

EXTENSION SNAPSHOT

Fulton-Mason-Peoria-Tazewell Unit

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Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Brittany Chambers becomes newest SNAP-Education instructor

In May 2024, [Brittany Chambers](#) joined the University of Illinois Extension team as a [Supplemental Nutrition Assistance Program-Education](#) (SNAP-Ed) instructor. Her work focuses on SNAP eligible audiences in Tazewell County, but she can also be found supporting her teammates throughout the four-county unit.

Even as Brittany works through the onboarding process, she has been able to support her teammates with their summer programs. "I am eager to inspire people to embark on new dietary adventures and to show them how to sustain a healthy, active lifestyle without breaking the bank," she mentioned.

Brittany lives this active lifestyle, along with her husband and daughter, on their homestead that includes a 1000-square foot vegetable garden, a woodland perfect for foraging, and 40 chickens. Gardening, cooking, caring for their chickens, ducks, cats, and dogs are all daily activities that Brittany can use to relate to her audiences as she teaches them about leading a healthy life. "I've also been a yoga teacher since 2014 and know first hand how much better we feel when we incorporate exercise and movement into our day."

Another important aspect of Brittany's life is her recent certification as an [Extension Master Naturalist](#). She completed the EMN training and volunteer hours in 2023. "I am passionate about nature and dedicated to ensuring food security. I really just like to learn everything I can and find new things exciting and fun," Brittany commented. Hiking, camping, houseplants, reading, floral design, and learning are also among her list of hobbies. "All of my hobbies include taking my daughter with me or teaching them to her too. I enjoy seeing what she enjoys."

Brittany's professional and educational background includes communications, web design, and health. She is currently working towards a bachelor's degree in science.

"Each of our staff bring valuable skills and experiences to their educational programs," commented [Earl Allen](#), Extension county director. "Each of our SNAP-Ed instructors brings a unique set of skills to the team and Brittany's passion for the outdoors is a perfect addition."

The SNAP-Ed program provides easy solutions through in-person lessons and online resources. The instructors work to help participants make the healthy choice an easy choice where they eat, learn, live, shop, and play. Programs are based on current research and engage learners in practical, hands-on classes and activities.



Brittany Chambers was recently hired as a SNAP-Education instructor with U of I Extension. Her programming efforts will be focused in Tazewell County, but she will also assist her teammates throughout the unit as needed.

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