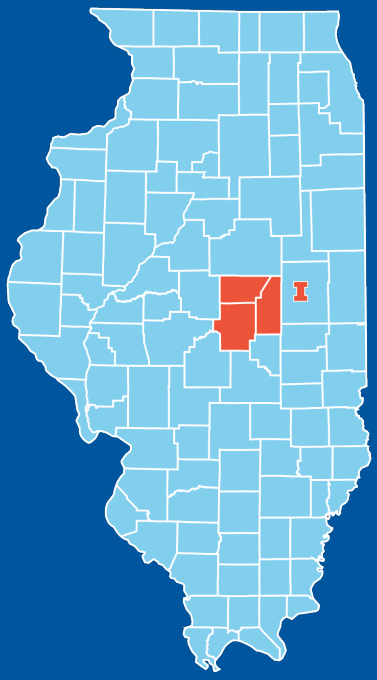
ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

2018 IMPACT REPORT

University of Illinois Extension
DeWitt, Macon & Piatt counties

ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



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A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones
Chancellor, University of Illinois

A Message from the County Director

It is my pleasure to represent a staff of outstanding professionals who strive daily to positively impact the lives of the citizens of DeWitt, Macon and Piatt counties. I am continually amazed at the level of innovation and diversity found in our educational programming. I believe the work done by the staff of University of Illinois Extension in DeWitt, Macon and Piatt counties truly epitomizes Extension's motto of *Extending Knowledge, Changing Lives*.

Enclosed in this report, you will find information showing the impact our programs have on our region. Our programming reaches audiences of all ages and addresses the wide variety of community needs in all three counties. There is not enough room in this report to tell the story of all of the innovative and educational outreach presented by the staff, nor of the impact of those programs. I hope you will take the time to learn more about our programs, volunteers, and impact.

> There is a lot of information on the internet and you never know what to trust. But I trust you guys. Thank you.
>
> SHERI, MACON COUNTY EXTENSION PARTICIPANT

Thank you for your continued support of Illinois Extension in DeWitt, Macon and Piatt counties.

Doug Harlan
County Extension Director
dharlan@illinois.edu

4-H Food Challenge team members Vanessa Gower and Dezaray Ashenfelter fill out food safety information about their dish.

Make the Best Better with 4-H

With a 100 year history to build on, 4-H in DeWitt, Macon and Piatt counties is able to succeed in providing meaningful and educational youth experiences by being flexible. As kids change, we change. In addition to our touchstone community clubs and foundation of agriculture-related projects, we have added more projects that meet the growing demand for STEM – science, technology, engineering and math – learning.

We have expanded the roles teens may explore such as teaching, mentoring, and advocacy, and we have adjusted 4-H to fit the lifestyle of active metro audiences. Through 4-H, youth are able to learn by doing, have fun, make mistakes, ask questions, and connect with real world examples. None of this would be possible without a dedicated volunteer base. Our volunteers help 4-H members build something today that lasts forever.

88 4-H Clubs

305 Adult Volunteers

703 Club Members

240 Youth Volunteers

62 Groups

1,910 Volunteers Hours

Macon County State Award Winners

JESSICA ANDERSON was honored for her lifetime 4-H achievements with an Illinois State 4-H award in communications. The award recognizes exemplary work in communications, community service, leadership, personal growth, and project mastery.

ANDREW CUNNINGHAM received the Illinois Farm Bureau Leadership, Citizenship, and Professionalism Award. Andrew also received the Illinois 4-H Foundation Legacy of Leadership scholarship.

TAYLOR CROUCH received the diamond level 4-H Experience Award for her project work. Illinois 4-H challenges youth to try new things, experiment in project areas they may enjoy, and explore opportunities around the state and country.

4-H in Decatur Public Schools

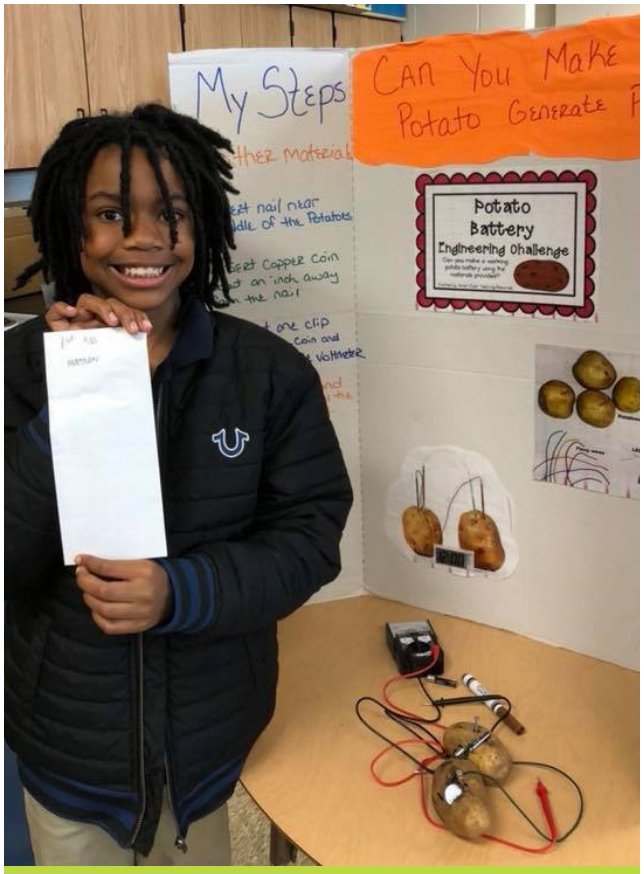
Experiential learning focuses on learning by doing. Teachers in the Decatur Public School system regularly access the innovative 4-H curriculum to implement lessons on STEM, food science, agriculture, and healthy living and nutrition.

ADM Cares, the Howard Buffett Foundation, Macon County 4-H Foundation, and the generous support of additional donors have been instrumental in providing financial support to implement 4-H into Decatur Public Schools and Macon County.

Hands-On Ag Science

Harvest Heroes is a two-week after-school program funded through ADM Cares. Elementary school students are exposed to fun, engaging and interactive activities focused on enhancing students' interest in STEM and agricultural life science fields.

This fall, the Maroa Livestock 4-H Club participated in the *Start Seeing Farmers* campaign. During harvest season, they posted photos on social media encouraging rural drivers to put down their cell phones and focus on the traffic in farming areas.



French STEM Academy student Matthew Jackson took first place in the *Science Explorers 4-H Club* science fair.

What Does Being a Leader Mean?

MADDIE FRANKLIN, DEWITT COUNTY 4-H MEMBER
Illinois State 4-H Leadership Award Winner

When I was younger, I observed other 4-H member and leader examples. Now that I'm older, I implement my knowledge through leading and teaching others.

Becoming a leader has made an impact on my future goals. When I was little, being someone who can lead, teach, and speak were not skills I had in mind. But now, as I've participated in 4-H, had the example set, and grown to become a person who enjoys speaking and leading, I've found that is at the forefront of my mind.

My goal now is not only to continue to mentor 4-H youth through my roles as a Federation member, senior 4-H member, and 4-H robotics team lead, but also to do this in a future job setting. I hope to not only pursue my love of technology, but also to lead and pass on what I have learned.

3 Counties

9 Sites

234 Youth

Are You Ready for the Challenge?

The *4-H Food Challenge* contest challenges teams of youth to create a dish using a preselected set of ingredients and a pantry of various items. From these ingredients, team members had to make a dish to present to judges in a limited amount of time. Their presentations had to include nutritional facts, food safety, and how the group made the dish.

> I realized I wasn't eating as healthy as I thought.
> FOOD CHALLENGE PARTICIPANT

Because of the 4-H Food Challenge...

79% Of partcipants are more comfortable speaking with others

93% Have changed how they handle and prepare food

79% Can create a dish without using a recipe

100% Are more comfortable working in a team

93% Have increased their job skills

DeWittCounty4H

MaconCounty4H

PiattCounty4H

Q&A With a Teen Teacher

REBECCA MAPLE,16, CERRO GORDO

Why did you want to be a 4-H Teen Teacher?
I wanted to be able to make a positive impact on the younger people in my community.

What is your favorite thing about being a 4-H Teen Teacher? My favorite thing is when the kids first see you and they run up and want to tell you about their day. Or, that they made something at home or with their family that we learned how to make in class.

What have you learned about yourself? I've learned how much fun it can be to make a positive impact on your community and that I really enjoy teaching.

100% Of teens agree this program will help them in the future

How can you use what you learned? I learned a lot of leadership skills, and I think that will be really helpful to me both in school and in my future.

Why is being a 4-H Teen Teacher important to you?
It allowed me to be with young kids in my community, and hopefully, to positively impact their life. I also really love being able to teach them something new.

Teen Teacher Rebecca Maple keeps a close eye on Brielle Puckett as she puts her group's green bean casserole in the oven.

Growing Gardening Insights

The annual Gardening Insights day of education hosted by the Macon County Master Gardeners consisted of numerous sessions covering a wide variety of topics such as Beneficial Insects and Bio Pesticides, Edible Flowers, Urban Vegetable Gardening and Native Illinois Shrubs for the Urban Landscape.

129
Attendees of Gardening Insights

This event has become a tradition for many area gardeners and a way for them to network and get research-based gardening information before spring planting.

Inaugural Garden Walk a Success

Despite a surprise thunderstorm, 315 people from 29 counties attended the first *Garden Walk* hosted by the Piatt County Master Gardeners on July 14. The *Piatt County Garden Walk* made $1,000, which will be used to support Master Gardener community outreach and education in Piatt and DeWitt counties.

> I enjoyed all the gardens. There's a good selection for everyone to see. I'm already looking forward to the next *Garden Walk*.
> GARDEN WALK PARTICIPANT

The *Garden Walk* included tours of six home gardens and a walking tour of Monticello's downtown gardens.

Getting Dirty with Hands On Learning

There's no better way to learn than to roll up your sleeves and get your hands dirty. Horticulture educator Candice Hart led ten *Hands On with Hart* programs for 279 participants on topics ranging from rain barrels, cacti and succulents, cut flower gardening, hydroponics, and wreath making. Participants took home a finished project and the knowledge and confidence they could do it for themselves.

Master Gardeners at a Glance

60
Hours of Master Gardener training

22
Master Gardener trainees

93%
Increase in volunteers in DeWitt and Piatt counties since 2016

A New Way of Training Volunteers

After recognizing that working adults were interested in becoming Master Gardener volunteers, but could not attend daytime training, we shifted our approach. In-house classes took place during the evening for the first time and trainees could also watch supplemental video instructions from home.

As a result, the number of trainees more than doubled from last year and other counties are now following this model. And because of this growth, a new project is underway in Piatt County, and DeWitt County will have its first Master Gardener project ever in 2019.

Horticulture Education Starts Early

3	5	500
Counties	Schools/Libraries	Students

If you can't bring students to the garden, bring the garden to the students. The Horticulture team taught a variety of youth workshops in 2018, from worm composting to native pollinators, many of which included an in-class gardening project.

Virtual Gardening Answers

Extension is committed to reaching new audiences, which means moving online. In 2018, Horticulture educator Candice Hart participated in a *Facebook Live With the Horticulturists* project. A team of horticulture educators did a series of live video streams from the state Extension Facebook page. Viewers asked questions in real time and got immediate answers they could trust. When to harvest garlic, recommendations for a flooding lawn and how to grow a fig tree were a few topics covered in just one broadcast.

10	Episodes
20,850	People reached
8,650	Video views
3,200	Likes, comments or shares

DMPHorticulture

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education staff work with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play, and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

Serving Local Families

4,421
Total SNAP-Education Participants

17.2% Adults

82.8% Youth

0.3%	Identified as Hispanic
22.8%	Identified as Non-Hispanic
76.8%	Unknown

RACE OF PARTICIPANTS

41.2%	White (1,823)
57.3%	Black (2,534)
1%	American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (45)

Our Community Partners

22	K-12 Schools
16	Youth Centers
14	Early Childhood Centers
2	Stores and Markets
14	Community Centers
1	Faith Based Centers
3	Food Pantries and Food Banks

CSA Insider - What's in Your Basket?

In the summer of 2018, the Nutrition & Wellness program bought a weekly CSA share – community supported agriculture – from a Macon County farm. From that project, known as *CSA Insider*, Extension shared:

- 46 recipes
- 31 new videos
- 14 weekly electronic newsletters

Participants received a weekly e-newsletter with recipes using ingredients from that week's CSA box, tutorial videos, food preservation ideas, tips on using blemished foods and conversation starters for talking with farmers.

The SNAP-Ed team frequently used the CSA to make recipe samples for educational activities. One week, a 4-H restaurant entrepreneur club used the produce.

Recipes and tips were also shared on the *Know How, Know More* blog and videos on YouTube, Facebook and Twitter had more than 1,300 views.

14 weeks
June to September, 2018

21
Community participants

100%
Of participants reported learning something new

86%
Of participants reported making at least one recipe at home

Several nutrition programs took place at local libraries, like this no-cook meal class in Mt. Zion attended by 26 people.

Not a Number: Diabetes & Seniors

More than 1 in 3 adults in Illinois have prediabetes, according to the Illinois Department of Public Health. Higher than normal blood glucose levels increase risks of heart disease, stroke, and type 2 diabetes.Extension worked with four community partners in DeWitt and Piatt counties to provide a prediabetes workshop. About 40 adults learned how food components such as carbohydrates impact blood glucose. Participants also compared different meals to predict how blood glucose would rise and fall.

Nearly 1 in 5 adults in DeWitt, Macon, and Piatt counties are age 65 or older. In 2018, Nutrition & Wellness educator Caitlin Mellendorf led programs for 100 adults age 60 and older. Topics included food and drug interactions, food budgets, vitamins and minerals, and more. Many participants reported they would try new foods, including fruits and vegetables, check if their medications have food-drug interactions, and eat smaller portions.

NutritionDMP

Mercy Gardens Grows Urban Independence

Since 2015, Extension's Local Foods program has partnered with Mercy Gardens to provide training for the urban garden program which grows 50,000 pounds of produce annually for Decatur residents. U of I researchers also began a soil study in the area to learn more about gardening in heavy metal-contaminated soils.

The Dean of the College of ACES, Kimberlee Kidwell, toured the facilities in the spring and was very impressed with this innovative program and Extension's partnership.

Organic Corn Field Day Reaches Local Farmers

Extension educator Doug Gucker met with 15 area farmers to discuss organic corn production and marketing at the first local *Organic Corn Field Day* on August 29. Two Mile Creek Organic Farms and fourth-generation farmer Steve Buxton hosted the event on his Sullivan farm.

Podcast: Out Standing in the Field

@SoilWaterDoug

Glacier's Edge Master Naturalists Give Back

The Glacier's Edge Master Naturalists grew by 12 new members in 2018, and now have 58 volunteers. In addition to their regular community outreach projects, the Master Naturalists also hosted a bird watching field trip to the Emiquon National Wildlife Refuge and toured geological sites in Macon County.

26%
Increase in volunteers

3,268
Hours of volunteer community service

$80,000
In donated services

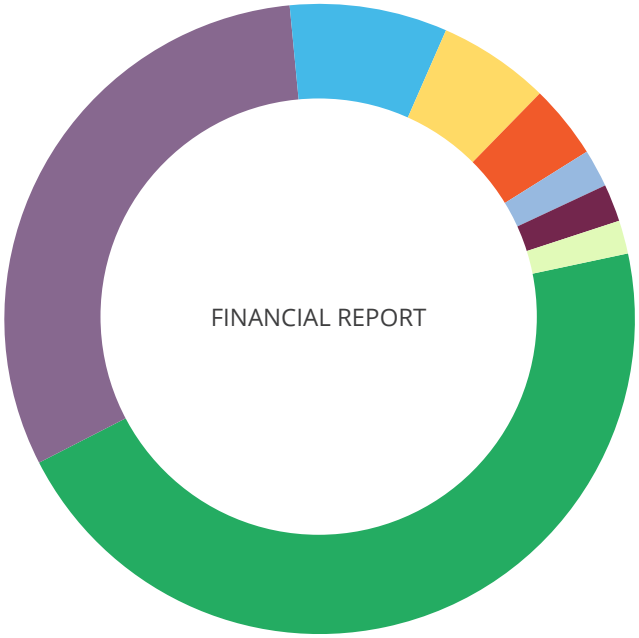
Empowering Women in Ag

In Illinois, 1 out of 3 farm operators are women, according to the Illinois Department of Agriculture. Our Local Foods and Small Farms program partnered with Annie's Project in Illinois to offer the first *Know Your Numbers, Know Your Options* training. Over five weeks, 11 area women learned about the fundamentals of farm accounting and financial record keeping.

UIExtenDMPLocalFoodSmallFarms
UIExtensionDMPmn

Master Naturalists engage with a young visitor at the first *Sangamon Watershed Celebration*. A key part of their mission is to connect people with nature.

4-H Memorial Camp
A Small Hand – Piatt County Cares
ABC Preschool
Agriculture Watershed Institute
Allerton Library
Allerton Park & Retreat Center
Anna Waters Head Start
Archer Daniels Midland
Argenta-Oreana School District
Baby TALK Early Head Start
Bement Chamber of Commerce
Bement Public Library
Bement School District
Bergie's Occasional Place
Blue Ridge School District
Blue Ridge Township Library
Boys & Girls Club of Decatur
Bryant Cottage
C.H. Moore Homestead DeWitt County
Carriage House Apartments
Caterpillar
Catholic Charities
Central Illinois Aerospace
Cerro Gordo Library
Cerro Gordo School District
Chi Xi Omega
Cisco Community Center
City of Decatur
City of Monticello
Clinton Community School District
Clinton Journal
Clinton Community YMCA
Connie's Country Greenhouse
County Market
Country Journal Publishing Co.
Crossing Healthcare
Decatur Area Arts Council
Decatur Correctional Center
Decatur Day Care Center
Decatur Housing Authority
Decatur Park District
Decatur Public Library
Decatur Public Schools
Decatur Public Schools Foundation
Decatur Family YMCA
Decatur-Macon County Opportunities
DeWitt County 4-H Foundation
DeWitt County Coalition
DeWitt County Farm Bureau
DeWitt County Friendship Center
DeWitt County HCE
DeWitt County Housing Authority
DeWitt County SWCD
DeWitt-Piatt Bi-County Health Department
DOVE, Inc.
East Park Baptist Church
Exelon
Faith in Action
Family Community Resource Center
Farm Progress Show
Farmer City Public Library
First Christian Church, Monticello
First Baptist Church
First Mid-Illinois Bank, Monticello
First National Bank, Clinton
First State Bank, Monticello
Fox Run Farms
Good Samaritan Inn/Mercy Gardens
Girl Scouts
Herald & Review
Hertz Farm Management
Homework Hangout
Illinois 4-H Foundation
Illinois Association of HCE
Illinois Public Media
Kids Castle Learning Center
Kirby Medical Center
Lake Fork Sportsman Club
Macon County 4-H & Extension Foundation
Macon County Ag in the Classroom
Macon County Conservation District
Macon County HCE
Macon County Fairgrounds
Macon County Farm Bureau
Macon County Obesity Prevention Coalition
Macon County SWCD
Macon Resources, Inc.
Maddox Sweet Corn Farm
Maroa Public Library
Meridian School District
Millikin University
Mothers of Preschoolers
Monticello Christian Academy
Monticello Farmer's Market
Monticello School District
Moundford Food Pantry
Mt. Zion District Library
New Salem Baptist Church
Northeast Community Fund
Oreana-Argenta Elementary
Oxford House
Parkland College
Piatt County Farm Bureau
Piatt County HCE
Piatt County Journal-Republican
Piatt Mental Health Center
Piatt County SWCD
PrairiErth
Reasonable Services Food Pantry
Richland Community College
Richland Workforce Consortium
Rural King
SNAP-Ed
Salvation Army
Southern Piatt Record-Herald
Spring Creek Apartments
State Bank of Bement
Take Off Pounds Sensibly
Topflight Grain Co-operative
Triple M Farm
U of I Plant Biology Greenhouse
Vespasian Warner Public Library
WAND TV
Water Street Mission
WCIA TV
Webster-Cantrell Hall
Wee Folks Daycare
Weldon Library
Weldon Springs State Park
WHOW Radio
WILL Urbana
The Woods Apartments
WPXN Radio
Youth with a Positive Direction



The 2018 operating budget was $1.5 million. Extension is funded through a combination of locally raised, county board, state, and federal dollars, which are returned to the community through educational programming.

- $708,161 County Board
- $479,629 State County Board Match
- $125,000 Program Income
- $88,784 State Income
- $58,600 Gifts/Donations/Grants
- $30,000 Federal
- $29,730 Local Sources
- $26,402 4-H Premiums

Online Outreach

890,700
Website views in 2018

62
Educator blogs

3,075
Followers of eight Facebook pages

453
Hours of video watched

3,266
Views of a Snapchat filter used at the summer 4-H shows

Extension's mission is to extend knowledge to our communities in a variety of formats and Extension is a leader in online education. This includes regular digital outreach using our website, e-newsletters, videos, social media, and the *Out Standing in the Field* agricultural podcast available for streaming on iTunes. Special projects included a Snapchat filter provided at the 4-H shows, a weekly summer CSA e-newsletter, and a series of horticulture live streaming videos.

The website for Extension in DeWitt, Macon and Piatt counties is the second most viewed in our state network, and 3,650 people follow us on social media. In 2018, 55 original videos were shared on social media.

2018-19 Extension Council Members

Jo Bauer
Janell Baum Thomas
Stephanie Block
Nancy Derby
Jake Franklin
Matthew Franklin
Renee Fruendt
Alida Graham
Zach Howell
Trinity Mata
Audrie McClain
Dave Mills
Kristi Pyatt
Maria Robinson
Katie Sellmeyer
Ray Spencer
Robin Stapf
Jennifer Suckow
David White

Extension Staff

County Extension Director
Doug Harlan

Educators
Jamie Boas, *4-H Youth Development*
Stacie Coussens, *SNAP-Ed*
Doug Gucker, *Local Food Systems & Small Farms*
Candice Hart, *Horticulture*
Trinity Johnson, *4-H Youth Development*
Caitlin Mellendorf, *Nutrition and Wellness*

Community Workers
Tamera Buse, *SNAP-Ed*
Sara Cochran, *SNAP-Ed*
Susan Houska, *4-H Youth Development*

Publicity Promotion Specialist
Emily Steele

Program Coordinators
Beth Allhands, *Horticulture*
Jenny Bates-Marsky, *4-H Youth Development*
Lindsey Burden, *4-H Youth Development*
Dena Hyde, *Agriculture*
Chandani Kothari, *SNAP-Ed*
Vasthi Schwarz, *Horticulture*
Jenna Ward, *4-H Youth Development*
Olivia Warren, *4-H Youth Development*

Work Program Participant
Charlotte Cook, *SNAP-Ed*

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Diana Leischner, *Piatt County*
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Diana Tibbs, *DeWitt County*

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Cover photos: (top left) The Nutrition & Wellness program produced recipe videos using produce from a CSA subscription. (top right) Cindy Jackson with Mercy Gardens in Decatur explains how Extension partners in their job training program. (bottom left) 4-H member Cooper Wise washes his steer at the livestock show in DeWitt County. (bottom right) Zinnias line the driveway of a home on the first Piatt County Garden Walk.

University of Illinois ~ U.S. Department of Agriculture ~ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate in any program, please contact the county Extension Office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.

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