



# RUTGERS COOPERATIVE EXTENSION

New Jersey Agricultural Experiment Station

**Mission:** Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension helps the diverse population of New Jersey adapt to a rapidly changing society and improve their lives and communities through an educational process that uses science-based knowledge. Through science-based educational programs, Rutgers Cooperative Extension truly enhances the quality of life for residents of New Jersey and brings the wealth of knowledge of the state university to local communities.

**Goals:** Ensure healthy lifestyles; provide productive futures for youth, adults, and communities; enhance and protect environmental resources; ensure economic growth and agricultural sustainability; and improve food safety and nutrition.

**Working in cooperation with the  
Office of County Executive  
Joseph N. DiVincenzo, Jr.**



**Visit us online  
using the QR  
code / link!!**



**See back for  
available programs  
in Essex County!**

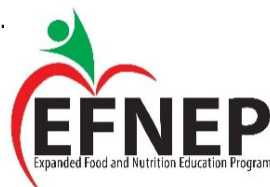
[www.essex.njaes.rutgers.edu](http://www.essex.njaes.rutgers.edu)

# Rutgers Cooperative Extension of Essex County

## Expanded Food and Nutrition Education Program (EFNEP)

Assists limited-resource families and youth in acquiring the knowledge, skills, attitudes, and behavior changes necessary for nutritionally sound diets; and contributes to program participants' personal development and the improvement of their total family's diets and nutritional welfare.

**Contact:** Gisela Rivera  
[Gfr23@njaes.rutgers.edu](mailto:Gfr23@njaes.rutgers.edu)



## 4 - H

### (Head, Heart, Hands, Health)

Connects youth and our community to Rutgers University. The 4-H Youth Development Program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world.

**Contact:** Marissa Staffen  
[mblodnik@njaes.rutgers.edu](mailto:mblodnik@njaes.rutgers.edu)



## Family and Community Health Sciences (FCHS)

Promotes healthy families, schools and communities through education, research and collaboration with outreach in food, nutrition, and wellness. FCHS fosters a culture of health for NJ residents of all ages that enables individuals and families to make informed decisions to improve their lives and their communities.

**Contact:** Veronica Jones  
[jonesve@njaes.rutgers.edu](mailto:jonesve@njaes.rutgers.edu)



## Agriculture and Natural Resources

Provides educational services regarding agriculture, horticulture, water conservation, landscaping, and related natural resources topics to county citizens. For gardening/landscaping questions call the Master Gardener Helpline.

**Master Gardener  
Helpline:** (973) 228-2210

**Contact:** Amy Rowe  
[rowe@njaes.rutgers.edu](mailto:rowe@njaes.rutgers.edu)



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New Jersey Agricultural  
Experiment Station

■ Cooperative Extension



**Cooperating Agencies:** Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.