



Boone, DeKalb, Ogle Extension Unit 2

Extension Council Meeting

Health & Local Foods Subcommittee

Tuesday, February 28, 2023 6:00pm

Zoom Meeting

Boone: ___ Megan Johnson x Mark Schuth

DeKalb: ___ Rylie Kues

Ogle: x Jamie Nobis x Sarah Hackbarth ___ Josh Nelson

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

Agenda

1. Welcome/Introductions 6:08 pm

Ice Breaker Question:

What is the first outdoor activity you are looking forward to with the weather changes?

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.

3. Minutes

Review minutes from November's meeting. Any questions?

No questions asked.

4. Committee Changes

Welcome Mark Schuth from Boone County Council on Aging (Keen Age Center)

5. Program Reports (What's planned and coming up in 2023)

- Local Foods

Boone County (Judy Hodge)

Community Gardens

Buchanan Street Garden - This garden is being done in partnership with the Latino 4-H club.

NASR Community Garden - This garden is in partnership with the Northlands Association for Special Recreation. Programs are open to any individual with a disability-related special need.

Grow Your Own Food Garden Series – focus on education this year – Boone County Master Gardeners and three educators are offering nine (9) programs this year from March through August.

Programs at Ida Public Library and Cherry Valley Library – *Two programs coming up on Container Gardening and Tree Fruits.*

Seed Library – *at Ida Public Library. Seeds were donated by Farm and Fleet.*

Farm Stroll – *Beginning talks about this year's event starting in the next few weeks.*

DeKalb County (Connie Handel)

Food Donation Gardens – *Engl Farm Garden, Dolce Vita/Norwestern Medicine Garden, St. Paul's Garden – All three Master Gardener donation gardens are planning to be up and running again this year.*

Community Gardens –

Genoa Community Garden – Two Master Gardeners put in a lot of hours helping community members learn how to garden at this site. No formal programs are offered, but impromptu lessons are given when requested by community members renting a plot.

Malta Community Garden – One Master Gardener is very involved at this garden site helping community members learn to garden.

NIU Edible Gardens – One Master Gardener is very involved with this project at Northern Illinois University. Students do the gardening with direction from NIU staff. Any students in need of fresh produce are welcome to take food.

Saturday, March 25, 2023 - *Helping Others Learn to Grow Gardening Basics (DeKalb Farm Bureau) - Master Gardeners are putting on a program geared towards families.*

Saturday, May 13, 2023 - *Helping Others Learn to Grow Herbs in Containers (Van Buer Plaza, DeKalb) - Master Gardeners will be doing a public program planting herbs in the Downtown DeKalb planters.*

Walnut Grove Vocational Farm – *Requested programs for customers this spring and summer – looking for Master Gardeners who would like to offer a demonstration and/or answer gardening questions on a Saturday morning in late April or early May. They would also love to have a Master Gardener do a program on seed sorting sometime this summer.*

Ogle County (Cindy Jankiewicz)

- Contact established with Melissa Nicholson (senior center in Mt. Morris) and Mary (public library) – both organizations are interested in MGs programs (presentation(s) and help desk resources)
- Ready, Set, Grow! - a half-day educational event on March 18th at the Loveland Center in Dixon – *presentations on many different gardening subjects to choose from.*
- Seed Library planning is progressing, currently scoping out our first location - *have reached out to other places that have seed libraries for ideas on how to set one up.*
- TKT (The Kitchen Table)– *Shed clean up on March 25th, and planning for the summer gardens - TKT is a pay-as-you-can restaurant for people who cannot afford a meal. A Boy Scout troop operates a garden on site. Master Gardeners provide help with the garden.*

- SNAP-Ed - *please read the following reports and contact us if you have questions.*

Boone (Jan Saglier)

Boone County Currently: Perry School has programming at all grade levels. Fifth grade is doing Eat Fit; third and fourth grades are in Serving Up MyPlate; second, first and kindergarten are learning about the OrganWise Guys. All five kindergarten classes, at Washington School, are enrolled in OrganWise Guys. I am teaching Healthy Cents to adults on Thursday evenings at the Community School located in Washington School; monthly at St. John's Church, prior to their community meal; and 12 monthly classes for WIC participants at the Boone County Health Department. Capron School has OrganWise Guys for the first graders.

Coming up for Boone County:

MARCH: Kindergarten and first grade OrganWise Guys classes will begin for Lincoln School. Ida Library will be hosting a Healthy Cents class.

APRIL: The Great Garden Detective Adventure for the Gardening Club at Perry School will start, Healthy Kids Out of School for fourth and fifth graders at the Community School and Teen Cuisine for middle school age students at the Community School.

Summer program planning has started.

DeKalb/Ogle (Brienne Gugerty)

I have been very busy in both Ogle and DeKalb Counties conducting programming for several different target audiences, with the focus of all our programs being to increase physical activity, create and/or encourage healthy eating patterns, and increase food security.

In Ogle County during the 2022-23 school year, I completed programming for 5 first grade classes and 5 second grade classes, using the curriculum OrganWise Guys. The target audience for this curriculum is school aged children Kindergarten through Second Grade, and the program is held once per week for all scheduled classes. I am continuing to use this curriculum and am currently in progress with 10 kindergarten classes, and 2 second grade classes.

I am continuing my work with Oregon Elementary pre-k students and caregivers, using the curriculum Eat, Play, Grow, which is held once per month as a part of their "Family Fun Day". In addition, I am also working with a Head Start in Dekalb conducting an Eat, Play, Grow program, which focuses on caregiver/child involvement. This program has been and will continue to be held once per month. My sessions with this group are wonderful in the way of diversity, and one of the teachers from this facility translates my program for all non- English native speakers in attendance.

I am also working with a Mobile Food Pantry and one of the site partners to provide both a CATCH program, when applicable, and an Eat, Move, Save Booth. I work closely with the pantry to discover items of abundance that are available to the patrons during their given food supply load. For the month of February, I have been able to prepare and offer the food sample of "Confetti Bean Salsa" to go with the pantry's supply of canned veggies and tortilla chips. It is rewarding to speak with shoppers about the recipe, what foods are available to them from the pantry, and how they can create a wonderful dish for their family to enjoy by thinking a little bit outside of the box, or recipe if you will. I have continued plans to collaborate more recipes with their available food supply in the future.

I am also gearing up to offer Illinois Junior Chefs programming as the end of the school year nears. The target audience for this curriculum is children ages 8-13, and I plan to offer this program in several locations spanning both DeKalb and Ogle Counties.

- **Family Life**

Lessons for Living Webinar Series – *Judy shared the new programs for 2023, which can be accessed through the link below. Hiring a new Family Life educator to replace Karla Belzer is still in the works.*

go.illinois.edu/2023HCElessons

6. Program Planning Discussion

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

Mark shared that the extra SNAP funding that was being offered due to COVID will be ending at the end of February. There might be a lot more people in need of help getting enough food when this happens.

Judy shared that Jan Saglier (Boone County SNAP-Ed) is doing a program on this subject at the Ida Public Library in March.

Do you have a programming need or event where Extension could play role?

Jamie shared that she had a couple of groups asking if she knew someone to provide programs and referred them to Extension. The groups were from Byron and Forreston.

Jamie also shared that the Oregon Chamber of Commerce really wants to put together a farm tour with Extension this year.

Have you networked with anyone new since last meeting? Have you shared Extension's community opportunities?

Cindy asked if anyone thought there might be interest in resources or a program on hoarding. We could suggest this once we have hired a Family Life educator.

Jamie shared that she had heard of something called “Swedish Death Cleaning” that was related to the idea of hoarding. She would be interested in promoting and/or hosting a program on these topics at the Rock River Center.

Judy mentioned that Hoarding as a Mental Health Disorder Training was offered in Boone County in January by the Boone County Behavioral Health Task Force.

Jamie said that at the Rock River Center they offer estate planning that was geared more toward financial planning but perhaps a series offering both estate planning and hoarding would be good.

Cindy asked if anyone had heard of the workshop by Dr. Randy Frost called Buried in Treasures.

7. **Next Meeting:** May 30, 2023 (6 p.m. Zoom)
September 26, 2023 (6 p.m. In-Person)
November 28, 2023 (6 p.m. Zoom)

Meeting was adjourned at 6:55 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.