

**FOR IMMEDIATE RELEASE**  
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### MSU Extension News Bulletins 12-18-08



#### MACOMB COUNTY

#### Cooperative Extension Service

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*Michigan State University,  
U.S. Department of  
Agriculture, and Macomb  
County Board of  
Commissioners  
cooperating.*

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**Program offered for relative & in-home childcare providers**  
Macomb County residents providing childcare for relatives or who are in-home childcare aides are encouraged to attend a free, educational series to improve their childcare skills, offered by Macomb County MSU Extension (MSUE).

Participants will learn child development, positive discipline, literacy, health and safety, nutrition and will receive American Heart Association CPR training.

The free program runs from 9 a.m. to 3:30 p.m. on Saturdays Jan. 10, 17 and 24 at the Bethany Church of God, 11600 Clinton River Road in Sterling Heights.

Those who complete the course will receive a childcare resource binder, a children's book and a certification of completion from MSUE.

Participants receiving DHS child care payments for 90 consecutive days and who meet other eligibility requirements also will earn \$150.

Registration is required by Jan. 5. For more information or to register, call 586-469-2395.

**Spring '09 Master Gardener class applications available**  
Macomb MSU Extension (MSUE) is now accepting applications for its spring 2009 Master Gardener courses.

Applications are accepted on a first-come first-served basis. Anyone not able to make it into the fall class will automatically be put on the list for the next class.

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Classes will run from 9 a.m. -1 p.m. every Thursday, from Jan. 15 through March 26, at the MSUE offices in the VerKuilen Building, 21885 Dunham Road (near entrance E) in Clinton Township.

There is a fee of \$260 for the class, payable in cash or check.

For an application, call 586-469-6440 or download one at [http://www.macombcountymi.gov/msuextension/hort\\_ag\\_Calendar.htm#MasterGardener](http://www.macombcountymi.gov/msuextension/hort_ag_Calendar.htm#MasterGardener).

### **Expanded Food & Nutrition program recruiting**

The Macomb County MSU Extension (MSUE), Expanded Food & Nutrition Program (EFNEP) is recruiting new, low-income families to participate in the “Eight Weeks to a Healthier You” program.

The free, eight-week program offers in-home or group presentations on different nutrition-related topics.

Programs will cover the basics of a healthy diet, the food pyramid, daily nutrient needs, stretching food dollars, menu planning, shopping basics and other nutrition-related topics.

Anyone interested is encouraged to call the Macomb County EFNEP program at 586-469-6432

For more information on any of the Macomb MSUE community programs including Children-Youth-Family, Agriculture and Natural Resources or Community and Economic Development, please call 586-469-5180, Monday through Friday from 8:30 a.m. to 5 p.m.

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