

# Roadmap to RCE

## RUTGERS

New Jersey Agricultural  
Experiment Station

■ Cooperative Extension



18 USC 707



By: Amelia Valente

Ocean County 4-H Program Associate  
*In collaboration with RCE faculty and staff*

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# Rutgers Cooperative Extension (RCE)

WE **R** HERE WHEN YOU NEED US



## ***Our Mission***

We provide research-based information and programs to help educate our diverse population and improve their lives for the rapidly changing future.

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## ***The purpose of this guide***

To provide an overview of what RCE can do for you! Enjoy the provided activities and learn something new.

Submit photos of your completed activities in the community padlet (found on the last page). When you complete and post all of the activities, you win a prize.

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New Jersey Agricultural Experiment Station  
Rutgers, The State University of New Jersey  
88 Lipman Drive,  
New Brunswick, NJ 08901-8525

Find out more about  
[Rutgers RCE](#)



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# STOP #1

## 4-H Youth Development

### What we can help you with:

- Educational outreach programming for youth in grades K-13 (one year out of high school) through clubs, short term exploratory programs, school enrichment, afterschool child care education programs, and overnight camping.
- Encourages responsibility, community awareness, and character development.

### Contact:

<http://nj4h.rutgers.edu/>

Dept. of 4-H Youth Development  
88 Lipman Dr.  
New Brunswick, NJ 08901  
(848) 932-3700

## Edible Paint

*A safe and fun way to color on your food.*

Write a positive message on a food item to give to someone who needs a smile.

### Supplies:

- 14 ounces of sweetened condense milk (or use soy powder for dairy-free).
- Gel food coloring.
- Clean paintbrushes (new is best and has better food-safety).
- Snacks to paint! (try slices of fruit, granola bars, or rice crispy treats).

### Method:

- 1) Divide the condense milk or soy powder into small containers, depending on the different colors you are making.
- 2) Add food coloring and stir well until you reached your desired color.
- 3) Paint away!

### - Tips -

For purple – make the red first and then add blue food coloring.  
For orange – make the yellow first and then add red food coloring.



# STOP #2

# Agriculture and Natural Resources

## What we can help you with:

- Environmental Steward Program
- Master Gardeners
- Marine Resources
- Professional Fertilizer Certification
- Pesticide Training Manual
- Soil Mapping for Farmland Assessment
- Sustainable Landscape Information
- Soil Testing

## Contact:

<https://njaes.rutgers.edu/anr/>

Dept. of Agriculture and Natural Resources  
88 Lipman Dr.  
New Brunswick, NJ 08901  
(848) 932-3590

## Soil Texture

*Let's find out what type of soil you have, so you know what plants can grow there!*

Sandy soil has large particles that allow plenty of space for air and water to disperse, but it cannot hold water and valuable nutrients for very long. Clay is much denser and has tiny particles which allows it to hold water and nutrients well. Silt falls somewhere in between sand and clay. Most soils have some mix of all three types; a "loamy" soil has approximately equal amounts of silt, sand, and clay.

### Supplies:

- Soil from your yard (dried and free of stones, roots, etc.).
- Mason jar or another clear container with lid (pint size or larger).
- Water.
- Measuring tape.

### Method:

- 1) Put the soil into the jar and fill to the top with water.
- 2) Close the lid tightly and shake the jar for about 1-2 minutes or until everything is well mixed.
- 3) Set the jar in a safe place and leave it for 1-3 days or until the particles have all settled. Do not mix again.
- 4) After the sediment has settled, you should see three distinct layers in your jar. The top will be clay, the middle will be silt, and the bottom will be sand.
- 5) Measure the total height of the soil in centimeters and write it down.

Height of sand layer (bottom) = \_\_\_\_\_

Height of silt layer (middle) = \_\_\_\_\_

Height of clay layer (top) = \_\_\_\_\_

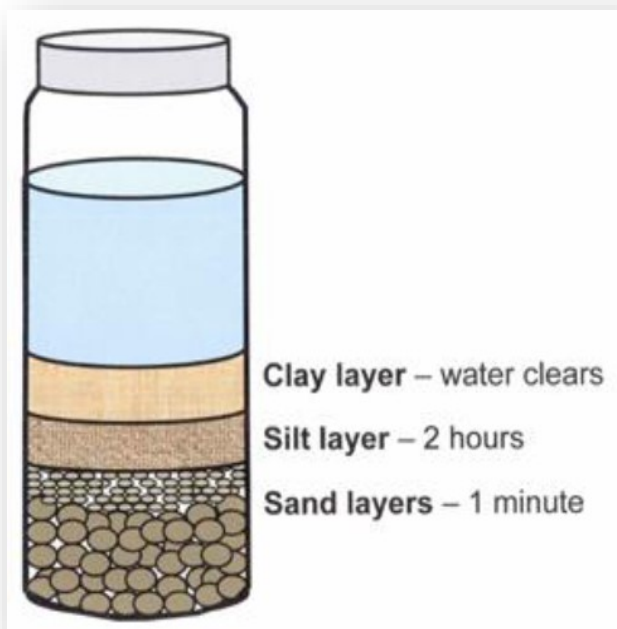


Image credit: Azlca

Input your measurements into the [soil texture calculator](https://soiltexturecalculator.com/) by the USDA

[nrcs.usda.gov/wps/portal/nrcs/detail/soils/survey/tools/](https://nrcs.usda.gov/wps/portal/nrcs/detail/soils/survey/tools/)

Find out more about  
[Rutgers ANR](https://njaes.rutgers.edu/anr/)



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# STOP #3 Expanded Food and Nutrition Education Program (EFNEP)

## What we can help you with:

- Nutrition education programs to help families eat better and get more active on a budget.

## Contact:

<https://efnep.rutgers.edu/>

26 Nichol Avenue, 2nd Floor  
New Brunswick, NJ 08901  
(848) 932-9720

## Walk Indoors

*Because walking is so important!*

Click on one or more of the video titles/QR codes and begin walking today.



[Walk Indoors!](#)



[Walk Indoors! Add Upper Body Moves](#)



[Walk Indoors! Add Weights](#)



[Walk Indoors! Interval Training](#)



[Walk Indoors! Stretch](#)



[Walk Indoors! Add Intensity](#)

Find  
out  
more  
about  
[Rutgers  
EFNEP](#)



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# STOP #4

## Family and Community Health Sciences

### What we can help you with:

- Staying healthy, raising healthy kids, eating right, and living well.
- Educational programs to help today's busy families make choices to enhance health.

### Contact:

<https://njaes.rutgers.edu/fchs/>

Dept. of Family and Community Health Sciences  
88 Lipman Dr.  
New Brunswick, NJ 08901  
(856) 224-8040

## Pumpkin and Black Bean Soup

*Fulfilling and delicious!*

### Supplies:

- 4 tablespoons butter (1/2 stick).
- 1 large onion, chopped.
- 6 cloves garlic, chopped.
- Two 15oz can black beans, drained & rinsed.
- One 15oz can pumpkin puree (or 1 ½ cups).
- 1 cup tomato puree.
- 4 cups low sodium chicken stock or vegetable stock.
- 1 tablespoon cumin.
- 1 teaspoon salt.
- ¼ teaspoon freshly ground black pepper .

### Method:

1. Melt butter in stockpot over medium-low heat. Add onion and garlic, then add cumin, salt & pepper, stir to blend then cook over low heat 5 minutes, stirring occasionally.
2. Add vegetable stock, tomatoes, pumpkin, black beans. Bring to a boil, then lower to a simmer for 25 minutes. Stir occasionally & the soup will blend well.
3. The soup can be served as-is or use an immersion blender to create thick rich soup. Either way you have a protein rich soup for your family.
4. Enjoy this hearty & healthy today, then store in the fridge or freeze for leftovers on a busy day.



Image credit: *minimalistbaker*

Find out more  
about [Rutgers FCHS](https://njaes.rutgers.edu/fchs/)



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# STOP #5

## Office of Urban Extension

### What can we help you with:

- Urban gardening & agriculture
- Urban stormwater management
- Urban youth engagement
- Urban food security & food systems
- Urban health and wellness
- Urban environmental planning & policy

### Contact:

<https://urbanextension.rutgers.edu/>

Office of Urban Extension and Engagement  
93 Lipman Drive, Blake Hall,  
New Brunswick, NJ 08901

## Nature Scavenger Hunt

*A fun way to exercise while discovering nature around you!*

Invite friends or family to join you in exploring the amazing colors, textures, sounds, and natural dramas happening in your community. There is so much more than we usually notice, including in urban settings! Free apps like [iNaturalist](http://inaturalist.org) can help you identify what you find.

[inaturalist.org](http://inaturalist.org)

Want to make your community's environment healthier? Consider joining the

[Rutgers Environmental Stewards program!](http://envirostewards.rutgers.edu)

[envirostewards.rutgers.edu](http://envirostewards.rutgers.edu)

### CAN YOU FIND...?

butterfly or moth



spider web



feather



puddle of water



bee on a flower



a leaf as long as your hand



bird chirping



ant carrying food



shiny beetle



3 types of plant seeds



squirrel eating



5 pieces of litter (please recycle/dispose of them)



**Find out more about**  
[Rutgers Urban Extension](http://urbanextension.rutgers.edu)



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# STOP #6 Office of Continuing Professional Education

## What we can help you with:

Offering classes in the following broad topic areas:

- Au Pair Courses
- Beekeeping
- Environmental Management & Compliance
- Food Safety Training & Food Science Courses
- Golf Turf Management
- Home Gardening
- Human Resources
- Landscape and Grounds Management
- Leadership, Management & Communications
- Medical Billing and Coding
- Pet Care
- Project Management
- Public Health & Safety
- Radon and Indoor Air Quality
- Recycling & Solid Waste
- Water and Wastewater Operations
- Wetland Training

## Contact:

<http://www.cpe.rutgers.edu/>

Office of Continuing Professional Education  
102 Ryders Lane  
New Brunswick, NJ 08901  
(848) 932-9271

## Find your next activity

*Use this tool to help discover a new interest.*

Pick new activities that you would consider trying out and rank them in order with 1 being the most interesting to you. Ideas could be something you completed from this packet! Move them along to the next round once you have had them "face off". The activity that makes it all the way to the end will be what you officially try. Check in with this department to see if they have a course for you in that area!



Image credit: fambalee

Find out more about [Rutgers OCPE](http://www.cpe.rutgers.edu/)





# Adventure Log

Scan the QR code below where you will be directed to the RCE community padlet.

This is where you can post photos of your completed activities and send others positive comments about their posts!



[https://padlet.com/Ocean\\_County\\_4H/RoadmaptoRCE](https://padlet.com/Ocean_County_4H/RoadmaptoRCE)

When you complete and post all of the activities in your packet you win a prize! Please email

**[Amelia.Valente@njaes.rutgers.edu](mailto:Amelia.Valente@njaes.rutgers.edu)** upon completion