



Serving Boone, DeKalb, and Ogle Counties

**Extension Advisory Council Minutes
Health and Local Foods
November 29, 2022 @ 6:00 p.m. via Zoom**

Boone: ___ Megan Johnson

DeKalb: ___ Rylie Kues

Ogle: x Jamie Nobis x Sarah Hackbarth x Josh Nelson

Staff: ___ Bruce Black x Cindy Jankiewicz x Connie Handel x Judy Hodge

Agenda

1. Welcome/Introductions 6:00 pm

Ice Breaker Question:

What popular holiday food do you dislike?

Those present introduced themselves and answered the ice breaker question. Sarah Hackbarth joined late (at 6:27 pm).

2. Description & Vision of the Committee

The Health & Local Foods Committee is being formed to address the issues of our communities with a more informed scope from our partner council members. Our partners will help in informing us of the current and future needs in our communities relating to health and local foods. This will allow us to provide program opportunities to address these needs as they arise.

Judy Hodge reviewed the description and vision of the committee.

3. Minutes

Review July update & September 2022 minutes.

Judy asked if there were any changes that needed to be made to the September minutes. There were none noted.

4. Committee Changes

Karla Belzer has accepted a new position with Extension. The Family Life vacancy will be filled.

Connie also commented that 2 of our committee members had served their appointed time and have left the committee. They were Ellen Genrich from Boone County and Dan Dietrich from Ogle County. It was noted that we are looking for a few new members to replace them. It would be nice to get someone from Boone and DeKalb Counties since most of our members are from Ogle County.

Jamie Nobis mentioned that she thought her term might also be at an end. Judy thought that according to our records she still had another year. Judy or Connie will check their records to see when her term is up and let her know.

5. Program Reports (What we've done and what we are working on for the year)

- Local Foods

Boone County (2023)

Community Gardens – Buchanan Street Gardens and NASR Community Garden- *Judy reported that these two gardens will continue next year. The Buchanan Street Gardens are part of a 4-H Latino Club that is working with Master Gardeners and the NASR Garden is going to be a partnership with the park district to work with their adults with disabilities group.*

Home garden themed program series (still working out the details) – *Boone County Master Gardeners are offering more education pertaining to teaching people how to grow their own food.*

Library speakers bureau programs – *Boone Master Gardeners will be offering Speaker's Bureau programs at public libraries in Boone County.*

Boone County Farm Stroll – *Was well attended this year and Judy is planning to offer it again next year.*

DeKalb County (2023)

Community Gardens – Genoa Community Garden – *Two Master Gardeners are regularly available at this garden to help those who rent a plot to garden by sharing tips and suggestions on how to garden effectively. They don't offer public programs but will do something spontaneous when there are people at the garden who request it.*

Food Donation Gardens – Engh Farm Gardens, St. Paul's Garden, Dolce Vita/Northwestern Medicine Garden – *Engh Farm Garden donates 100% of the produce to the DeKalb Salvation Army Food Pantry. They donated 2,572 pounds of produce this year. St. Paul's Garden donates most of their produce to several food pantries along with members of their congregation and NIU students who live nearby who may need it. Connie didn't have 2022 numbers yet, but they donated 672 pounds of produce in 2021. Dolce Vita/Northwestern Medicine Garden (which is also a DeKalb County Community Garden) averages about 8,000 pounds of produce donated per year. They donate mainly to the DCCG Grow Mobile, but also to other local food pantries. Connie did not have numbers for 2022 yet. All three gardens plan to continue in 2023.*

Garden Walk – *The annual DeKalb County Garden Walk has traditionally been used to showcase home flower gardens in DeKalb County and provide information to home gardeners. In the last couple of years the committee has been including more homes that have both beautiful flower and vegetable gardens. For example, one of the gardens on the garden walk this year had several garden boxes with produce and the hot topic was the garlic that was being grown in one of them.*

DeKalb County Farm Stroll – *There has not been a Farm Stroll in DeKalb County for several years. Connie is planning to start one again in 2023 (with some guidance from Judy Hodge).*

Ogle County (2023)

The Kitchen Table – *The Kitchen Table Garden was created last year for the Growing Together Illinois program. They are currently looking for volunteers to help with this garden and plan to transition it into a new program for 2023.*

Hope Center – *New garden in Rochelle at the domestic violence shelter. Ogle County Master Gardeners are planning to do 3 events next year showing people how to grow their own food.*

Intergenerational garden plot on 10th Street – *Master Gardeners will train seniors, who will then work with kids to show them how to garden.*

Starting a Seed Library – *This is of interest to several Master Gardeners in Ogle County. They will be researching how to start and run a seed library this year (2023) and hope to start one in 2024.*

Recruiting ne MG volunteers – *Cindy asked the committee for ideas of places she could advertise the Master Gardener program to get more volunteers in Ogle County. Several suggestions were made by committee members as well as Cindy throwing out some of her own ideas to see what members thought.*

There was also discussion about the Farm Tour led by the Oregon Chamber of Commerce this year. Jamie was very involved in the planning of the Farm Tours. Ogle County Master Gardeners provided education at the farm sites. Cindy asked about the feasibility of Extension taking over the planning of the event, which was quite large this year. It was suggested that if Cindy was to take on this responsibility, she would probably need to scale it back and may need to use 2023 as a planning year before hosting it in 2024.

- SNAP-Ed – *Reports were attached to the agenda (and to these minutes). Committee members were asked to read through them and let a staff member know if they have any questions. No questions were noted at this time.*
- Family Life – *No report this quarter.*

6. Program Planning Discussion

What are you hearing in the community as potential programming needs for this year?

Please come with suggestions or ideas for programming.

Jamie -People really like hands-on programs and leaving with something they have made or enjoy eating food they have helped in making. The Rock River Center (where Jamie is Executive Director) has a commercial kitchen and would love to have it utilized more this year for programming. Especially helpful would be nutrition education relating to diabetes or other diseases.

Josh – Feels our current programming is missing an entire demographic of young to middle adults. He sees programming offered for youth and seniors, but nothing for 25-40 year olds. Is there something that Extension could offer that would appeal to this age group? Since many in this group have young children it might need to be something that parents and kids do together.

Judy agreed she has noticed that she does not get many adults in this age group that attend the programs she offers.

Sarah suggested that people in this age group are very busy so need a program that is concise and to the point. She thought maybe an online webinar as opposed to something in-person.

Connie suggested maybe one reason we don't get as many people from this age group attending programs is that they are more comfortable (and more likely) to find the information they want by using their computer and watching a YouTube video than attending a program in-person. Do we maybe also need to market our programs differently to reach them?

Where in your community could we market programs or leave program flyers with higher visibility?

Suggestions included schools, community boards in libraries, grocery stores or laundromats, large businesses that have a break room or lunch room that many employees use, Chamber of Commerce sites or newsletters.

What community partners would be good partners for our programming?

The focus was on Ogle County since all of the members present were from Ogle County. Suggestions included the public library in Oregon and contacting Melissa Nicholson at the senior center in Mt. Morris. Someone also suggested partnering with hospitals or medical facilities if we have programs to offer them.

7. Evaluations Questions

If you could ask our community about Health & Local Foods, what would it be?

Judy explained that we are working on a needs assessment in our counties and would like to know if anyone has a question they think would be important to include in our assessment. Sarah shared that hospitals regularly do needs assessments and might have some insight they could share about effective questions. It was suggested that we could contact the hospital in Rochelle.

- 8. Next Meeting:** February 28th, 2023 6pm Zoom
May 30th, 2023 6pm Zoom
September 26th, 2023 (In-person) TBD
November 28th, 2023 6pm Zoom

- 9. Adjourn** 7:00 pm

Council Roles Summarized: * Linking University of Illinois Extension with local leadership, communities, agencies and organizations.

* Supporting and advocating for Extension programs. Identifying needs and potential resources (human, financial, physical).

* Advise the program planning and implementation processes. * Assuring council membership represents all segments in counties served.

* Assuring program outreach meets equal opportunity and program access guidelines.

SNAP-Ed Update for Boone County (Jan Saglier – Community Worker)

Fall 2022 programming has a mix of adult and youth programming. Healthy Cents is being taught to WIC recipients at the Boone County Health Department and before community meals at St John's Church. The following youth programs are being offered at Capron Elementary, Washington and Perry Schools: OrganWise Guys (Kinder, 1st and 2nd grades), Serving Up MyPlate (3rd and 4th grades) and Eat Fit (5th grades).

Looking ahead to the new year, I am hoping to work with the Community School in setting up two new adult programs. One would be Eat, Play, Grow with pre-kindergartener with caregiver and the other Create Better Health.

SNAP-Ed Update for DeKalb & Ogle County (Brianne Gugerty – Community Worker)

I am currently focusing on school programs, with my main curriculums being OrganWise Guys (K-2nd) and Eat, Play, Grow (Pre-k/ Caregiver Combo). Right now at Oregon Elementary School I have 3 Organwise Guys sessions on Mondays, 2 on Tuesdays, 1 on Wednesdays and 1 on Thursdays (which each consisting of 2 combined classes). I also conduct 1 OrganWise Guys session at Central Elementary School in Rochelle on Wednesdays. In addition to those programs, I have 1 Eat, Play, Grow session at Oregon Elementary School once per month for their Pre-K Family Day, and 1 Eat, Play, Grow session with Two Rivers Head Start in DeKalb County once per month.

I also visit the Westminster Presbyterian Church during their food pantry every other week. I am currently conducting CATCH sessions for kids, but I am going to be including Eat, Move, Save Booths for those visits.

I have 2 Dual Language classes signed up for OrganWise Guys at Lincoln School in Rochelle that will start after their winter break. I am also in the process of scheduling 3 more dual language classes for OrganWise Guys sessions at Central Elementary School in Rochelle, and 4 classes of OrganWise Guys are in the process of being scheduled for Oregon Elementary School. All of these classes will begin during the 2nd Semester of school.

As always, I continue to attend food pantries whenever I have the opportunity, and will continue to assist the communities I serve in any way that I am able.

If you need a reasonable accommodation to participate, please contact the meeting coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

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