



Extension

A YEAR IN REVIEW 2020

New Hampshire

County Contributions
\$2.9M

State Contributions
\$7.6M*

These contributions leveraged an additional

\$7.7M

in federal funds, grants, program income and gifts.

Agricultural Support

\$1.5M

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

Created Food and Agriculture COVID information webpage.

5,676
total pageviews

25
blog posts

400-900
unique pageviews per blog

Forest Land Management Technical Assistance

\$1.1M

generated in timber production and tax revenue

861
large woodlot owners

53,650
acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

161
workshops

100
N.H. Licensed Foresters

200
N.H. Certified Loggers

Natural Resources professionals offered workshops to help N.H. foresters and loggers gain or maintain state certification.

Community Capacity-building

Specialists worked with:

1,379 agricultural businesses

289 natural resources businesses

502 other businesses

Youth and Families

11,931 youth participated in 4-H/Extension programs

\$3.5M extramural funds

\$928K grant

Extension received a SAMHSA grant to provide resources and workshops to help fight the opioid epidemic.

COVID-19 Safety Training

Developed training to educate organizations and volunteers on how to keep safe while volunteering outdoors.

198
organizations

2,287
volunteers

4,022 volunteers

158,881 hours

\$4.1M** value of volunteer time

*In 2020, for every \$1.00 that counties contributed, UNH provided \$2.03 of statewide resources.

**State Values of Volunteer Time (N.H.): \$26.23; independentsector.org/

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating.



Statewide Highlights 2020

MAKING LIFE **BETTER** IN NEW HAMPSHIRE



Extension

COVID-19 Response

During the COVID-19 pandemic in 2020, UNH Extension staff and specialists identified and addressed critical needs online or through physical distancing. Some of our work included:

- Connecting residents with food and essential supplies
- Supporting and collaborating with farmers
- Helping businesses navigate executive orders
- Providing educational resources to K-12 parents, students and teachers
- Sharing practical information about sanitation and public health
- Guiding conversations about mental health

Trusted Source for Green Industries

Extension is the primary source of research-based information for the state in the areas of agriculture, landscape services, forestry, fisheries and aquaculture. These industries account for numerous jobs and a high economic impact for our state.

26,472 jobs

\$3.69B economic impact**

"I have relied on UNH Cooperative Extension many times over the years. Extension has been my 'go to' for answers to my questions regarding farming and ag business. When COVID-19 put a wrench in farm operations, Extension was the first place I called. Without the guidance of Extension in 2020, my little farm would no longer be in business."

» Eric Milligan, New Hampshire Mushroom Company, LLC

Healthcare Savings

\$8.1M in healthcare savings

Extension's Nutrition Connections program for low-income participants provided millions in savings on future healthcare system costs.*



*Based on research showing that every \$1 spent on healthcare education yields \$10 savings in future healthcare costs. Journal of Nutrition Education and Behavior, An Economic Evaluation of the Expanded Food and Nutrition Education Program: [jneb.org/article/S1499-4046\(07\)00968-2/fulltext](https://jneb.org/article/S1499-4046(07)00968-2/fulltext)

**Farm Credit East, 2020.



Extension

A YEAR IN REVIEW 2020

Belknap County

Belknap County Contributions
\$161,700

State Contributions
\$449,303*

Total Extension Value to Belknap County

\$820K

Agricultural Support

\$19,171

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

12 new farms **300** acres

Helped new farms establish production and business plans, resulting in an additional 300 acres of agricultural production in the county.

Forest Land Management Technical Assistance

\$108,198

generated in timber production and tax revenue

24 large woodlot owners **4,867** acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to: natural resources, education, citizen science, youth and families, economic development, gardening, wildlife, nutrition and more.

Community Capacity-building

Provided Sanbornton with grant writing support, leading to a:

\$5,000

USDA high tunnel grant

Online Food Access Map

375 total sites **14** Belknap sites

Created an online map for food insecure families.

Youth and Families

43 4-H youth participated in Ready, Set, Grow, a gardening program with weekly science challenges.

Created virtual spaces for youth to foster connection.

211 volunteers

9,099 hours

\$238,675** value of volunteer time

*In 2020, for every \$1.00 Belknap County contributed, UNH provided \$2.78 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Carroll County

Carroll County Contributions
\$284,291

State Contributions
\$498,969*

Total Extension Value to Carroll County

\$901K

Agricultural Support

\$150,976
distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$27,500
impact for farms

Provided technical assistance to farms.

Forest Land Management Technical Assistance

\$68,189
generated in timber production and tax revenue

100
large woodlot owners

3,067
acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to:

- 4-H youth development
- Science in schools
- Water quality monitoring
- Gardening
- Invasive plant control
- Economic development
- Nutrition
- Wildlife

Online Food Access Map

375 total sites **16** Carroll sites

Created an online map for food insecure families.

Youth and Families

Created virtual spaces for youth to foster connection.

50 families

participated in the 4-H Birding in Your Backyard virtual curriculum.

20 youth

participated in the 4-H Wildside Photography Challenge to explore and document nature.

258 volunteers

5,933 hours

\$155,625** value of volunteer time

*In 2020, for every \$1.00 Carroll County contributed, UNH provided \$1.72 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Cheshire County

Cheshire County
Contributions
\$176,793

State Contributions
\$433,795*

**Total Extension Value
to Cheshire County**

\$899K

Agricultural Support

\$60,882

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$27,000

saved for farms

Provided technical assistance to farms with cover cropping, which helped farmers save on fertilizer expenses and reduced leaching of nitrogen into ground water.

Forest Land Management Technical Assistance

\$79,506

generated in timber
production and tax revenue

118

large woodlot
owners

3,576

acres
improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to: natural resources, education, citizen science, youth and families, economic development, gardening, wildlife, nutrition and more.

Youth and Families

357

low-income
youth and adult
participants

Delivered healthy
eating education.

Online Food Access Map

375

total sites

17

Cheshire
sites

Created an online
map for food
insecure families.

185 volunteers

11,392 hours

\$298,816** value of
volunteer time

*In 2020, for every \$1.00 Cheshire County contributed, UNH provided \$2.45 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Coös County

Coös County Contributions
\$244,100

State Contributions
\$471,230*

Total Extension Value to Coös County

\$1.9M

Agricultural Support

\$39,940

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

Forest Land Management Technical Assistance

\$200,100

generated in timber production and tax revenue

55

large woodlot owners

9,000

acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to:

- 4-H youth development
- Science in schools
- Water quality monitoring
- Gardening
- Invasive plant control
- Economic development
- Nutrition
- Wildlife

Community Capacity-building

Guided the Coös Economic Development Corporation (CEDC) through a strategic planning process to grow the local economy, which led to:

\$1M

in financing to support businesses with expansion, capitalization and infrastructure improvements.

Youth and Families

28 families

participated in “Let’s Root for Each Other” 4-H gardening project to reduce food insecurity.

Created virtual spaces for youth to foster connection.

Offered the first Barry Conservation 4-H Camp Home Camp-Out to provide camp-related activities that can be done safely at home.

184 volunteers

9,377 hours

\$245,964** value of volunteer time

*In 2020, for every \$1.00 Coös County contributed, UNH provided \$1.93 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Grafton County

Grafton County Contributions
\$336,676

State Contributions
\$554,373*

Total Extension Value to Grafton County

\$1.6M^{*}**

Agricultural Support

\$295,405

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$2.5M

industry value

48

produce farms

Supported fruit and vegetable farms through cooperative research, innovative production practices, management of invasive insects, improvement of crop vigor and reduction of pesticide applications.

Forest Land Management Technical Assistance

\$190,939

generated in timber production and tax revenue

55

large woodlot owners

8,588

acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Community Capacity-building

Assisted Bethlehem Reimagined, Inc. in writing a

\$30,000

USDA grant.

Assisted Bristol Downtown and Bristol Trails Committee with signage, wayfinding (guiding visitors to destinations and services) and revitalization of Bristol Falls Park.

Youth and Families

2,100 food and personal items

4-H Clubs collected items to support the county's low-income families.

4-H provided hands-on agricultural science to families during the pandemic.

337 volunteers

21,720 hours

\$569,705^{}** value of volunteer time

*In 2020, for every \$1.00 Grafton County contributed, UNH provided \$1.65 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/

*** Excludes \$2.5 M value of fruit and vegetable industry.



Extension

A YEAR IN REVIEW 2020

Hillsborough County

Hillsborough County Contributions
\$413,300

State Contributions
\$810,894*

Total Extension Value to Hillsborough County

\$2.3M

Agricultural Support

\$402,288
distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$138,957
increased sales for farms

Increased sales and cost savings for sweet corn while reducing pesticide applications through Integrated Pest Management program.

Forest Land Management Technical Assistance

\$81,418
generated in timber production and tax revenue

79 large woodlot owners
3,662 acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Youth and Families

50 Hillsborough youth

participated in "Let's Root for Each Other" 4-H gardening project to reduce food insecurity.

1,697 low income youth and adults

participated in healthy eating education.

Community Capacity-building

Provided education in grant writing, which led to:

\$19,711 received by the Town of Wilton (AARP Community Challenge grant) and

\$21,750 received by the Friends of Benson Park in Hudson (NH Charitable Foundation).

Guided the Greenville Economic Development Committee in strategies to enhance business and economic development.

Online Food Access Map

375 total sites

31 Hillsborough sites

Created an online map for food insecure families.

674 volunteers

32,250 hours

\$845,918** value of volunteer time

*In 2020, for every \$1.00 Hillsborough County contributed, UNH provided \$1.96 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Merrimack County

Merrimack County Contributions
\$434,930

State Contributions
\$705,380*

Total Extension Value to Merrimack County

\$2M

Agricultural Support

\$200,907

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

17,999

pageviews

662

job link clicks

Created a comprehensive online map to generate business for local farms, which included a "Find a Farm Job" link.

Forest Land Management Technical Assistance

\$107,764

generated in timber production and tax revenue

77

large woodlot owners

4,119

acres

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Online Food Access Map

Created an online map for food insecure families.

375

total sites

33

Merrimack sites

Community Capacity-building

Helped communities secure

\$489,000

in grants and resources to implement projects

- **\$205K** - Concord Makerspace
- **\$167K** - In-Town Concord
- **\$67K** - Overcomers Refugee Services of Concord
- **\$30K** - Northfield Trails and Recreation Committee

150 local entrepreneurs

participated in monthly One Million Cups events hosted by Extension staff in Concord.

Youth and Families

50 families

participated in a 4-H homestyle camping activity designed by Merrimack County 4-H.

Created virtual spaces for youth to foster connection.

452 volunteers

21,569 hours

\$565,744** value of volunteer time

*In 2020, for every \$1.00 Merrimack County contributed, UNH provided \$1.62 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Rockingham County

Rockingham County
Contributions
\$410,054

State Contributions
\$671,651*

**Total Extension Value
to Rockingham County**

\$1.7M

Agricultural Support

\$256,888

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

Forest Land Management Technical Assistance

\$46,979

generated in timber
production and tax revenue

93

large woodlot
owners

2,113

acres
improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to:

- 4-H youth development
- Science in schools
- Water quality monitoring
- Gardening
- Invasive plant control
- Economic development
- Nutrition
- Wildlife

Community Mental Health Support

209 educators and
volunteers

trained in trauma informed social emotional and mindfulness learning and suicide prevention.

Partnered with local organizations to help vulnerable youth with mental health issues and suicide prevention.

Created online resources that addressed anxiety, depression and supporting families through crises.

Online Food Access Map

375

total sites

37

Rockingham sites

Created an online map for food insecure families.

989 volunteers

29,058 hours

\$762,186** value of
volunteer time

*In 2020, for every \$1.00 Rockingham County contributed, UNH provided \$1.64 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Strafford County

Strafford County Contributions
\$162,314

State Contributions
\$422,396*

Total Extension Value to Strafford County

\$871K

Agricultural Support

\$9,055

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$17,401

increased sales for farms

Increased sales and cost savings for sweet corn while reducing pesticide applications through Integrated Pest Management program.

Forest Land Management Technical Assistance

\$159,624

generated in timber production and tax revenue

63

large woodlot owners

7,180

acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Volunteers

Trained and managed by Extension staff, they dedicated their time to: natural resources, education, citizen science, youth and families, economic development, gardening, wildlife, nutrition and more.

Community Capacity-building

Extension's involvement in the Strafford County Comprehensive Economic Development Strategy Committee over the past five years has contributed to millions of dollars in grants.

Youth and Families

42 families

pledged to plant an extra row of seeds to supplement their meals or donate to pantries.

Created virtual spaces for youth to foster connection.

50 Farmington youth

participated in a free summer enrichment program through the UNH Teacher Residency of Rural Education graduate program, which received assistance from 4-H interns.

483 volunteers

10,026 hours

\$262,990** value of volunteer time

*In 2020, for every \$1.00 Strafford County contributed, UNH provided \$2.60 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/



Extension

A YEAR IN REVIEW 2020

Sullivan County

Sullivan County Contributions
\$282,319

State Contributions
\$542,190*

Total Extension Value to Sullivan County

\$987K***

Agricultural Support

\$75,022

distributed to farms

Developed a program with N.H. Dept. of Agriculture to expend CARES Act funds for farms hurt by the pandemic. Staff assisted farmers with writing applications for these funds.

\$32,700

direct benefit to farms

Provided technical assistance in sprayer calibration, farm leasing, succession planning and the Paycheck Protection Plan.

\$15.8M

fair market value of farming operations

\$545K

annual payroll for 67 employees

Assisted in succession planning for six farming operations.

Forest Land Management Technical Assistance

\$150,097

generated in timber production and tax revenue

145

large woodlot owners

6,751

acres improved

Provided technical assistance to woodlot owners resulting in improved acreage through forest management practices.

Community Capacity-building

Led a county-wide task force to link educational partners such as Career Technical Education Centers and community colleges with county funds.

Fostered education-to-jobs programs such as welding and woodworking to train underemployed residents and connect them with local employers.

Youth and Families

550

low-income youth and adults

participated in healthy eating education.

47

Sullivan youth

participated in "Let's Root for Each Other" 4-H gardening project to reduce food insecurity.

190 volunteers

7,159 hours

\$187,783** value of volunteer time

*In 2020, for every \$1.00 Sullivan County contributed, UNH provided \$1.92 of statewide resources.

**State Values of Volunteer Time (NH): \$26.23; independentsector.org/

*** Excludes fair market value of farmland and annual payroll for 67 employees.