



COWS CROPS & CRITTERS



A partnership between Cornell University & the
CCE Associations of Allegany, Cattaraugus,
Chautauqua, Erie, & Steuben Counties.

Cornell Cooperative Extension | Southwest New York Dairy, Livestock & Field Crops Program



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Photo by Kelly Torrey

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WHAT YOU NEED TO KNOW ABOUT THE USDA'S FARMER BRIDGE ASSISTANCE PROGRAM

By Kate McDonald Polakiewicz, Farm Business Management Specialist, SWNYDLFC

The US Department of Agriculture's Farmer Bridge Assistance (FBA) Program announced \$12 billion in aid for US farmers this past December, with payments expected starting February 28, 2026. The one-time payments under the program are intended to help producers offset high input costs and respond to disruptions in the market. Funding under the program aims to act as a "bridge" between relief needed by farmers now and additional, longer-term economic support anticipated after the next federal fiscal year begins in October 2026.

\$11 billion of the current package will be allocated to row crops including towards the corn, soybean, and wheat commodities grown in our Southwestern New York region. Of that \$11B, New York State is projected to receive \$58M total in assistance payments. An additional \$1 billion nationwide will go to specialty crops and sugar, with details of the specialty crop assistance program being released later this year.

To be eligible for funding for row crop assistance, you need to have submitted your 2025 acreage report to the USDA by December 19, 2025. Payment rates by eligible crop were released December 31, 2025, with corn at \$44.36 per acre, soybeans at \$30.88 per acre, and wheat at \$39.35 per acre. For additional rates, refer to the USDA's December 31, 2025, press release citing payment rates for all eligible row crop commodities. Rates were determined using national data for total acres planted in 2025, cost of production data from the Economic Research Service, and the World Agriculture Supply and Demand Estimate Report for yield and price projections. Eligibility excluded acreage planted for grazing, volunteer plant stands, experimental plots, green manure, and cover crops.

Crop insurance coverage is not required for FBA eligibility, but the USDA recommends that producers look into federal crop insurance changes made under recent legislation. For example, the USDA expanded their definition of beginning farmer and rancher from five to 10 years of experience. Under the new expansion, those who qualify as beginning farmers and ranchers will receive an additional 5% premium subsidy rate for the first two crop years on top of the current 10% premium.

In addition to the FBA Program, last year the USDA announced 1) the Supplemental Disaster Relief Program (SDRP) for 2023 and 2024 weather-related losses with signup for some states of relief open through April 30, 2026; and 2) emergency low-interest loans for physical losses from natural disasters in specific counties including Allegany, Chautauqua, and Erie.

While the aid under the FBA Program is expected to help farmers prepare for the next planting season, general reception by farmers and agricultural economists of the program, especially for soybeans, is that the payments fall short of the significant economic losses that U.S. farmers have experienced and that markets need more substantial structural overhaul.

References:

USDA Announces Commodity Payment Rates for Farmer Bridge Assistance Program
USDA details \$12 billion farm aid package favoring rice, cotton; soy farmers warn of strain
MGR-25-006: One Big Beautiful Bill Act Amendment

TAXES

Tax Deadline Dates

Timely filing by the dates below (assuming they apply to your business) is your responsibility as an owner, even if hiring a paid preparer. Failure to make timely payments can result in penalties and interest.



Andy Gilbert
Financial Consultant,
NY FarmNet

The following deadlines generally apply, but there are exceptions, and it is always recommended to consult with your tax professional, the IRS, and/or state tax departments for the most up-to-date information regarding your specific situation. Dates may vary slightly if the 15th or 31st of the deadline month is on a weekend or holiday during a particular year.

- **January 15th** - 4th quarter (previous year) estimated payments due
- **January 31st** - Deadline for sending W-2 and certain 1099 forms
- **January 31st** - Federal Unemployment Tax due
- **February 15th** - Deadline to refile W-4 form
- **March 15th** - S corporation, Multi-member LLC, and partnership income tax returns due
- **March 15th** - K-1's for shareholders must be provided
- **April 15th** - Individual Retirement Account (IRA) or Health Savings Account (HSA) deadline for prior year contributions
- **April 15th** - First quarter of current year estimated payments due
- **April 15th** - Personal and C corporation returns due or file for an extension
- **June 15th** - Second quarter estimated payments due
- **September 15th** - Third quarter estimated payments due
- **October 15th** - Filing deadline if you filed for an extension
- **December 31st** - Required Minimum Distributions must be taken (73 and up)

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YOU MAY ALSO REACH OUT TO
YOUR LOCAL USDA SERVICE
CENTER / FSA OFFICE USING THE
FARMERS.GOV SERVICE LOCATOR.

IT'S TIME TO "SHOE" UP FOR YOUR COWS IN THE NEW YEAR

By Katie Callero, Dairy Management Specialist, SWNYDLFC

Are you wearing shoes? Unless you are cozier up into bed right now, the answer is most likely yes. Typically, putting on shoes every morning is something we do without much thought. That is, until the day we decide to try out a new pair of shoes and get a dreaded blister. Suddenly, our thoughts are consumed by the pain in our feet. Most of the time, we no longer want to walk in those shoes and hurry to take them off to feel that sweet relief from pain. Yet our four-legged friend, the cow, does not quite get that same luxury. This discomfort often manifests itself as lameness. Since cows cannot tell us when they are in pain, it is up to the farm teams to recognize the signs early and take action to protect mobility, comfort, and productivity.

In a *Cornell Cow Convos* podcast interview with Dr. Gerard Cramer about managing lameness on dairy farms, it was discussed that the average lameness prevalence is around 25% of cows, a number that has changed little over the past couple of decades despite increased research on the topic. Dr. Cramer emphasized that there are opportunities for farmers to focus more on moderately lame cows, rather than only on severely lame cows, which typically make up less than 5% of the herd. He mentioned that, in his research, farms that are successful at managing lameness consistently do three important things: run an effective foot bath program to control infectious hoof diseases, work with a skilled hoof trimmer who is on-farm on a regular basis, and have a designated individual on the farm who is passionate about hoof care and is responsible for objectively and consistently locomotion scoring cows daily to identify lameness early.

Farms often fall short in daily monitoring of locomotion scores, yet it can be incredibly valuable in mitigating lameness on farm. The University of Wisconsin-Madison's Dairyland Initiative provides a clear, evidence-based framework for understanding the why, who, and where of locomotion scoring. The following summary is adapted directly from their website.

Why score locomotion?

- To identify individual cows that are lame so they can be treated promptly
- To determine the herd-level lameness prevalence for troubleshooting and long-term tracking

Who should be scored?

- Identifying individual lame cows
- Routinely observe each pen of cows at least once a week to identify new cases of lameness requiring treatment
- Score cows at dry-off to identify individual cows that need attention before entering the dry period
- Assessing herd-level lameness prevalence

- In small herds (fewer than 100 cows) all cows should be scored
- In larger herds, most welfare audits use a sampling strategy focused on multiparous, high producing cows (at least two-thirds of the at-risk population), as well as lame or sick cows if they are housed separately

Where should locomotion scoring occur?

- Ideally, cows should be observed walking toward, past, and away from the scorer in a location where the rear legs and back of the cow are clearly visible
- For accurate scoring, cows should walk individually on an even, non-slip, well-lit surface
- Avoid areas with excessive slope, slatted flooring, or highly abrasive concrete, as these surfaces can influence gait
- When scoring groups, the observer must be able to control cow flow past the observation point; group scoring is best done as cows exit the parlor along a transfer lane
- After milking is also an ideal time to observe locomotion, as gait abnormalities associated with claw horn lesions, such as sole ulcer, are most apparent (Flower et al., JDS 89:2084, 2006)

The Dairyland Initiative summary provides clear guidance on why, who, and where to score locomotion; however, it is important to recognize that many different locomotion scoring systems exist, each with their own structure and level of detail. The most common scoring structure being a 3–5-point systems. My personal preferred rubric is attached and is from Dairy NZ. I think they do a great job at breaking it down to the 5 different points you want to observe: walking speed, stride, weight bearing, backline, and head. All that matters is that everyone on your farm is consistently using the same scoring guidelines. I recommend printing out your chosen lameness rubric and having it easily accessible.

If you are looking for resources about lameness to share with Spanish speaking workers, my colleagues on the Northwest New York Dairy Livestock and Field Crops Team made a great video series explaining lameness in Spanish that can be found at this link: <https://tinyurl.com/hoofcarespanish>






Lameness remains as a persistent challenge on dairy farms, impacting cow comfort, productivity, and longevity. Strong footbath protocols, regular hoof trimming, and dedicated on-farm observation are valuable tools for taking a more proactive approach and shifting the focus from treating severe cases to preventing lameness before it becomes an added burden. Ultimately, our goal is to ensure cows are able to put their best hoof forward as we begin the new year.






REGULAR FOOTBATH REGIMENS ARE ESSENTIAL TO MITIGATING INFECTIOUS HOOF DISEASES.













ROUTINE LOCOMOTION SCORING CAN HELP SPOT LAMENESS CASES BEFORE THEY BECOME SEVERE.

Lameness Scoring

Score	Walking speed	Stride	Weight bearing	Backline	Head
0 Walks evenly	Confident. Similar walking speed to a person. Maintains position in the herd.	Long, even and regular. Rear foot placement matches front foot placement.	Evenly placed and weight bearing when standing and walking.	Straight (level) at all times.	Held in line or slightly below the backline and steady when walking.
No action required No action required – this cow is normal.					

Score	Walking speed	Stride	Weight bearing	Backline	Head
1 Walks unevenly	Not normally affected, should easily maintain position in the herd.	May have uneven stride and/or rhythm. Rear foot placement may miss front foot placement.	May stand or walk unevenly but difficult to identify which leg/s are affected.	Straight when standing, may be slightly arched when walking.	May have slight bob and or may be held lower than normal.
Minor action required Record and keep an eye on her – some cows normally walk unevenly.					

Score	Walking speed	Stride	Weight bearing	Backline	Head
2 Lame	May be slower than normal; may stop, especially when turning a corner.	Shortened strides rear foot placement falls short of front foot placement.	Uneven – lame leg can be identified.	Often arched when standing and walking.	Bobs up and down when walking.
Action required This cow is lame and needs to be reported, drafted and examined within 24 hours					

Score	Walking speed	Stride	Weight bearing	Backline	Head
3 Very lame	Very slow, stops often and will lie down in paddock. Cannot keep up with the healthy herd.	Shortened and very uneven. Non lame leg will swing through quickly.	Lame leg easy to identify – 'limping'; may barely stand on lame leg/s.	Arched when standing and walking.	Large head movements up and down when walking.
Urgent action required This cow is very lame and needs urgent attention. Draft and examine as soon as possible.					

dairynz.co.nz

0800 4 DairyNZ (0800 4 324 7969)

DairyNZ

CONSIDER POSTING A LAMENESS SCORING GUIDE IN A VISIBLE, HIGH-TRAFFIC AREA ON THE FARM TO ENCOURAGE PROMPT ACTION.



REGULAR VISITS FROM A HOOF TRIMMER CAN HELP IMPROVE CONSISTENCY IN HOOF CARE AND CONTRIBUTE TO BETTER MOBILITY.

FEED QUALITY DOESN'T STOP AT THE CHOPPER

By Katelyn Miller, Field Crop & Forage Specialist, SWNYDLFC

For those who own livestock, your goals each year are likely to include some connection to remaining in business revolving around finances and strong production. While this is simplifying it to only a few words, it cannot be denied that feed is a large component of reaching your goals. Feed costs represent approximately 50% of operating expenses on dairy farms, with large investments in home-grown forages. It cannot be denied that there are many factors that impact our ability to harvest quality forages, both within and outside of our control, but the job isn't done once it runs through the chopper. The same prioritization of management and resources should also be allocated to maintaining quality as it enters storage.

There are many factors to silage management that can be utilized to maintain quality, one of which being inoculant use. I wrote an article about selection and best management practices in September's issue of Crops Cows & Critters if you want to check it out. To achieve a high-quality forage, it needs to be high quality as its entering storage and be paired with excellent management. If either component falls short, then quality suffers as a result. Additional bunk management opportunities can be employed to preserve the quality of forages you invested countless resources in.

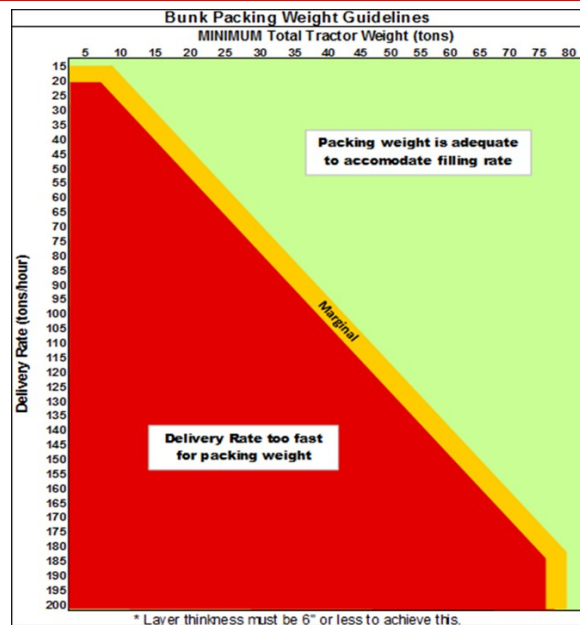
One of the biggest areas of opportunity is to reduce dry matter (DM) losses, also called shrink. These losses impact tonnage available, as well as palatability and nutritional value. When forage is in storage, we want to minimize DM losses, ensure a consistent feed source within the ration, and maximize our storage footprint. Managing density of the bunk is a great way to manage DM losses.

A large component of achieving the desired density is packing strategies. Ensuring you have enough packing weight for the delivery rate of forage and building a good base will both strongly impact the density you are able to achieve. Proper packing allows you to maximize storage footprint and aids fermentation by reducing oxygen. While packing, you want to utilize the "rule of 800", which means utilizing a minimum of 800 lbs/ton of forage coming in per hour.

For example:

45 tons/hour x 800 lbs = 36,000 lbs. With a tractor only packing about 60% of the time, 36,000 lbs x 0.60 = 16,800 lbs of packing weight would be needed.

At minimum, a bunk should have a density of 15 lbs DM/ cu. ft. (45 lbs as fed/ cu. ft.). Ideally, it would be great to achieve 18+ lbs DM/ cu. ft. (50+ lbs as fed/ cu. ft.).



Postcard that can be used to calculate packing weight as it correlates to delivery rate to ensure proper packing density. Developed by Ron Kuck with CCE.

To achieve the desired density, each layer being added onto the pile should be 6 inches or less. When layers are too thick, or delivery rate is too high, density values will suffer. The photo above is a postcard that can be printed to calculate delivery rate and packing weight to help you achieve your desired density value. Additionally, a well packed base is necessary to build upon. If the base is poorly packed, it doesn't matter how much you pack the top layers.

When talking about density, we can't forget about safety and the role it plays. Having appropriately sized storage will help reduce safety hazards such as piles extending above walls and unsafe slopes. Everyone has seen, with many personally experiencing the 'clutch your pearls' moments of trying to pack on high piles or steep slopes. How well do you think those sections of the bunk are getting packed? Packing density suffers in these situations, hurting quality in the long term, as it also usually impacts our ability to effectively cover and manage feedout.

Shrink is unavoidable in the fermentation process, but the percentage of loss can be managed. Your feed in storage is an investment; losing it costs you money and requires additional acreage to meet forage requirements. With prices continuing to skyrocket, improving efficiency through management like your bunk is crucial.

Resources:

"Quality Silage: Bunk Silos & Piles": presentation developed by Joe Lawrence, PRO-DAIRY

THE SAME PRIORITIZATION TO HARVEST QUALITY FORAGES SHOULD BE ALLOCATED TO MAINTAINING QUALITY AS IT ENTERS STORAGE.



INTERESTED IN A PACKING WEIGHT POSTCARD? CONTACT KATELYN MILLER!
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YOU THERE!

USING BARNS TO MANAGE BARBER POLE WORM INFECTIONS IN SMALL RUMINANTS

By Amy Barkley, Livestock Specialist, SWNYDLFC

Managing *Haemonchus contortus*, or barber pole worm, in small ruminants is always a challenge. While pasture rearing sheep and goats is a popular practice, strategically using a barn to help disrupt the parasite's life cycle can be helpful in managing high risk animals.

If animals are kept in a barn for their entire lives, they will not have a high parasite burden, if a one at all. An off-pasture environment with no access to growing forage severely limits sheep and goats from picking up high loads of infective larvae. While there is abundant evidence that barber pole worm eggs hatch and develop into their infective stage in feces at temperatures and humidities that can be achieved in a barn setting in NYS, the larvae still need a film of water to move up onto vegetation where they will be easily consumed^{3,4}. For this reason, unless the bedding in a barn is very damp and the sheep are eating off the floor of a highly infected pen, it is unlikely that reinfection and continuing infections can occur.

Using a barn as a parasite mitigation strategy

Individuals with depressed or underdeveloped immune systems and/or genetic susceptibility to internal parasites can benefit most from strategic housing in a barn. Lambs and kids, pregnant dams, and dams in peak lactation all have depressed immune systems. Housing these susceptible groups indoors, especially if ideal pasture rotations and conditions are not achievable, can help to reduce financial risks associated with infections.

Of the high-risk groups, lambs are most vulnerable. It's therefore unsurprising that one of the primary challenges of rearing lambs on pastures is managing parasite loads. To complicate matters, the dam's immunity to parasites is inversely correlated with her milk production curve, so the ability of her immune system to suppress the parasites from reproducing internally diminishes as she approaches peak lactation². This, in combination with extended pasture rotations (>1 week) can result in a buildup of infective parasite larvae that then the already susceptible lambs will ingest, resulting in extreme parasite loads and a higher rate of clinical disease and death.

Because of this, some farms elect to raise their young stock exclusively in a barn setting where they have no access to pasture until their immune systems are developed enough to tolerate infection. Generally, lambs' immune systems are weakest in the three week-long periods following both birth and weaning. As they approach maturity at 12 months of age, their immune systems improve substantially, and by the time they reach 2 years of age, their immune systems are completely mature². Some producers opt to keep their young stock in the barn from birth until 1-2 years of age

to manage immunity prior to pasture exposure as added insurance to promote healthy lambs/kids and optimal growth and development rates.

Using the barn to help manage the relationship between nutrition and barber pole worm

Poor nutrition can lead to higher parasite burdens. This can happen through providing stored forage that is deficient in nutrients, allowing animals to graze an overgrazed pasture, or providing animals pasture that is overmature. If limited pasture production does not permit you to provide enough quality calories for your animals, it may make sense to move them to the barn after they have rotated through the pasture, allowing for a fallow period of 45-60 days before the next grazing cycle. This will give the pasture time to regrow, eliminate parasites through desiccation and solar radiation, and reduce the risk of the animals picking up parasites from grazing too low.

While in the barn, they still need proper nutrition to work through an already established infestation. Adequate protein and energy for an animal's age and stage of production reduces bodily stress and increases relative immunity (see figure 1 on the next page). However, these two macronutrients aren't the whole story. Micronutrients (vitamins and minerals) are extremely important to immune function, including vitamin E, selenium, and zinc. Most forages that have been harvested in a timely manner and have not been exposed to rain or too much heat/sunlight should retain adequate vitamin levels for the first year of storage. Older forages may require a vitamin supplement. Minerals should be provided regardless of the forage source, as many of our regional soils are deficient in selenium and other minerals needed for optimal immune health. Remember that sheep and goats have different mineral needs, so a species-specific formulation is required. Namely, sheep are susceptible to copper toxicity from some mineral blends.

Stressors that make barn housing less successful

While barns don't have grass through which animals can readily pick up parasites, employing stress management indoors is vital to keep the immune system functioning on all cylinders. Some stressors inside the barn include:

- Wet or extremely soiled bedding, resulting in the wetting of hair or wool. In winter this is especially challenging because animals cannot properly thermoregulate, which results in shivering and general stress. In summer, soiled, moist bedding is a source of coccidia proliferation and introduction to the animals.
- Overcrowding leads to stress from squabbles or exclusion from feed and water. The recommended stocking density is to give each ewe at least 12-16

BARNs CAN PROVIDE AN EFFECTIVE WAY TO LIMIT PARASITE BURDENS FOR SUSCEPTIBLE ANIMALS.



IN ADDITION TO ENVIRONMENTAL MANAGEMENT, REDUCTION OF STRESS AND COMPLETE NUTRITION ARE REQUIRED TO ASSIST IMMUNE FUNCTION.

- square feet, with 15-20 square feet given to ewes with lambs⁵. Feeder and water access should also be appropriate for the number of animals you have.
- Adequate ventilation is required to ensure proper movement of stale air and moisture from the barn. Moisture, ammonia, and manure gas buildup can initiate respiratory disease, decreasing the immune system's ability to fight internal parasites. Natural air flow or mechanical ventilation can be used to achieve a whole room air exchange of once every 2 minutes in summer, or once every 4-15 minutes in winter¹.

Additionally, managing sacrifice areas or exercise lots around the barn is required for success. Infective larvae from barberpole worms can thrive in small patches of forages around fence lines or in corners. Sheep and goats home in on these tasty, small, green patches, and will pick up infective larvae this way. Because the patches of forage are limited, the relative concentration of infective larvae is very high. Leaving access to this forage will reduce the effectiveness of your barn management.

All this said, deciding to strategically house sheep and goats in barns is an individual choice that spawns from your management beliefs, resource availability, and time. There is no right answer, and I encourage you to try this as a management strategy if you have struggled with barberpole worm in the past.

Resources:

- 1) Delaney, C. 2002. Ventilation and Lighting for Goat Barns. <http://goatdocs.ansci.cornell.edu/Resources/GoatArticles/GoatFacilities/VentilationAndLightingGoatBarns1.pdf>
- 2) Ehrhardt, R. 2024. Understanding the Risk Factors. Michigan State University. <https://www.wormx.info/riskfactors>
- 3) Machen et al., 2017. A Haemonchus contortus Management Plan for Sheep and Goats in Texas. Texas A&M Agrilife Extension. ANSC-PU-066.
- 4) Miller, J. 2021. The Four Phases of Gastro-Intestinal Worm Infection. https://www.wormx.info/files/ugd/6ef604_dfa578ac6a7849e3ba0029f17fd5aaa8.pdf
- 5) Penn State. 2025. Sheep Facilities and Housing Requirements. <https://extension.psu.edu/sheep-housing-and-facilities-requirements>

More information about internal parasites in small ruminants can be found at The American Consortium for Small Ruminant Parasite Control at <https://www.wormx.info/>

This work is supported by the Northeast Extension Risk Management project award no. 2024-70027-42540, from the U.S. Department of Agriculture's National Institute of Food and Agriculture.

AGE	PRODUCTION STATUS	PLANE OF NUTRITION	RELATIVE IMMUNITY
Lambs	< 5 months parasite exposure	Well-fed	++
		Underfed	+
	> 5 months Parasite exposure	Well-fed	+++
		Underfed	++
Ewes 12-24 months	Dry, non-lactating	Well-fed	++++++
		Underfed	++++
	Lactating, single	Well-fed	+++
		Underfed	++
Ewes 2 years and older	Lactating, twins	Well-fed	++
		Underfed	+
	Dry, non-lactating	Well-fed	+++++
		Underfed	+++
		Well-fed	++
		Underfed	+

*0-40 days lactating

Figure 1. This chart shows the interplay between age, stage of production, plane of nutrition, and relative immunity for lambs and ewes. Chart from Ehrhardt, 2024.

PROPER VENTILATION AND MANAGING THE BEDDING TO REMAIN DRY, HELPS DECREASE STRESSORS THAT DAMPEN THE IMMUNE SYSTEM'S ABILITY TO FIGHT INTERNAL PARASITES.



ANIMAL AGE, SEX, AND STAGE OF PRODUCTION ALL IMPACT SUSCEPTIBILITY TO PARASITES.

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Participation is FREE and each farm will go home with a complete piglet processing kit.



Led by DVMs Stephen and Matthew Patterson, Passion for Pigs brings industry-leading, swine-specific expertise—offering valuable insights for both beginning and seasoned pork producers.

REGISTER BY FEB 4TH AT:
newyorkpork.org/events



Questions?
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(845) 905-6962

This program is made possible by funds from:

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INDIVIDUAL VS. GROUP CALF HOUSING SURVEY - PARTICIPANTS NEEDED

We are seeking dairy farms willing to share their experiences with pre-weaned calf housing and management practices.

WHO CAN PARTICIPATE

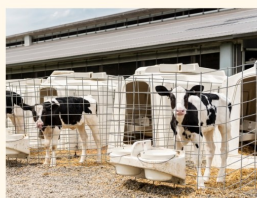
- Calf Managers
- Herd Managers
- Producers
- Anyone directly involved in calf care of individual or group housed pre-weaned calves.

WHAT'S INVOLVED

- 10 - 15 minute online survey
 - 25 questions
- Questions cover health outcomes, management practices, labor considerations, and perspectives on calf comfort and performance.

LANGUAGE ACCESSABILITY

The survey is provided in English and Spanish to support farms with Spanish-speaking calf staff.



For More Information:

Email: tnr23@cornell.edu

Cornell **CALS**
College of Agriculture and Life Sciences

VIDA 2026

One Year Skills Series for Hispanic Farm Workers

Brought to you by Cornell Agricultural Workforce and Development (CAWD), the Small Farms Program, NY Center for Agricultural Medicine and Health (NYCAMH), and NY FarmNet. The program includes monthly topical videos and a live discussion held every 3rd Thursday of the month at 7 PM January - December.

VIDA = "life" in Spanish - reflecting the heart of this wellness and life skills series. This FREE program offers monthly, topical videos and discussions.

About the program

V - Valorar la salud / Value Wellness
(Provided by NYCAMH)

Promote physical and mental well-being by addressing nutrition, healthy routines, dental care, addiction prevention and preventive health.

I - Informar para crecer / Inform for Growth
(Provided by NY FARMNET)

Equip participants with practical knowledge on banking, budgeting, using credit, and other financial tips. Support healthy relationships and emotional balance through workshops on parenting, dating and marriage while living abroad.

D - Desarrollar el futuro / Develop the Future
(Provided by SMALL FARMS)

Encourage long-term financial planning, goal-setting, and a vision for life both in the U.S. and in their country of origin. Provide tools and strategies to start and get access to small business abroad, fostering entrepreneurship and economic independence. Facilitate resources for start ups.

A - Activar la confianza / Activate Confidence
(Provided by CAWD)

Build confidence and strengthen communication skills for use with supervisors, coworkers, and loved ones along with conflict management.

2026 Program Calendar

January | NY FarmNet

Financial Basics Part I: Personal Finance and Banking

February | NYCAMH

Health Awareness Part I: General Health & Diet

March | NY FarmNet

Managing Stress on the Farm

April | NY FarmNet

Family Services Part I: Maintaining Family Bonds Across Borders

May | NYCAMH

Understanding and Preventing Addiction

June | Cornell Agricultural Workforce Development

Communication Skills at Work (Understanding the Workplace)

July | NY FarmNet

Financial Basics Part II: Budgeting and Saving - Forward Thinking

August | Cornell Small Farms Program

How to Start a Small Business Abroad

September | NY FarmNet

Family Services Part II: Family Stability and Growth While Apart

October | NYCAMH

Health Awareness Part II: Dental Care and Preventive Health

November | Cornell Small Farms Program

Financial Basics Part III: Credit and Financial Introduction

December | Cornell Agricultural Workforce Development
Stories from Hispanic Farm Leaders

LEARN MORE

ml2656@cornell.edu | agworkforce.cals.cornell.edu/vida-program/



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