

Boone, DeKalb, Ogle Counties - Extension Unit 2



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

## **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** 6:01 p.m.

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?

**There were no questions.**

4. **Committee/Staff Changes**

Still looking for three committee members. Any suggestions?

**Suggestion was to reach out to the organizations that we already are working with to see if there is anyone on their staff that would be willing to participate on our committee.**

**Such as:**

**Oregon Public Library**

**Ida Public Library**

**Health Departments & Hospitals**

**Food Pantries**

**General public who attend our programs**

**Teachers**

**Past committee members and current program volunteers**

**Keen Age Center- Stephanie**

**Hunger Coalition Members**

## **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](http://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.

**The program will teach participants about growing, harvesting and what to do with it when ready to be eaten. Jan will be teaching nutrition lessons around what is growing in the garden or what can be found at local farmer's markets. The community has been encouraged to register ahead of time so the team can plan accordingly.**

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 4<sup>th</sup> 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 (Brienne 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.

**Kara will also be working with Jan in her new position and bringing programming to Boone County and hopefully DeKalb.**

## **6. Program Planning Discussion**

Ideas proposed since last meeting:

County open houses - **Boone County will be working on hosting an open house this fall. Due to staffing in the other two counties they will be putting this on hold for this year.**

Social media promotion of events, programming, and services

Page suggestions to market on/share to?

**Ogle County Life (Newspaper)**

**What's Up Ogle County (Facebook)**

**New and Improved Ogle County (Facebook)**

**What's Happening Belvidere**

**What's Happening DeKalb**

**Chamber pages**

Agencies suggestions to partner with?

**RAMP, Remedies, YSN**

**Suggestion was to send the group the list of grassroot organizations that we already work with so we can see who we are missing.**

What are we missing?

**Discussion was about Seniors Farmers Market Nutrition Program through the Illinois Department on Aging (USDA) and do our counties participate in it.**

**<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program> The Keen Age Center participates in this. Those seeking assistance need to contact the center. Rock River Center will look into offering it there.**

**<https://www.dhs.state.il.us/page.aspx?item=30521>**

**Another food program discussed was Commodity Supplemental Food Program which provides food boxes for seniors. Suggestion was to see if the Northern Illinois Food Bank partners with this program. Yvette Sellers is our local contact.**

**<https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>**

**Rylie was unable to make the meeting. Here are her thoughts and suggestions:**

**Discussion topics to think about include:**

**Social Media/Digital Media - Who can we share our marketing information with? Are there other local "pages" that you would suggest?**

- I'm happy to share resources on our Community Action Program Facebook page! Local Agencies – who would make a great partner for us?
- I have contacts for all these organizations if you're interested:
  - DeKalb County Community Gardens
  - NIU STEAM (after school and summer program)
  - Opportunity DeKalb (supporting the Annie Glidden North community)

Have you heard of any “needs” in the community along the lines of Health & Local Foods?

- We're currently conducting our 2024 Community Needs Assessment for DeKalb County, and I'm happy to share finalized results with you in about a month. So far, there have been food deserts identified in Northern DeKalb and Southern DeKalb County. There are transportation barriers for families not residing immediately in DeKalb/Sycamore and that's leading to negative health. What are we missing?

Do you have suggestions for potential committee members that we could reach out to?

- Anyone from DeKalb County Community Gardens - they have a lot of interesting programs starting/running.

**7. Next Meeting:** \*September 24 (6 p.m. In-Person with location TBD)  
 Keep watch for an email from Teresa Schwarz for details about this meeting. It will be held in Boone County. We hope you can make it.

We will also send an updated recap of how we are doing this summer. You are invited to attend any of our programs.

**Adjourn 6:49 p.m.**

**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.