



Boone, DeKalb, Ogle Extension Unit 2

Extension Council Meeting

Health & Local Foods Subcommittee

Tuesday, February 28, 2023 6:00pm

Zoom Meeting

Boone: ___ Megan Johnson ___ Mark Schuth

DeKalb: ___ Rylie Kues

Ogle: ___ Jamie Nobis ___ Sarah Hackbarth ___ Josh Nelson

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

Agenda

1. Welcome/Introductions ___:

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?

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 and NASR Community Garden

Grow Your Own Food Garden Series – focus on education this year

Programs at Ida Public Library and Cherry Valley Library

Seed Library

Farm Stroll – Beginning talks about this year's event.

DeKalb County (Connie Handel)

Food Donation Gardens – Engh Farm Garden, Dolce Vita/Norwestern Medicine Garden, St. Paul’s Garden
Community Gardens – Genoa Community Garden, Malta Community Garden, NIU Edible Gardens
Saturday, March 25, 2023 - Helping Others Learn To Grow Gardening Basics (DeKalb Farm Bureau)
Saturday, May 13, 2023 - Helping Others Learn To Grow Herbs in Containers (Van Buer Plaza, DeKalb)
Walnut Grove Vocational Farm – Requested programs for customers this spring and 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
- Seed Library planning is progressing, currently scoping out our first location
- TKT – Shed clean up on March 25th, and planning for the summer gardens

- SNAP-Ed

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 Health 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

go.illinois.edu/2023HCElessons

6. **Program Planning Discussion**

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

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

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

- ## 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)

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.