

Boone, DeKalb, Ogle Extension Unit2



Extension Council Meeting

Health & Local Foods Subcommittee

Tuesday, February 27, 2024, 6:00pm

Zoom Meeting

Boone: Mark Schuth

DeKalb: Rylie Kues

Ogle: Candie Fore Sarah Hackbarth

Staff: Bruce Black Connie Handel Judy Hodge Kara Schweitzer

Public Comment:

Agenda

1. **Welcome/Introductions** 6:07 pm

Ice Breaker Question: As Spring approaches, what is the top thing you are looking to do outside?

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 November meeting. Any questions?

Nov. meeting minutes were sent out about a week ago. There were no questions from the committee.

4. Committee/Staff Changes

Still looking for three committee members. Any suggestions?

We definitely need one more member each from Boone and DeKalb Counties.

The third person could be from any of the three.

Cindy Jankiewicz resigned from her EPC (*Program Coordinator*) position in Ogle County. *Connie will be the interim coordinator in Ogle County until someone can be hired.*

5. Program Reports (What are we working on for the coming year?)

- **Local Foods**

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

www.youtube.com/@IllinoisExtensionHorticulture (gardening and local foods videos)

Boone County (Judy Hodge)

Master Gardeners (MG) have gardening classes planned for the local libraries and garden clubs. They will continue to work with NASR in their gardens and Buchanan Street Garden.

MG Hybrid Training was cancelled for this spring due to low enrollment.

MG program is being reinvented for the unit. Finding a better way to get the word out and meet the community members where they go.

DeKalb County (Connie Handel)

Gardener's Pathway 2024 gardening workshop, hosted by the DeKalb County Master Gardeners, is this Saturday, February 24 at the DeKalb County Farm Bureau from 7:30 am – 2:30 pm.

St. Paul's Garden located at St. Paul's Episcopal Church in DeKalb was one of the recipients of the Know More Grow More funding made available through the Illinois Master Gardener program.

Ogle County

The 2024 Ready...Set...Grow... Gardening Workshop, on Saturday, March 23 from 9 AM to Noon at Loveland Community House in Dixon (513 W. 2nd Street, Dixon). Join the Master Gardeners of Carroll, Lee, Ogle, and Whiteside counties for this half-day event offering participants information about various aspects of home gardening. This workshop includes Keynote Presentation, two breakout sessions (Hands-On sessions have added supply fee), a Master Gardener Q & A Desk, and Door Prizes. Our keynote presentation from Tyler Hagemann from Hagemann Horticulture, Oregon, IL discussing annuals in the landscape. The fee for this program is \$25. The hands-on sessions have additional fees.

Registration deadline is March 8. Go.Illinois.Edu/ReadySetGrow

Candie asked if there was a flyer for this event. Bruce will send one to her via email after the meeting.

- **SNAP-Ed**

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

Boone County (Jan Saglier)

OrganWise Guys and Serving Up MyPlate lessons are being held at the two highest need elementary schools in Boone County: Washington and Perry. The older students' nutrition lessons have been turned into fun games during their physical activity time. This year I have had students from the OrganWise Guys program approach me each week and tell me that have switched from chocolate to white milk at lunchtime.

Perry Elementary School's fourth grade class will be growing herbs and vegetables indoors this spring. A hydroponics system was purchased using a Master Gardeners donation to the gardening program for the school. This will allow the students to witness the entire growing process, from seeds to harvest. The outdoor garden will still be planted for a fall harvest.

Ogle County (Brianne Gugerty)

No report submitted.

Family Life (Kara Schweitzer)

The next Wits Fitness brain health class at Hub City Senior Center will be March 28 at 10:15am.

Monthly Wits Fitness brain health program is starting at Rock River Center in March. The first date for this location is March 18 from 10-11:30am.

This program is on brain exercises and brain health.

Penning Your Past, a life story writing program, will be held at the Flagg Township Museum in Rochelle on Thursday, March 28 from 7-8pm. The program will be part of the Flagg Township Museum's annual Chautauqua talk series.

Horticulture (Bruce Black)

Ogle County received a CDC grant for local food education. They will be doing a program series called "Homegrown Healthy" along with a nutrition class. This will be similar to SNAP-Ed where the target audience will be low-income households. The grant was submitted by the Ogle County

Health Dept. The programs will cover Ogle, Carroll, Lee and Whiteside Counties. Partners include the YMCA, YWCA and others.

6. **Program Planning Discussion**

Ideas proposed since last meeting:

County open houses

Social media promotion of events, programming, and services

What are we missing?

It was suggested that Chambers of Commerce could help with getting our information out. Each county is a member of one Chamber in one of the cities in that county. Perhaps some counties aren't utilizing them as much as they could.

Mark might have a suggestion for another committee member but would like to check with that person first and will get back to us.

8. **Next Meeting:** *May 21, 2024 (6 p.m. Zoom)

Adjourn __6:36_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.

If you need 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.