

Boone, DeKalb, Ogle Extension Unit 2



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## Extension Council Meeting

### Health & Local Foods Subcommittee

**Tuesday, November 28, 2023, 6:00pm**

*Zoom Meeting*

**Boone:** \_\_\_Mark Schuth

**DeKalb:** \_\_\_Rylie Kues

**Ogle:** \_\_\_Candie Fore \_\_\_Sarah Hackbarth

**Staff:** \_\_\_Bruce Black \_\_\_Cindy Jankiewicz \_\_\_Connie Handel \_\_\_Judy Hodge  
\_\_\_Kara Schweitzer

### Public Comment:

## Agenda

1. **Welcome/Introductions \_\_\_\_\_:**\_\_\_\_\_

Ice Breaker Question: What is your favorite tradition? (Childhood, family, other)

2. **Description & Vision of the Committee**

The Health & Local Foods Committee has been formed to address the issues in 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.

3. **Minutes**

**Review minutes from May meeting.** Any questions?

4. **Committee/Staff Changes**

Looking for three more committee members. Any suggestions?  
Kara Schweitzer is the new Family Life Educator

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

- **Local Foods**

Resources: <https://extension.illinois.edu/plants/info-sheets> (educational handouts)

[www.youtube.com/@IllinoisExtensionHorticulture](http://www.youtube.com/@IllinoisExtensionHorticulture) (gardening and local foods videos)

### **Boone County (Judy Hodge)**

Boone County Farm Stroll – 250+ people attended, 7 participating farms

MG Speakers Bureau - ended with 25 presentations for the year

-working on a new series for next year

Master Gardener Hybrid Training in Boone County (February 29-May 30)

Thursday nights from 5-8:30 p.m.

Cost: \$175

In the new year, continue the work with NASR in their garden and Buchanan Street Garden.

### **DeKalb County (Connie Handel)**

Engl Farm Garden (produce donated to DeKalb Salvation Army Food Pantry – 2,150 pounds

St. Paul's Garden (produce donated to area food pantries, church members, neighbors, and students in need) – 795 pounds

In the new year, continue to reach through our Gardener's Pathway gardening workshop and Garden Walk. Will be incorporating a plant sale into the Gardener's Pathway event next year.

### **Ogle County (Cindy Jankiewicz)**

Seed Library at the Flagg-Rochelle Public Library – Family friendly educational programs; 2024 kick-off; cooperation with Library and MGs on a 4-H spin club

- **SNAP-Ed**

Resources: <https://eat-move-save.extension.illinois.edu/> (Recipes, Find Illinois Food, Healthy Text Program)

### **Boone County (Jan Saglier)**

CREATE Better Health is an adult nutrition curriculum that provides ways to "CREATE" a meal with what you have on hand in your kitchen. Twelve seniors signed up the series, held at the St. John's Church where many of them come for a monthly community meal. Lesson one is an introduction to MyPlate and physical activity. The recipe we made together was a stir-fry. I used tofu for the protein source. One person in the group had previously eaten tofu. I discussed how to prepare and marinades. Most of the group were surprised to find they liked the tofu and how inexpensive it is. I was informed at the following month get together that two sisters had made it for dinner and were planning to try other tofu recipes.

### **DeKalb and Ogle Counties (Brianne Gugerty)**

- **Family Life**

Family Life Programming covers a variety of topics such as healthy aging, living well, stress management/mindfulness, social and emotional health, brain health, caregiving for adults, and parenting/ caregiving for children.

Fall 2023 Programming:

- The following programs were held at the Rock River Center: The Value of Humor, Don't Go It Alone- Improving Your Social Connections
- The following programs were held at Hub City Senior Center: Penning Your Past, Wits Fitness

Upcoming 2024 programming:

- Wits Fitness monthly brain health program will be offered at Hub City Senior Center and Rock River Center in 2024.
- Kara will be trained in early 2024 to lead Chronic Disease Self-Management Programs and Chronic Pain Self-Management Programs.
- The Lessons for Living 2024 Webinar Series which features monthly webinars (February – November) on a variety of topics related to family, food, and finance can be accessed here: <https://extension.illinois.edu/health/lessons-living>
- Family Files Blog is a great resource for timely topics related to families, health, and well-being and can be accessed here: <https://extension.illinois.edu/blogs/family-files>

## 6. Program Planning Discussion

What do you think would make our meetings feel more beneficial?

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

What have we addressed from our last meeting?

Is there a common goal/project that we can work on for the coming year?

Stop, Start and Continue activity results from our Annual Meeting.

What stands out to you? What should be added?

7. **Next Meeting:** February 27, 2024 (6 p.m. Zoom)  
\*May 21, 2024 (6 p.m. Zoom)  
September 24, 2024 (6 p.m. In-Person - TBD)  
November 26, 2024 (6 p.m. Zoom)

## 8. Adjourn \_\_\_\_:\_\_\_\_

**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.

If you need a reasonable accommodation to participate in this meeting, please contact the Boone County Extension office at 815-544-3710. Early requests are strongly encouraged to allow time to meet your needs.