

## Read about our 2023 National Award Winners Monthly!

Learn more about the award winners at <https://neafcs.memberclicks.net/2023-award-winners>

### "Grown Up U: Facts for Success" Podcast Program

Tristin Bolton & Team  
University of Arkansas Extension

Grown Up U: Facts for Success is an "adulting" podcast specifically designed for older teens and young adults to help them gain critical life skills needed to live independently.

The 10-15 minute episodes are hosted by a team of 12 FCS agents across Arkansas and communication specialists from University of Arkansas Division of Agriculture.



1st Place National Winner: Communication Award  
Radio or Podcast



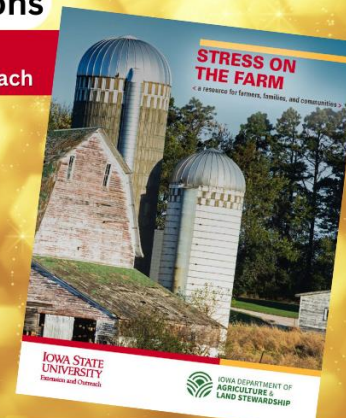
### Farm and Ranch Wellness: Key Educational Publications

David Brown & Team  
Iowa State University Extension and Outreach

The Farm and Ranch Wellness Project provided outreach to farmers, farm workers, families and their advocates.

Three developed educational publications also offered stress assistance and mental health resources and information:

- Stress on the Farm
- Farm Stress and Mental Health
- ESTRÉS EN ÁREAS AGRÍCOLAS



1st Place National Winner: Communication Award  
Educational Publication



## Feeding My Baby From Cradle to Table

Jenna Smith & Team  
University of Illinois Extension



Food is for fun from 6 months to age 1!

[go.illinois.edu/FeedingMyBaby](http://go.illinois.edu/FeedingMyBaby)

Illinois Extension



Baby-Led Weaning

Allergies

Best Newborn Foods

Starting Complementary Foods

Signs of Readiness

Parenting Resources

Making Homemade Baby Food

Best Foods to Feed Your Baby

Frequently Asked Questions

Feeding My Baby from Cradle to Table website focuses on feeding infants approximately six to twelve months of age complementary foods. The interactive website includes fact sheets, videos and covers topics such as:

1st Place National Winner: Internet Education Technology



## Work Well - Workforce Wellness Newsletters

Rachel Tansey & Team  
Rutgers Cooperative Extension

The goal of Work Well Workforce Wellness Newsletters encourage employees to live longer, healthier productive lives and reduce chronic disease risks by promoting nutritious eating and active lifestyles.

Survey results showed 68% of participants finished the full 12 week Work Well-Workforce Wellness program.

Of those who did respond, 91% of the participants felt that the newsletters and resources were helpful for them to make positive changes to adopt a healthier lifestyle.



1st Place National Winner: Communication Award Newsletters

