While we can find answers to most any questions you have, we specialize in the following areas:

**Agriculture and Food Systems**
Whether you’re an existing agribusiness or just getting started, our agricultural staff can help you find the answers you need for all things related to agriculture.

**Youth Development**
4-H is about building life skills for our youth in all sorts of learning environments while having a great time doing it. Get them involved and watch them excel!

**Healthy Living and Nutrition**
Need some simple pointers or a full program on healthy eating and being more active at home or work? Talk to our staff.

**Family Life Skills**
Life can be a bit hectic, especially at home. Raising a family today is not always simple. Our educators can provide the latest information on all sorts of topics focused on family life.

**Military Families**
We have staff that specialize in helping military families both on and off post. Many of these staff members have military backgrounds and are available to assist you.

**Community Development**
We can help you and your community with topics related to local foods, energy, climate change, recycling, composting, sustainability practices, and many more.
What can we do for you? We can find you the right information, backed by research, when you need it, for your family and even your business. If we don’t have a local staff expert to assist you, we have direct access to Cornell University and other universities around the country.

How can you participate in our programs? Extension staff provides information to the community through workshops, community events, individual meetings, and community partnerships, all in an effort to reach Jefferson County residents.

For more information, please contact us or visit our website and Facebook page at:

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