
Ask an Expert: extension.oregonstate.edu/extension-ask-an-expert
Food Preservation Hotline: 800-354-7319 (available mid-July through mid-October).
Budget-friendly Recipes: FoodHero.org