

Boone, DeKalb, Ogle Counties - Extension Unit 2



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Extension Council Meeting

Health & Local Foods Subcommittee

Tuesday, November 26, 2024, 6:00 pm

Zoom Meeting

Boone: Mark Schuth Stephanie Meyers

DeKalb: Abigail Hessler

Ogle: Candie Fore Sarah Hackbarth

Staff: Bruce Black Kara Schweitzer Mike Swedberg Connie Handel
 Judy Hodge Jan Saglier Heather Coyle

Public Comment:

Agenda

1. **Welcome/Introductions** 6:03 pm

Ice Breaker Question: How are you celebrating Thanksgiving?

2. Description & Vision of the Committee

The Health and 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 May meeting. Any questions?

No questions asked.

4. Committee/Staff Changes

New Staff:

Stevie Momaly – SNAP-Ed Community Worker (Boone)
Jan Saglier – Program Coordinator (Boone, DeKalb, Ogle)
Mike Swedberg – SNAP-Ed Educator (Boone, DeKalb, Ogle)

New Committee:

Stephanie Meyers – Boone County
Abby Hesslau – DeKalb County

5. Program Reports**Local Foods****Boone County (Judy Hodge)**

Farm Stroll had 200+ participants and 10 Farms

Buchanan Street – Shared 231.25 lbs. of produce with the community.

NASR – Harvested 169 lbs. of produce that were shared with the families and used in the program participant lunches to serve as a form of life skills practice.

DeKalb County (Connie Handel)

Engh Farm Garden – Donated 1,780 pounds of produce to the DeKalb Salvation Army Food Pantry.

Rick John's Memorial Garden (formerly St. Paul's Donation Garden) - Shared 1,644 pounds of produce with area food pantries, food insecure church members, NIU college students and neighbors. Still harvesting tomatoes, greens, herbs, carrots and radishes due to a new greenhouse and cold frames.

Ogle County (Connie Handel)

Farm Stroll – Approximately 266 people attended with 6 farms participating.

Green Thumbs 4-H Club Garden (Flagg-Rochelle Public Library) – Two 4-H members entered produce from the garden in the Ogle County 4-H Fair. Excess produce was shared with families of the club and library patrons.

Seed Library (at Flagg-Rochelle Public Library) - Master Gardeners presented a program on Vegetable Seed Saving in September and Native Seed Saving in November.

Family Life (Kara Schweitzer)

Child Care University early childhood conference was held on 11/2 at Sauk Valley Community College in collaboration with 4-C: Community Coordinated Child Care. Approximately 60 early childhood educators from the region attended.

It was a great day of learning, great keynote speaker, and good feedback from the participants.

Brain Health programs were offered in Ogle and Boone Counties. Wits Fitness monthly brain health class was offered at Hub City Senior Center and Rock River Center. Head Strong program was provided in collaboration with the September Boone County Retired Teachers Association Meeting.

In spring 2025, Tai Chi for Arthritis and Fall Prevention will be offered in Ogle County at Hub City Senior Center. Dates and times are still being finalized. *This is a pilot program.*

Health Disparities (Jan Saglier)

The program Let's Walk! was piloted at Mt. Morris this fall, and several requests have been made to have the program in the spring. *This is a train-the-trainer program. Has had requests for it in Boone County also.*

Nature Walks also started this fall and were very successful. We hope to continue them throughout the year in DeKalb County. *The walks take place at DeKalb County Forest Preserves. The next one is in January and the sign-up is already open.*

Horticulture (Bruce Black)

Homegrown Healthy to resume for year 2 this coming summer. *This is a 10-week program.*

Ready...Set...Grow... the spring garden workday to shed those winter blues and jumpstart the spring growing season with ideas and techniques to increase the 2025 gardening experience. More information about speakers will be posted on the registration in January.

Date: March 29, 2024 9am-12:30pm

Cost: \$25

Location: Sauk Valley Community College

Registration at: <https://go.illinois.edu/ReadySetGrow>

Will be offering a hands-on program on terrariums in Boone County.

SNAP-Ed (Mike Swedberg)

Teamed up with Extension Program Coordinator to provide nutrition education materials and signage at Dekalb's Salvation Army's "Let's Talk Turkey" food drive. *The event was very successful. 449 turkeys and \$4000 in donations were collected.*

Resuming and making new contacts at local pantries and DeKalb WIC/Health Department. Hopeful for resuming partnerships. *Please call or email Mike if you have ideas or questions.*

Boone County (Stevie Momaly)

Organ Wise Guys (OWG) is being presented at Capron Elementary School and Washington School *(in Belvidere).*

Also offering Eat, Move, Save booths at various locations.

Ogle County (Brianne Gugerty)

One partner renewal and two new partners for Organ Wise Guys (OWG) classes at Central Elementary in Rochelle. Along with her continuation of nine other OWG programs at Oregon and Rochelle elementary schools.

Maintenance of Eat Play Grow (EPG) programs at Two Rivers Head Start in DeKalb and at Oregon Elementary.

Program Planning and Goals Discussion

Are you hearing any program needs in your community? What are we missing?

Committee Goal Ideas

1. Farmers' Market

One day event at the beginning of the Farmers' Market season. Have a booth with seeds from our local seed libraries and an activity that would show people how to grow their own food. Such as Overwintering, Self-watering gardens/bottles, Hydroponics, etc. Master Gardeners can assist with this. Kara could provide information on how mental health improves from working in a garden. Mike could provide nutrition information for certain produce that can be grown. Maybe a list of what is in season and when. Bruce can provide some gardening handouts/resources.

Could do more than one time and/or more sites (other than the Farmer's Market).

Could offer something on how to prepare lesser-known produce items or provide recipes.

2. Open House at each County to promote Extension

Promote H & LF programming along with who Extension is and what we can offer across ALL program areas.

Showcase all Extension program areas but focus on H & LF. Staff from other areas would need to be there also.

Could be publicized at the Farmer's Market booths.

Could create small bookmarks for people to take.

Boone County could consider having their open house at the end of September along with the CASA open house event (car show).

Staff Goal Ideas

1. Using Teams, create a quarterly informational page that everyone contributes to that would be sent out to our H & LF Committee. We need to work on being better at informing them on a regular basis of upcoming events and programs that they can help us promote or even

attend. We should be inviting them more often. The first one would go out in January.
(January – March, April – June, July - September, October – December)

2. Create binders for each county with lists of potential committee members to ask as our volunteer times expire. That way it is easier for us to fill the roles if we already have a list of potential people to contact.

We always welcome suggestions from our current community members.

2025 Meeting Schedule:

February 25 (6 p.m. Zoom)

May 27 (6 p.m. Hybrid – Staff with committee in their counties at a program site join from there via Zoom), *Judy suggested the Buchanan Street Garden in Boone County as an example.*

September 23 (6 p.m. Advisory Dinner Meeting, Location: TBD)

November 25 (6 p.m. Zoom)

Adjourn: 6:43 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.