

# ST. JOHN PARISH COOPERATIVE EXTENSION SERVICE

**Quarterly Highlight | September 2026**

## EXTENSION IMPACT SNAPSHOT (June – August 2026)

369 **Residents Reached** *(Total individuals engaged)*

22 **Programs Delivered** *(Workshops/events offered)*

265 **Participants** *(active attendees)*

18 **Sites/Homes Served** *(locations served)*

7 **Partnerships** *(collaborating organizations)*

14 **Skill Experiences** *(hands-on learning opportunities)*

## Year-to-Date (January – August 2026)

2,577 **Residents Reached**

69 **Programs Delivered**

1,050 **Participants**

## FEATURED HIGHLIGHTS

### PREPARING YOUTH FOR LEADERSHIP & FUTURE SUCCESS

- Through camps, conferences, retreats, and leadership experiences, youth developed communication, teamwork, and decision-making skills that prepare them for success in school, careers, and community leadership.
- Youth explored college, career, and service opportunities that expanded their confidence, broadened their future aspirations, and increased their readiness for life after high school.

### PROMOTING HEALTHY AGING & INDEPENDENT LIVING

- Older adults gained practical knowledge about nutrition, physical activity, and chronic disease prevention, helping them maintain healthier and more independent lifestyles.
- Educational and social learning opportunities encouraged participants to stay engaged in their communities while supporting health and quality of life.

### CONNECTING RESIDENTS TO HEALTHY FOOD & AGRICULTURE

- Community members increased their understanding of healthy eating, hydration, and food preparation through hands-on nutrition education and food demonstrations.
- Youth and families learned how pollinators support food production, strengthening their awareness of the connections between agriculture, nutrition, and environmental stewardship.

## CONTACT US


151 East 3rd St.
P.O. Box 250
Edgard, LA 70049
**Phone:** 985-497-3261
**Fax:** 985-497-3409
**Email:** stjohn@agcenter.lsu.edu
**Office Hours:**
Mon. – Fri: 8:00 a.m. – 4:30 p.m.

**Website:**
www.LSUAgCenter.com/StJohn

**Social Media:**
https://www.facebook.com/lsuagcenter
stjohnparish

**Parish Chair & 4-H Agent:**
Xavier Bell

**Nutrition & Community Health Agent:**
Annie Lambert

**Agriculture & Natural Resources (Horticulture) Agent**:
Stephanie Gravois

**Administrative Coordinator:**
Sarah Bradley

# PROGRAM AREA HIGHLIGHTS

## 4-H YOUTH DEVELOPMENT

- 4-H members attended 4-H University, gaining leadership and career readiness skills while experiencing a college-like environment and navigating campus life.
- Youth attending L.O.S.T. Camp strengthened teamwork, independence, and problem-solving skills through outdoor learning experiences.
- Junior Leaders strengthened leadership and communication skills during a summer retreat and were recognized for their achievements through an educational awards trip.

## NUTRITION & COMMUNITY HEALTH

- Individuals with intellectual disabilities gained cooking skills and confidence through adaptive cooking classes offered with the My Dreams Foundation.
- Youth increased their understanding of pollinators and food production through an interactive bee pollination program.
- Community members learned practical strategies for healthier cooking and home gardening through the Taste of Herbs and Spices program.

## AGRICULTURE & NATURAL RESOURCES

- Master Gardeners and residents expanded their horticulture knowledge through educational meetings and outreach efforts.
- Homeowners learned how to establish late-season cut flower gardens through educational seminars and seed distributions.
- A resident received research-based guidance for managing a Tawny Crazy Ant infestation affecting their property.



Participants practice knife skills during a cooking demonstration.



4-H camper practices water safety during a swimming lesson.



Participants identify seed varieties during a horticulture workshop.

# WHY THIS MATTERS TO ST. JOHN PARISH

- Youth are developing leadership, workforce readiness, and life skills needed to succeed in school, careers, and community leadership.
- Older adults are gaining practical tools to maintain healthier, more independent lifestyles and improve overall well-being.
- Residents are increasing their knowledge of nutrition, gardening, and food systems to support healthier families and communities.
- Community partnerships are expanding access to research-based education and resources that improve quality of life across the parish.

**Through research-based education and community partnerships, Extension is helping build a stronger, healthier, and more prepared St. John Parish.**

The LSU AgCenter and LSU provide equal opportunities in programs and employment. For the latest research-based information on just about anything, visit our website at www.LSUAgCenter.com