



Extension Council Meeting Health & Local Foods Subcommittee

Tuesday, May 21, 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** _____:_____

Ice Breaker Question:

Share your favorite summertime activity.

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 February meeting. Any questions?

4. **Committee/Staff Changes**

Still looking for three committee members. Any suggestions?

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.

Request for program on canning was made.

Boone County Hunger Coalition continues to work on getting their name out there. Working on getting more people to grow food to share with the local food pantries since there seems to be a shortage of food and an increase in visitors to the centers.

DeKalb County (Connie Handel)

Four Master Gardeners have been working on creating a tree inventory at Oak Crest Retirement Home in DeKalb.

Master Gardeners have been requested to offer programs at the Sycamore, DeKalb, and Hinkley Public Libraries this summer.

The annual DeKalb County Garden Walk is July 13 from 9 am – 3 pm.

Ogle County (Connie Handel)

Bruce is starting a new program series called *Homegrown Healthy* in Oregon. This program is part of the CDC ACTION Grant through the Ogle County Health Department. The Oregon Public Library program will be on Mondays from 5:00-6:00 PM. Starting June 3-Aug. 12 with no class on July 1. Classes will meet rain or shine. You are welcome to bring lawn chairs or a blanket to sit on.

Master Gardeners continue to improve upon the seed library located at the Flagg-Rochelle Public Library. They are planning to offer monthly programs at the library.

Master Gardeners are planning to share a table at the Cypress House Outdoor Farmer's Market in Rochelle on the last Saturday of each month (June-August) from 9 am – 1 pm.

- **SNAP-Ed**

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

Boone County (Jan Saglier)

Great Garden Detective with 4th grade class at Perry Elementary School. Teaching the kids about hydroponic gardening. They have a system in their classroom, and we have been talking about what a plant needs to go from seed to harvest.

Jan Saglier has taken a new position with Extension helping out with a grant project servicing Ogle, Lee, Carroll and Whiteside Counties.

Ogle County (Brianne Gugerty)

Eat, Move, Save is offered for caregivers and preschoolers. *Organwise Guys* is being done in the Oregon schools. And *Illinois Junior Chef* will be offered this summer.

Family Life (Kara Schweitzer)

The monthly Wits Fitness brain health program is continuing at two locations in Ogle County, Rock River Center in Oregon and Hub City Senior Center in Rochelle. Upcoming dates for this program are as follows:

- Rock River Center: 10am on Mondays: 6/17 and 7/15
- Hub City Senior Center: 10:15am on Thursdays: 5/30, 6/13, and 7/25.

Navigating Change as We Age, a program aimed at learning ways to adapt and adjust to the physical, mental, social, and financial life changes associated with aging, will be offered at Hub City Senior on July 24 at 1pm.

6. Program Planning Discussion

Ideas proposed since last meeting:

County open houses

Social media promotion of events, programming, and services

Page suggestions to market on/share to?

Agencies suggestions to partner with?

What are we missing?

7. Next Meeting: *September 24 (6 p.m. In-Person with location TBD)

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 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.