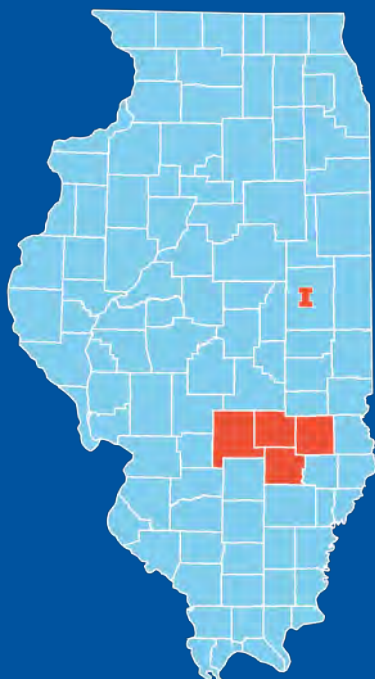




2019 IMPACT REPORT

University of Illinois Extension
Clay, Effingham, Fayette, & Jasper Counties

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 Note from the County Director

On behalf of University of Illinois Extension and the staff serving Clay, Effingham, Fayette and Jasper Counties I want to thank you, the public, for your continued support. Extension remains committed to bring you relevant, reliable, and responsive education to improve lives and economies throughout the communities in which we live, work, and play. University of Illinois Extension continues to adapt to meet the local needs of our clientele and will continue to serve our local communities for years to come. Extension is part of the solution to the challenges we face in Illinois and we are looking forward to addressing those challenges with our local partners.

Extension is thankful for the local support from county boards as well as local Farm Bureaus, 4-H and Extension Foundations, Home and Community Education Associations, and individuals and business contributions. We are excited about the 2020 year and the programs Extension will deliver throughout Clay, Effingham, Fayette and Jasper Counties. Visit our website <https://extension.illinois.edu/cefcj> often for upcoming programs, calendar of events, news releases, and additional research based information. I look forward to our continued partnership as we build for the future.

Carl Baker
County Director, University of Illinois Extension
Clay, Effingham, Fayette, Jasper Counties



Salt Creek Watershed Plan Development

A new effort will begin in January 2020 to develop a watershed plan for the Salt Creek Watershed, located primarily in Effingham County and partially in Cumberland County.

University of Illinois Extension will work with the University of Illinois Department of Urban and Regional Planning to develop the plan, with input from local stakeholders.

\$12,585 in grant funds were awarded to Extension by the Lumpkin Family Foundation in fall 2019 to support the plan development.

Cover Crop Research Conducted in Fayette and Effingham Counties

In spring 2019, Dr. Nick Seiter, a University of Illinois Research Assistant Professor of Field Crop Entomology, began a research study characterizing the insect populations in agricultural row crop fields that used cover crops compared to those that did not.

The Watershed Outreach Associate worked with Dr. Seiter's lab and farmers in Fayette and Effingham Counties to put out insect traps to monitor the populations during spring 2019.

Four fields in Fayette County and 10 fields in Effingham County were a part of the study. Preliminary results were shared at the cover crop meeting in Effingham on December 12, 2019.

Insect traps are used in Fayette and Effingham County to monitor the population of insects in field crops.



Dr. Seiler and his assistant host a field trip for the participants of the Slug and Insect Identification Workshop.

Slug and Insect Identification Workshop

6 participants attended a slug and insect identification workshop on July 2, 2019.

The event was co-hosted by the Watershed Outreach Associate and Dr. Nick Seiter's lab at a field owned by a farmer in Dieterich who was participating in the cover crop and insect study mentioned previously.

The workshop was put together after it was found that slug pressure had increased in the cover crop field and producers wanted advice on how to control the problem. Producers gathered in the field for hands-on, timely, applied learning from Dr. Seiter and his lab assistant.



Food service personnel from 41 rural school districts attended one of four learning institutes.

School Food Service Trainings

University of Illinois Extension SNAP-Education Educator, Michelle Fombelle, works diligently to fulfill professional development needs for local school food service staff in rural communities with limited funding. To meet continuing education requirements, local food service staff typically have to travel 2+ hours to gain their required number of hours. Attendance is usually limited to one or two staff members due to budgetary constraints.

Recognizing the need within the area, Fombelle planned learning institutes versus individual school trainings. Learning institutes provide food service staff to attend a regional training to obtain all of their required continuing education credits in one day versus throughout the year. Partnering with the local Regional Offices of Education (ROE) was the best way to market the learning institutes. Local ROE's also agreed to host the trainings. Fombelle pursued a partnership with Regional Office of Education #12 in the fall of 2017. This partnership has led to additional collaborations, creating a sequence of trainings during the first two weeks of the school year.

ABCs of School Nutrition Food Service Professional Development

Fombelle recognized the lack of communication between local schools and Illinois State Board of Education (ISBE). Therefore, she partnered with ISBE principal consultants whom served as guest speakers at the trainings. Fombelle also reached out to Extension Educators in Units 18 and 23 to co-lead the trainings. All food service staff are required to earn 6-12 hours of continuing education units depending on their positions. The trainings allowed food service staff the chance to ask ISBE consultants specific questions outside of their triennial administrative review.

Site	Date	CEUs	Attendance	School Districts
Vandalia School	3/2/19	6	11	1
ROE #12	5/29/19	6	20	7
ROE #3	5/31/19	6	11	8
ROE #13	7/26/19	6	28	14
ROE #12	8/2/19	6	36	12
ROE #3	8/9/19	6	67	13
Taylorville Extension Office	8/12/19	6	2	2

Cognizant of staff time, Fombelle worked diligently to offer comprehensive trainings that would meet the USDA professional standards requirements. During fall 2019, 133 food service personnel from 41 rural school districts attended one of four learning institutes. Topics Covered at local learning institutes this year include Getting Started with Smarter Lunchrooms, Managing Food Waste in the Cafeteria, Menu Planning 101, Record Keeping, Saved by the Breakfast Bell, School Wellness Policies, Sodium in School Meals, and USDA Smart Snacks.

Trainings provided in 2019 for food service are listed above:



<https://extension.illinois.edu/cefi/illinois-nutrition-education-programs>



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works 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



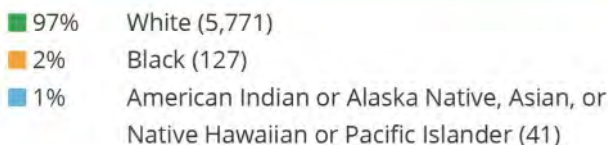
5,913

Total SNAP-Education Participants

40%
Adults60%
Youth

1% Identified as Hispanic
99% Identified as Non-Hispanic
0% Unknown

RACE OF PARTICIPANTS



Our Community Partners

14
K-12 Schools4
Youth Centers19
Early Childhood6
Community Centers10
Food Pantries and Food Banks

Local Food Pantries Receive Recognition

SNAP-Education Extension Educator, Michelle Fombelle, currently collaborates with six local pantries to provide resources and technical assistance. She conducts a Nutrition Environment Food Pantry Assessment Tool (NEFPAT) assessment to establish an initial baseline for improvement. Fombelle conducted numerous assessments to make small changes to increase the likelihood of clients choosing healthier items. Fombelle serves pantries by searching for resources and communicating needs to local partners. She also provides training for the food pantry volunteers.

Two local pantries, Enduring Freedom Ministries in Shumway, IL and Clay County Ministerial Alliance in Flora, IL, have received "Silver Status" through the Nutrition Environment Food Pantry Assessment Tool (NEFPAT) due to their efforts in improving the healthy environments within their pantries. Their efforts include increasing access and variety to fresh fruits and vegetables, offering clients a shopping style environment, and incorporating healthy messaging throughout their pantry.

Unit 21 is served by two local food banks: Central Illinois Food Bank and Eastern Illinois Food Bank. Fombelle has collaborated with each to better serve Unit 21 food pantries. She has presented at their annual conferences, educating pantry directors on resources available through SNAP-Ed. This has developed into working relationships with the local food pantries.



Michelle Fombelle presents a Certification of Recognition to Enduring Freedom Ministries Food Pantry.

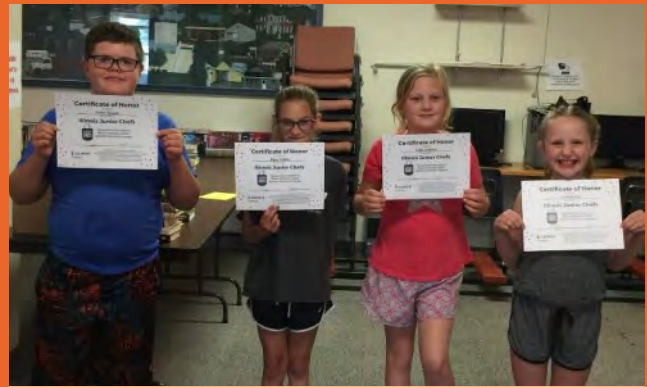


Clay County SNAP-Ed

Erin Maxwell, Clay County Community Worker/SNAP Ed, provided Color Me Healthy curriculum to preschool age children at Flora Elementary, North Clay Elementary and Clay County Head Start in Clay County. This curriculum teaches children the colors of different fruits and vegetables and how to be active in different places. The children also have the chance to participate in taste tests. The OrganWise Guys curriculum is was presented for grades kindergarten through second grades in Clay City Elementary School, Flora Elementary School, and North Clay Elementary School. This curriculum teaches the students to take care of their bodies by introducing them to the different organs of the body. Eating more fruits and vegetables, high fiber foods, drinking water and exercising are just some of the examples of the lessons. Activity Stations were set up by Erin at the Clay County Ministerial Alliance Food Pantry every Monday. Recipes and handouts were given out. She also provided helpful tips to those hesitant on taking some of the different fruits and vegetables being handed out. Activity Stations were also done at several preschool parent nights at the Flora Elementary School and Head Start. Nutrition and physical activity games were conducted with Beyond the Bell after school participants every week throughout June as well as the IL Jr. Chef cooking school.



Activity Stations were set up by Erin at the Clay County Ministerial Alliance Food Pantry every Monday.



Those participating in the Illinois Jr Chef cooking school received a certificate of completion along with kitchen tools and a recipe book.

Fayette County SNAP-Ed

Jo Stine, Community Worker for SNAP-Ed in Fayette County visits the grade schools in Brownstown, Ramsey, St. Elmo and Vandalia to teach the importance of healthy eating and physical activity. Each month she does a program with kindergarten through second grades using the curriculum, "Organ Wise Guys". This curriculum covers our main organs and their functions. She also visits pre-school age classes and does a curriculum called, "Color Me Healthy". These children learn healthy eating through color.

In June, Jo had a Jr. Chef cooking school at the St. Elmo Library for 2-3 graders. They completed five lessons and recipes during these five days. The lessons consisted of:

- › Food Safety/Measuring/Using a knife/My Plate
- › Choosing Whole Grains
- › Eating Veggies
- › Fantastic Fruits
- › Go Lean with Protein and Calcium-Rich Foods

After completing the cooking school they each received kitchen tools, recipe books and a certificate.



Jo followed up with the students by putting "magic lotion" on their hands and then using a black light to see how well they washed their hands.



Teutopolis Afterschool

During the 2018/2019 school year, 31 fourth, fifth and sixth graders from Teutopolis Elementary School were challenged to create a dish using only a predetermined set of ingredients. Working in teams, the youth first brainstormed what to prepare, then used the ingredients to prepare a dish and present it to the judges. During each of the six sessions a different “secret” ingredient was introduced that was to be incorporated into the dish. The teams were challenged to include variety of spices and color into their dish, as well as, nutrition. Throughout each session youth were taught nutrition, food safety, and proper use of utensils. The youth were judged on presentation skills, creativity, flavor, food appearance, nutritional value, and incorporation of the “secret” ingredient.

Objectives of the program include:

- › Elementary-age youth learn about nutrition, food preparation skills, and healthy eating
- › Youth will develop basic food preparation skills by preparing healthy snacks and simple meals.
- › Provide opportunities for youth to exhibit their knowledge and skill when preparing and presenting a dish



Teen Teachers lead Teutopolis Afterschool Program.



Youth learn basic food preparation skills by preparing healthy snacks.

- › Provide opportunities for youth to learn from other team members
- › Promote teamwork
- › Give youth opportunities for public speaking
- › Give youth the opportunity to participate in a new and exciting competitive event
- › Promote proper food safety techniques and handling.
- › Teen Teachers will develop teaching and leadership skills.
- › Teen Teachers lead program participants in the experiential learning activities.
- › Teen Teachers serve as role models for the younger youth.

Helping with this program were three active 4-H members, serving in the role as teen teachers. These teens served as mentors and role models to the younger youth, helping them in preparing their dish, food safety, proper use of utensils, and clean up.

Youth participants, school staff, and parents reported this as a fun learning opportunity.



<https://extension.illinois.edu/cefj/4-h-youth-development>



Navigating Workshops in Effingham

Every great adventurer has had to master navigation skills to find their way. During 2019, 4-H Federation member Anthony Kreke taught over sixty youth how to master their navigation skills. Youth learned the basics of using a map and compass to find their way around. Participants also learned how to use a compass, read a map, find their bearings, and chart a course toward their destination, while practicing problem-solving and teamwork. They built their own backpack full of supplies for their first outdoor adventure and spent time getting familiar with the tools before going on a compass-led scavenger hunt.



Multi Species Clinic

Over seventy participants attended the first region wide Multi-Species Clinic. Matt Hornbostel, 4-H Beef Superintendent, along with his all-star team Robbie Walk, (4-H Sheep Superintendent) and Lynn Wolff (4-H Goat Superintendent) held a fun and educational clinic for 4-H members in Effingham and surrounding counties. Featured species were: Beef, Goats, Sheep, and Swine. Youth learned about feeding, fitting, show day preparation and showing techniques.

Cooking Challenge

The Effingham County 4-H Food Challenge lets youth be the author of his/her own cookbook. Once youth learn the basics, they will experiment at each session creating their own recipes from a sack of mystery ingredients. Taking learning to a new level in friendly competition with other teams of chefs who have the same ingredients. Youth learn the basics of food preparation and much more. Teams will focus on nutrition as the youth explore new ways to prepare their favorite recipes. Consider the cost of each recipe. Think about how long their recipe will take to prepare. Always keep safety in mind as teams learn how to keep a clean and sanitary kitchen. Once the clock starts, teams are given a set amount of time to prepare their recipe. Then, add some punch to their public speaking skills as youth present their finished product to a panel of judges.



YQCA

Alan Kollmann from Effingham Equity, who serves on the Illinois Pork Producers Board and as a 4-H Swine Superintendent is educating 4-H members all about Youth for the Quality Care of Animals. Youth for the Quality Care of Animals (YQCA) is a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars: food safety, animal well-being, and character development. We are so fortunate to have leaders who are the experts and volunteer their time to give back to their community!



Vandalia Junior High BOOM Afterschool Program

A partnership with the BOOM Afterschool Program at Vandalia Junior High has allowed us to share many educational lessons with these 4th -8th grade students. Lift Off! Over the course of two sessions, these participants learned about aerospace and space flight. Using science and problem solving skills, the kids formed groups and built their own rocket. They were put to the test in a launching demonstration. The kids loved seeing how each one took flight, some doing better than others. After, the group debriefed and discussed changes they would make to the rockets to make them more aerodynamic.



Fourth through eighth graders learn about aerospace at the BOOM Afterschool Program.

BOOM Sewing Workshop

Sew Cute! The BOOM Afterschool Program learned the basics of sewing by making a simple pillowcase. Many participants had never sewn before but were excited at the opportunity to learn. With the help of Home & Community Education (HCE) members, the kids select their material, pinned it together and sewed multiple seams. The pillowcases were taken home and put to use on their beds or given to family members as gifts.



A sewing workshop was presented to fourth through eighth graders at the BOOM Afterschool Program.



Junior Leadership Conference

Three 4-H members from Fayette County attended the 2019 Jr. Leadership Conference in February. Jace Claycomb, Curtis Cole Crockett, and Kiralyn Hayes, all of Ramsey, gained knowledge on 4-H programs and leadership through workshops and hands on activities.

Serving Youth in Clay, Effingham, Fayette, and Jasper Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach



4,375
4-H Participants



145 Adult
Club Volunteers



896
4-H Club Members



159
First Year
Members

RACE

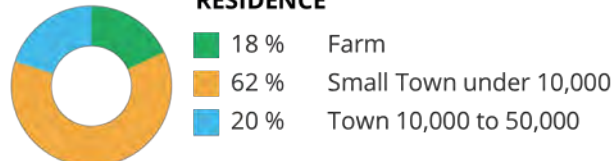


97 %	Caucasian
1 %	African American
2 %	Asian, American Indian, Pacific Islander, 2 or more races, or unknown

ETHNICITY



RESIDENCE





Conservation Day in Clay County

Conservation Day is an opportunity for 5th grade students to learn about conservation related topics, such as wild turkeys, soil, watershed, and honey bees. Students from Clay City, Full Armor Christian Academy, Flora, and North Clay schools rotated to these stations with presenters from Farm Bureau, Soil & Water, and U of I Extension. The students loved a day out of the classroom, learning with these hands on activities.



Clay County Horse Camp

Outstanding volunteers hosted the 22nd annual Horse Camp in June. Campers from surrounding counties came together to share their love of horses through hands on learning, trail rides, team events, and lots of fun! The event is held at the Coon Creek Ridge Riders trail club outside of Flora. Each of the 30 participants left with new knowledge and lifelong friendships.

Jasper County 4-H Mini Lock-in

Each year, the Jasper County 4-H Ambassador and 4-H Federation teams invite all 3-6th grade students in Jasper County to the 4-H Mini Lock-in. This year, participants enjoyed a variety of activities including tie-dying t-shirts, making a DIY lava lamp, joining in a dance party, and playing other fun team-building activities. With nearly 70 youth in attendance, the evening was busy but great fun! The teen 4-H members planned and led each activity without any hesitation.

The strong leadership skills from all the 4-H Ambassadors and 4-H Federation members are part of why Jasper County 4-H continues to thrive.



Progressive Ag Safety Day

All Jasper County 4th graders participate in the annual Progressive Ag Safety Day event sponsored by Progressive Agriculture and the University of Illinois Extension. Each year, 4th grade students from St. Thomas and Newton Elementary join together to learn how to become more aware of their surroundings and what to do in emergency situations. Community partners including the Wade Fire Department, Jasper County EMT, Jasper County Health Department, Newton Police Department, Alliance Tractor, Norris Electric, Jasper County Farm Bureau, and Jesse Walker from WTOG present a variety of topics to all the students. This event prepares the students so they know how to react if there is an accident or emergency.



Carl Baker
*County Extension Director/
Unit 21*



Dana Homann
*Extension Educator/
Youth Development*



Michelle Fombelle
Extension Educator/SNAP-ED



Jennifer Woodyard
*Extension Watershed Outreach
Associate*



Jackie Hahn
*Office Support Assoc.
Effingham County*



Cathy Schnepfer
*Office Support Assoc.
Clay County*



Sarah Clayton
*Office Support Asst.
Jasper County*



Debbie Boley
*Office Support Asst.
Fayette County*



Jo Stine
*Community Worker/
SNAP-Ed—Fayette Co*



Erin Maxwell
*Community Worker/
SNAP-Ed—Clay Co.*



Pam Heiser
*Community Worker/
SNAP-Ed—Effingham Co*



Patti Logan
*Program Coordinator/
4-H—Effingham Co*



Sarah Luce
*Program Coordinator/
4-H—Clay/Fayette Co.*



Katie Turkal
*Program Coordinator/
4-H—Jasper Co.*

EXTENSION COUNCIL

Ms. Chris Thompson	Clay County	Flora, Illinois
Ms. Deena Mosbarger	Clay County	Flora, Illinois
Ms. Barb McGrew	Clay County	Flora, Illinois
Ms. Gretchen Simpson	Clay County	Louisville, Illinois
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Mr. Doug McCain	Effingham County	Mason, Illinois
Mr. Jovan DeSantos	Effingham County	Effingham, Illinois
Ms. Lisa Hoelscher	Effingham County	Effingham, Illinois
Mrs. Jennifer Waggoner	Fayette County	Ramsey, Illinois
Ms. Julie Healy	Fayette County	St. Elmo, Illinois
Mr. Ben Frazier	Fayette County	Vandalia, Illinois
Ms. JoAnn Sasse Givens	Fayette County	Shobonier, Illinois
Mr. Jason Warfel	Jasper County	Ste. Marie, Illinois
Mrs. Lindsey Vogt	Jasper County	Newton, Illinois
Ms. Deborah Riddle	Jasper County	Newton, Illinois

OFFICE LOCATIONS

Clay County Extension	Effingham County Extension	Fayette County Extension	Jasper County Extension
223 West Railroad St	1209 Wenthe Dr	118 N Sixth St	1401 Clayton
Flora, IL 62839	Effingham, IL 62401	Vandalia, IL 62471	Newton, IL 62448
(618)662-3124	(217)347-7773	(618)283-2753	(618)783-2521
Fax: (618)662-3191	Fax: (217)347-7775	Fax: (618)283-4932	Fax: (618)783-2232
Mon - Fri, 8:00 am - 4:30 pm	Mon - Fri, 8:00 am - 4:30 pm	Mon - Fri, 8:00 am - 4:30 pm	Mon - Fri, 9:00 am - 4:00 pm

News Media



8

Average Monthly Releases

Social Media



2844

Facebook and Twitter Totals

Educational Programs



20

Average Monthly Totals

Volunteers



196

Total Active Volunteers

ONLINE



/UIExtensionCEfJ



@UIExtensionCEfJ

Cover photos: (top left) Jasper County youth are shown with items collected for the Toys for Kids program. (top right) Jennifer Woodyard presents at Clay County Conservation Day. (bottom left) Fayette County Master Gardeners work at Vandalia's Little Community Garden. (bottom right) Students participate in an Effingham County SNAP-Ed program.

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.