opportunities for the people of Maricopa County and beyond. We are all hopeful that Thanksgiving and a gift drive for Christmas.

The UA Maricopa County Cooperative Extension Program managed by Master Gardeners. This has facilitated a more personalized session of gardening information more accessible of classes (17), the number of attendees more than doubled, from 648 in 2019 to 1570 attendance to the new format.

To come to an end, I would say that we have made great progress and gotten some there, we are using our hearts.

And at Johnny's Selected Seeds in Fairfield, Maine, saw a 270% jump in orders the week of March 16. We are some of the many who have chosen gardening but for us, as farm work and it teaches us independence because of all the different tasks there are. It very healthy). And another thing, there has been a big increase in gardens since Covid-

Then, the development of some horticulture courses, ensuring that the state's professional applicators were up-to-date in the latest courses, addressing pressing issues within our agricultural community.

By Ed Martin

While this has been a year of uncertainty and change, the AWF team continues to bring opportunities for the people of Maricopa County and beyond. We are all hopeful that Thanksgiving and a gift drive for Christmas.

Resource Center went to an online format and still found time to have a food drive for both went to a virtual mode and continued to help educate teachers and landscape management on essential turfgrasses along with weeds and cold tolerant new groundcover that has potential to fit in desert landscapes (photo).

Other horticulture classes were also done online, which actually increased attendance.

Much of our programming was canceled or postponed, but our staff worked through the changes came about when in person gatherings were put on hold this past spring and up with some creative lessons that students can do from home using just a few things they are in a classroom setting or if their students are learning remotely. The team lesson curriculum unit was modified to allow teachers to facilitate the lessons whether provide valuable support to teachers who find themselves teaching online. The 10-

By Patty Merk

Early Childhood Family Resource Center's community outreach in South Phoenix, in a drive-through holiday gift-giving event. As part of the University of Arizona-Roosevelt Early Childhood Family Gift-giving event. As part of the University of Arizona-Roosevelt Early Childhood Family Resource Center's community outreach in South Phoenix, on December 12 and 18th, a total of 174 families that include 615 children participated

By Emilio

Water Festival online "Celebration Zoom Fests are the Best!"

The Water Festival online "Celebration Zoom Fests are the Best!"

We mixed and soaked dirt since October of this year, 150 minutes of physical activity each week.

The Diabetes Prevention Program is a rewarding program (for participants and those of us increased their weekly physical activity—no small feat for this busy person!

Another star participant has lost 18 pounds since August and has incrementally increased their weekly physical activity—no small feat for this busy person!

The goals for participants are:

♦ Goal: Lose weight, or maintain weight loss.

♦ Goal: Increase physical activity to 150 minutes each week.

♦ Goal: Changes in eating habits - increase vegetables, fruit, whole grains, and dairy, and decrease red meat, sugar, and saturated fats.

The Diabetes Prevention Program is a year-long program with 26 lessons spread

In 2018, Vanessa da Silva, PhD, RDN, Nutrition Extension Specialist in the Department

DPP, such as EFNEP (Extension Food and Nutrition Education Program) and SNAP-Ed, organizations have faced in program implementation and builds on CE's strengths. The reported with the real-world implementation of the DPP and can achieve a broader implement the DPP have had recurring challenges such as:

♦ Participant recruitment and retention, and

♦ Participant reach, especially in rural areas,

♦ Program costs, and

♦ Program quality and sustainability.

condition in which blood glucose levels are high, but not high enough to be T2D. It is not reversible, prediabetes is. Prediabetes is a year. Although, type 2 diabetes is not reversible, prediabetes is. Prediabetes is.

There are many, many more stars shining in our class. We are so proud of them! The increase their weekly physical activity—no small feat for this busy person!

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