

Nutrition Education:

The Nutrition Education program offered two youth summer programs in conjunction with Kingston Parks and Recreation Department. The groups were well attended. We are working with the Center for Creative Education in Kingston to offer nutrition education this fall to youth who participate in their dance program and their families.

The Nutrition Education program has signed an MOU to partner with the Queens Galley on their Operation Frontline grant to provide nutrition education to groups, with an emphasis on families using food banks and emergency food sources. A training was held in August and we expect that groups will be organized this fall.

Once again this summer we were able to provide locally-grown fresh fruits and vegetables to families in Ulster County through the Plant A Row program and a generous donation of farm shares from Phillis Bridge Farm CSA. The Plant A Row program offered drop-off sites in Kingston, New Paltz, and Ellenville this year in collaboration with Family of Ellenville and Family of New Paltz. UCAT (Ulster County Area Transit) staff once again grew a garden specifically for the Plant A Row program.

Financial Education:

Tom Heffernan is participating in the Ulster County Winter Watch program which is a coalition of agencies in the county working to help residents have adequate food and heat this winter, in anticipation of high heating costs and food costs. Tom was featured on WKNY in September to talk about this program.

We were given permission by the EmPower New York staff to offer additional "Save Energy, Save Dollars" workshops in the county, and Tom has scheduled them through the month of October. Our EmPower grant has been renewed, and we will be able to offer the Save Energy Save Dollars workshop, Making Ends Meet workshop (family budgeting), and a new 2-hour Credit workshop. The new grant year begins November 1st.

Our Wise-Up Women contract was renewed by the Department of Labor, and from October 1, 2008-March 30, 2009 we can offer a financial education program for women age 17-45.

Relatives as Parents Program

We had an end of summer picnic for families at the end of August. Over 25 adults and children attended. Food was generously donated by Stop and Shop and Stewarts and Jason, Erica Smith's friend, graciously volunteered his time to cook the hamburgers and hotdogs and play with the kids. A great time was had by all!

The support group and Kidz club continue to be held on the 1st and 3rd Mondays of the month at Ulster County Community Action/Head Start in Kingston. We have a regular group of families attending and an increasing number of children!

We sponsored two children to attend camp this summer, and assisted another child in attending a sleep-away camp sponsored by the Ulster County Sheriff's Department.