



# 2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION  
SERVING CHRISTIAN, JERSEY,  
MACOUPIN, & MONTGOMERY COUNTIES

**I ILLINOIS**

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



# ILLINOIS Extension

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## COVER PHOTOS

Top Left: Unit 18 4-H Shooting Sports participants practice their marksmanship at Brittany Shooting Park in Bunker Hill, IL.

Top Right: Paint Your Galaxy Workshop participant gets creative using shaving cream to design an interactive painting in Jerseyville, IL.

Bottom Left: A 4-H member stirring cranberry salsa while it's cooking at the Cranberry Salsa Canning Workshop in Hillsboro, IL.

Bottom Right: Clover Club 4-H member participating in the 2017 Swine Show at the Christian County Fair, Taylorville IL.



## A Note from the Director

This past year started with great news, a \$5,000.00 grant through The Lumpkin Family Foundation was secured to support programming efforts around an Eat Local Initiative.

Eat Local Initiative crosses over into all the programming areas represented by Unit 18 staff, such as community and economic development, horticulture, nutrition and wellness, and youth development. If done correctly, the programming can create many win-wins for participants, staff and the overall health of the community. The primary goal is to educate the public on opportunities to grow and buy locally produced foods and beverages.

The programming started in January with a five-part series on how to start and grow specialty food businesses. Classes ranged from business planning, cottage laws, marketing/branding, and how to use social media to reach new audiences. Then, starting in May and continuing throughout the summer, were numerous classes that taught attendees how to grow and cook with fresh herbs, strawberries, and cucumbers. Tomato growing and preservation, jam making, and freezing and drying to make the garden last longer were also classes offered throughout the summer. A special cooking school was even developed and delivered to educate area youth on locally grown foods and how to turn them into a meal. Lastly, this programming brought opportunities for new partnerships. In Christian County, a partnership with the Christian County YMCA, located in Taylorville, led to weekly classes with area youth and tours to a local food cooperative. In Montgomery County, a partnership with the Hillsboro Area Hospital and their summer lunch program, led to weekly classes with area youth and tours to Anderson Pumpkin Farm and Kern Family Orchard.

As you read this year's impact report, you will see numerous other stories of education, partnerships, tradition, and the staff reaching new audiences through new types of programming. Enjoy and thank you for your support.

We are here to serve.

Amanda Cole

County Extension Director  
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Unit 18 Council Members 2016-2017		
Sandra Bechtold	Jersey	Jerseyville, IL 62052
Michael Brokaw—Vice-Chairman	Christian	Taylorville, IL 62568
Todd Buesinger	Christian	Morrisonville, IL 62546
Cheryl Canavan	Macoupin	Carlinville, IL 62626
Barb Grabner -Kerns	Christian	Taylorville, IL 62568
Merandia Jack	Christian	Morrisonville, IL 62546
Charlene Modla	Montgomery	Hillsboro, IL 62049
Kate Niemeier	Montgomery	Butler, IL 62015
Katie Paulek	Christian	Stonington, IL 62567
Charles Peterson—Chairman	Montgomery	Coffeen, IL 62017
Kenny Schafer—Secretary	Jersey	Jerseyville, IL 62052
Alice Tebbe	Macoupin	Mt. Olive, IL 62069
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Robert Wiese—Financial Reporter	Macoupin	Carlinville, IL 62626
Evan Young	Montgomery	Fillmore, IL 62032

## Financial Report

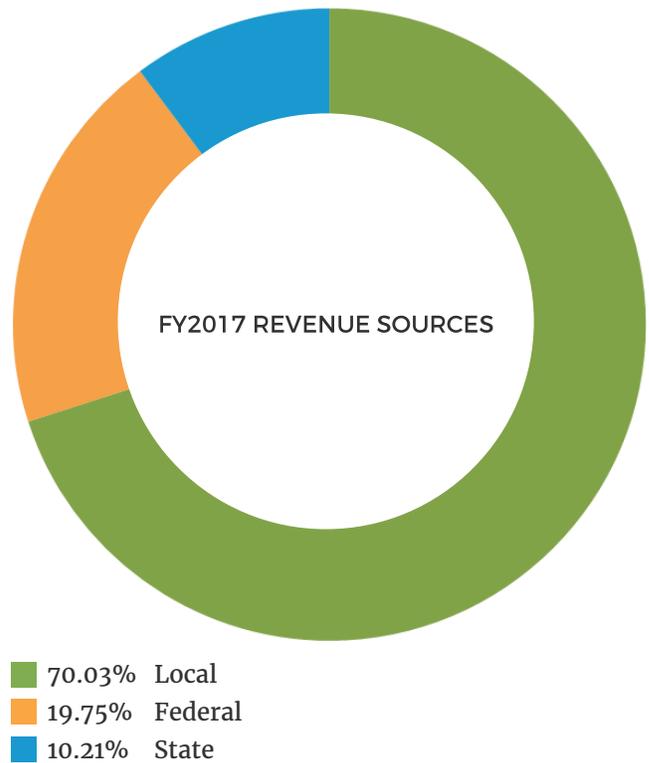
Extension is funded through a combination of locally raised, county board, state, and federal dollars, which are returned to the community through educational programming.

FY17 Revenue Sources	
Local*	\$801,099.33
State**	\$116,845.10
Federal***	\$225,934.46
<b>Total</b>	<b>\$1,143,878.89</b>

\*Includes reserve funds used

\*\*GRF passed through campus to Unit

\*\*\*Includes Federal SNAP-Ed & Smith-Lever Dollars





## Dudley Smith Research Farm

College of ACES and the Nutrient Research & Education Council (NREC) are supporting a nutrient loss and water quality research project taking place at the Dudley Smith Farm site. The College of ACES / Office of Research, through the Dudley Smith Initiatives, announced a 3-year study titled: "Balancing water quality and nutrient management goals for the sustainable intensification of corn systems." This project will help answer questions on the effects of combining water quality practices on corn production and tile drainage nutrient losses in Illinois.



Dr. Nick Goeser, Director of Soil Health and Sustainability, National Corn Growers Association, hands a chunk of soil to a program participant at the Dudley Smith Nutrient Loss and Soil Health Field Day.

The Dudley Smith Beef Cow-Calf Field Day was presented in January 2017. It was an "in-office" field day that highlighted the latest on beef cattle grazing systems and livestock management in research trials in place at the Dudley Smith Farm.

At the Dudley Smith Farm Field Day on June 2017, area producers learned about the recently launched research project taking place on the farm and heard from an area livestock producer. A tour of the test plots gave attendees an opportunity to view the new drainage system and the automated water sampler.



Dr. Laura Christianson, assistant professor of water quality at the University Of Illinois College of ACES, presenting information on the research to be conducted at the Dudley Smith Research Farm.

## West Central Illinois Agronomy Day

West Central Illinois Agronomy Day was held February 14th, 2017 at Lincoln Land Community College in Litchfield from 8:30 a.m. until noon. Over 80 producers, from throughout the West Central Illinois area attended.

The conference featured six researchers who discussed the latest developments in crop sciences, as well as challenges facing farmers in 2017. CCA CEU credits were available.



Anthony Studer, assistant professor at the University of Illinois College of ACES, discusses developing water efficient corn at the West Central Illinois Agronomy Day.

## ANNIE'S PROJECT

### EMPOWERING WOMEN IN AGRICULTURE



Annie's Project is a six-part course offered by University of Illinois Extension in partnership with Annie's Project. The program looks to empower women in agriculture by holding discussion-based workshops that bring women together to learn

from experts in production, financial management, human resources, marketing, and the legal fields.



Annie's Project was offered at the Christian County Extension office in Taylorville, IL from 9:00am - 12:30 pm on February 1, 3, 8, 10, 15 & 17, 2017. Throughout the six-part course, participants heard from a variety of speakers on a wide range of subjects important for operating a farm.



## University of Illinois Welcomes New Master Gardeners

Upon completion of training, participants become a Master Gardener Intern, and each will contribute 60 hours of volunteer service within a two-year time period to become an active Master Gardener. To maintain active Master Gardener status, volunteers must obtain a minimum of 10 hours of continuing education and volunteer 30 hours of community service per year at a recognized Master Gardener project. Master Gardeners participate in more than 60 hours of training taught by U of I specialists and Extension educators.

Master Gardeners involve people in improving the quality of life and helping them find sound management practices for home and urban natural resources. It creates aesthetically pleasing environments by promoting well-being through people-plant interactions and horticultural therapy, and by contributing to a safe, abundant food supply through home fruit and vegetable production.

The Master Gardener program is an all-volunteer organization made up of adults of all ages who love gardening and who have previous gardening experience.



Crissy Linhart, Kathy Slater, Deb Lash, Paul Mihalek and Sandra Stoecker of Macoupin County.



Tim Carlson, Janet McClure and Mike McClure of Christian County.

**I think the horticulture programs are exceptional and I like the variety throughout the year.**

**MASTER GARDENER**



## Master Gardener Impact



**35**  
Volunteers



**2,322**  
Volunteer Hours



**667**  
Continuing Education Hours



**\$60,256**  
Value of Volunteer Hours



## Landscape Pruning Workshops

Participants in all counties learned why, when, and how to prune common landscape trees and shrubs. University of Illinois Extension, Horticulture Educator, Andrew Holsinger, introduced the concepts of proper pruning. Participants learned the science behind the effects of pruning. They also learned how to properly care for pruning tools, pruning tool safety and methods of keeping your tools clean.



## Over 100 Teachers Participate in Poverty Stimulation

Over one hundred educators from the Pana school district, as well as Mid-State Special Education, participated in a poverty simulation offered by University of Illinois Extension at Pana High School. The simulation entitled “Community Action Poverty Simulation” (CAPS) promotes a greater understanding of poverty through a live-action simulation.

During the simulation, participants role-play the lives of low-income families from single parents trying to care for their children to senior citizens trying to maintain their self-sufficiency on Social Security. Poverty is a reality for many individuals and families. However, unless a person has experienced poverty, it is difficult to understand. Community Action Poverty Simulation (CAPS) bridges the gap from misconception to understanding. CAPS is an interactive immersion experience. It sensitizes community participants to the realities of poverty. CAPS is not a game. It is based on real Community Action clients and their lives.

During the simulation, participants role-played a month in poverty and experienced low-income families' lives. After the simulation, participants broke into smaller groups and discussed what they experienced and brainstormed ideas for community change. Continuing education credits were available for educators who participated.



Gary Letterly, University of Illinois Extension Educator, plays the part of a pawnshop owner during the poverty simulation. Participants in the poverty simulation often had to turn to alternative methods of making ends meet, such as selling possessions at a pawnshop.



Students touring the facility with the Head of Recycling – Ben Bishop

## U of I Grads Conduct Research for Montgomery County Recycling

The Montgomery County Recycling Program established in mid-1990s offers ten drop off locations throughout the county, which collect aluminum cans, tin cans, paper, plastic, and dry cardboard. There is only one bailing facility for the program and that is located in Hillsboro. All collected material eventually ends up at the Hillsboro location to be sorted and bailed.

The county, facing a list of program and industry constraints, worked with U of I graduate students and the local U of I Extension office to analyze the current situation in hopes of finding ways to create a long term, self-sustaining program. The graduate students produced three scenarios, which could improve income and reduce expenses, therefore creating a break-even analysis and ultimately program sustainability.

The county agreed that it was best to search for grants and funding that allow them to make necessary upgrades to equipment. These upgrades would allow larger quantities of product to be picked up and transported to the main facility, which would reduce person-hours and increase potential revenue.





### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

### Serving Local Residents



2,872

Total SNAP-Ed Participants



346 (12%)  
Adults



2,526 (88%)  
Youth



### Our Partners



11

K-12 Schools



5

Community Centers



13

Youth Centers



8

Early Childhood Centers



2

Food Pantries and Food Banks

### Extension Cooks Up Fun with “Illinois Jr Chef” Culinary Camps



This summer, University of Illinois Extension Unit 18 in cooperation with Illinois Nutrition Education Program-SNAP-Ed, & Illinois 4-H hosted “Illinois Jr Chefs”, a five-day cooking camp, across the Unit. Reaching out to over 250 youth and utilizing volunteers from the communities, these camps were free and open to children between the ages of 8-12 years.

The camps offered kids the opportunity to make their own nutritious meals and get excited about healthy foods like whole grains, and low fat dairy. Also, they learned how to add more fruits and vegetables to their meals. Participants not only learned how to prepare delicious and nutritious meals, but also hand washing and sanitation practices, as well as food and kitchen safety.

SNAP-Ed extra help and community volunteers were on hand to teach lessons and work with participants throughout the hands-on camps. The programs were offered in Kincaid, Pana, Stonington, Taylorville, Hillsboro, Nokomis, Raymond, Coffeen, Carlinville, Gillespie, Hettick, Girard and Jerseyville.



I have been attending the camp for four years now! I hardly ever ate any vegetables, but since coming to the camps I started eating more varieties of foods. I used to hate tomatoes and peppers, but when we added them to the recipes we made here, I love them.

**PSYMON DICKY,  
KINCAID JR. CHEF CAMP PARTICIPANT**



## Smarter Lunchrooms Movement



During this past year, Lisa Peterson was able to provide outreach to five different school districts in central Illinois. Classes ranged from an introduction to the Smarter Lunchroom

Movement to training on reimbursable meals and portion distortion.

The Smarter Lunchroom Movement is funded by the USDA's Supplemental Nutrition Assistance Program – SNAP and the Illinois Board of Education, in partnership with University of Illinois Extension. These programs are provided to school districts at no charge.

The mission is to provide school lunchrooms with evidence-based tools that improve child-eating behaviors and thus improve the health of children. Simple changes in the lunchroom, from marketing to placements, can increase sales of healthful choices and promote a healthy lifestyle.



Nutrition and Wellness Educator, Lisa Peterson, demonstrating the amount of sugar in common beverages.

## Social Media Impact



72,823 Hits

Mission: Nutrition Blog



285 Followers

@MSSNutrition



76 Members

UIE: Nutrition & Wellness - Montgomery, Macoupin, Jersey, & Christian County

## Meals for a Healthy Heart

Planning, shopping, and cooking for someone with heart disease can be a real challenge. To help meet this challenge, University of Illinois Extension partnered with Hillsboro Area Hospital in offering Meals for a Healthy Heart.

Meals for a Healthy Heart is a series of two-hour sessions designed for anyone interested in preventing or managing heart disease. In each session participants received recipes, watched cooking demonstrations, tasted foods to meet their dietary needs, received blood pressure screenings and learned about proper diet and exercise to better care for their health.

Meals for a Healthy Heart aims to improve your overall wellbeing. The program is meant to complement the recommendations of your health care provider and to help you and/or your loved one manage heart disease.

**Since I have had my bypass surgery, this class has helped a great deal. I am feeling much better. I am now working toward lowering my cholesterol using tools from class.**

**2017 MEALS FOR A HEALTHY HEART PROGRAM PARTICIPANT**



## Eat Local Initiative

The Eat Local Initiative: A Challenge to Increase Awareness of Local Foods in Central Illinois is a pilot program where residents in Christian, Jersey, Macoupin, and Montgomery County are challenged for five months to support the local economy through growing, purchasing, preserving, and eating food produced within Christian, Jersey, Macoupin, and Montgomery county.

### OBJECTIVES:

- ▶ Entice citizens in Christian, Jersey, Macoupin, and Montgomery Counties to join a five-month challenge to purchase, preserve, and eat locally within the four-county region.
- ▶ Provide education to producers and consumers on the benefits of eating local, marketing classes to producers, growing and caring for their own food, developing healthy meals using local foods, safely preserving local foods for consumption all year round, and giving producers a direct link to consumers as desired.
- ▶ Throughout the five-month eat local challenge, individuals will be encouraged to attend growing and cooking classes, symposiums on small farms and local foods, have access to tools to support each other through social media, numerous other outreach mediums, and opportunities to participate in cooking challenges, scavenger hunts, and harvest dinners all focused around foods grown in Christian, Jersey, Macoupin, and Montgomery County.

**My daughter came home telling me how much she loved blackberries. I have never seen her so excited about eating fruit.**

**PARENT OF 2017 MORRISONVILLE COOKING CAMP PARTICIPANT**



## Homegrown Cooking with Kids Camp in Morrisonville

Nutrition & Wellness Educator Lisa Peterson offered a Homegrown three-day cooking camp to youth between the ages 7-12 years old. The cooking camp was created to enlighten children on where food comes from, to learn how to taste and prepare locally produced food. During each session, youth were asked to taste locally produced food from the Taylorville Farmers Market and use mindfulness skills to fill out a worksheet.



Using a pre and post evaluation, 92% of the participants felt more confident about using a food thermometer, 100% felt confident in making a snack with fruit, cutting food, using a knife safely, and understood handwashing is vital for food safety. All youth in the program could name at least three fruits or vegetables produced in Illinois.





## Fun with Fresh Herbs

Jersey County currently has one of the highest heart disease mortality rates in the state of Illinois. To combat heart disease, regular exercise and a heart-healthy diet are crucial preventative factors. One dietary change to help combat high blood pressure, a risk factor for heart disease, is replacing salt with herbs. Food insecurity is also a concern in rural Illinois, with 10% of the population in Jersey County suffering from food insecurity.

University of Illinois Extension collaborated in three disciplines, horticulture, 4-H youth and development, and nutrition and wellness to provide a hands-on, “Fun with Fresh Herbs” workshop for youth. The herbs class gave sixteen youth between the ages of 5–12 years old the opportunity to plant herbs and use freshly grown herbs to make simple snacks and cut down or replace salt.

All sixteen children indicated they could name a food grown in Illinois, enjoyed the class, they could confidently plant food into a garden, and tried a vegetable they had never consumed before the class. Sixty-two percent of the class indicated they would eat more vegetables post class, and 75% of the class was more aware of what local food is and where local food originates.



## Growing & Preserving Tomatoes Workshop

In Macoupin County, obesity affects 31% of the population, and 77.7% of adults over the age of 18 consume less than the recommended five servings of fruits and vegetables per day. Obesity can lead to a multitude of other health complications such as heart disease and diabetes. Additionally, 12% of the Macoupin County residents suffer from food insecurity with the average median income below the Illinois state average. Horticulture educator Andrew Holsinger and nutrition & wellness educator Lisa Peterson, took a cross-disciplinary approach in bringing together Macoupin County growers and those interested in food preservation. In August of 2017, they offered a three-hour hands-on workshop to increase knowledge, understanding, awareness, and improve skills in growing and boiling water bath canning tomatoes.



After the workshop, 78% of the participants felt more confident with their skill level for preserving tomatoes. All of the participants in the workshop also indicated an increased awareness of tomato plant problems. The growing and preserving tomatoes hands-on workshop provided research-based information at a local level to increase knowledge, skill level, and understanding of tomatoes.





### 4-H Health Jam

Pana fifth graders at Lincoln Elementary School recently participated in 4-H Health Jam, a program to promote a healthy lifestyle, get students up and active, and introduce students to health-related careers.

Over the course of several weeks, the students participated in Zumba, Yoga, learned about nutrition topics including the MyPlate Dietary Guidelines, portion sizes and the hidden sugar in drinks. In addition, each student was given a pedometer to keep track of his or her daily steps and were encouraged to get in at least 2,000 steps a day (1 mile). Each classroom was encouraged to total their steps in order to “Walk Across Illinois,” from East Dubuque, Illinois to Cairo, Illinois (465 miles). Each class succeeded in the challenge and students received a t-shirt to recognize their accomplishment.

On the last day of the program, Pana Community Hospital provided staff from the hospital to talk to the students about medical and health-related careers.

The speakers included: Drew Casner (Sports Medicine), Karen Beck (Occupational Therapy), Deb Culumber (Diagnostic Imaging), Bob Ludwig (Anesthesia), Blair Angel (Family Nurse Practitioner), and John McQuillan (Fitness Manager).



**I like the opportunities that 4-H provides its members, and the skills that can be learned in the different project areas.**

**BROOKE BATES,  
CLOVER CLUB 4-H MEMBER**



### Shooting Sports SPIN Club

Started in 2012, it currently has 37 members, making it one of the largest clubs in Jersey County. This club offers disciplines in archery and shotgun and holds meetings at Otter Creek Hunt Club and Tri County Rod Gun Club.

During the winter months, archery meets at West Elementary School. Members take part in the Unit 18 Fall Classic and State Shoot. The club currently has four trained volunteers who go above and beyond to work with the youth. Volunteers enjoy their specialty and want to share that with the kids.

This club would not be possible without the generosity of the Jersey County 4-H Foundation, an NRA grant, a Walmart grant, Quail Forever—Pioneer Illinois Chapter, National Wild Turkey Federation and Jerseyville Farm & Home Supply.



## 4-H International Cooking SPIN Club

Youth from Montgomery County attended the first 4-H International Cooking Club meeting with a focus on the Philippines. “It’s our normal cooking club where the youth learn to follow recipes, kitchen safety and measuring but with an international spin” says Elisha Hughes, 4-H Coordinator.

Edith Crouch of Coffeen was the teacher for this meeting. She led the kids through the process of making “Lumpia” (egg roll) and “Turon” (Banana roll). Edith and her husband, Phil talked about differences between shopping in US and Philippines, and differences in school here and there. Edith brought traditional clothing and other items used in the Philippines. The participants learned the greetings of the country and practiced them throughout the class.



## Follow us on social media!

### CHRISTIAN COUNTY 4-H

[facebook.com/ChristianCountyIL4H](https://www.facebook.com/ChristianCountyIL4H)

[instagram.com/christiancounty\\_4h](https://www.instagram.com/christiancounty_4h)

[twitter.com/Christian4H\\_IL](https://twitter.com/Christian4H_IL)

### MACOUPIN COUNTY 4-H

[facebook.com/macoupincounty4h](https://www.facebook.com/macoupincounty4h)

[instagram.com/macoupin4h](https://www.instagram.com/macoupin4h)

### MONTGOMERY COUNTY 4-H

[facebook.com/4HMontgomery](https://www.facebook.com/4HMontgomery)

### JERSEY COUNTY 4-H

[facebook.com/JerseyCounty4H](https://www.facebook.com/JerseyCounty4H)



## 4-H Art SPIN Club

4-H Art Club members have been meeting at the local U of I Extension office in Carlinville. The focus this year was three-dimensional art. Youth created a variety of visual art projects with guidance from art instructor Suzi Humphreys of Chesterfield. Suzi shared her knowledge and passion for the arts with local youth during this program.



Participants explored the basics of art and discovered helpful pointers when working with different types of art supplies. Youth completed paper sculptures, made paper mache creatures, learned about 3-D printers, used 3-D pens and worked with clay to make a coil pot.

For the final art session, members were given the opportunity to “go to college.” Blackburn College Art Professor Bob Huber gave the group a tour of the Renner Art Building at Blackburn and provided information and insight on the arts.





## Christian County Agricultural Literacy Program

256 programs providing agriculture literacy education to 5,514 youth and 714 adults were delivered in the 2017 school



year. Thirteen education centers utilized Ag in the Classroom programs, which accounts for 100% participation by public and private schools in Christian County in the targeted grade levels of Kindergarten through 4th grade.

Almost 650 students from 3rd-6th grade classrooms participated in a unique hands-on learning program about environmental stewardship. Students completed soil and water filtration experiments and planted test tube terrariums.

Over 300 students and adults attended the Christian County Conservation Day held at Kehias Arboretum located west of Pana, which served as the perfect location for students to participate in hands-on education. 3rd and 4th grade youth from schools across the area were able to engage in a variety of outdoor classroom activities led by fourteen expert speakers on water, soil, animals, trees, recycling, and other environmental topics.

Twelve classrooms hatched chicks in the classroom as part of the Agriculture Literacy Program. Summer agriculture programs were offered to youth at public libraries and the Extension office on topics including soil, worms, edible roots, inventions, and water conservation.



## Montgomery County Agricultural Literacy

Nearly 1,000 students per month were reached by Ag in the Classroom in Montgomery County last

year. This includes a combination of classroom presentations with hands-on activities and teachers utilizing our kits in their classrooms.

Over 300 4th graders attended the Montgomery County Safety Day held at the 4-H Park in Butler, IL. Students attended different stations and learned about farm, fire, railroad, animals, digging, grain bin & PTO, electricity, handwashing and bike safety. Other stations were, medical emergency identification, Be Safe, Don't Smoke & The Pillowcase Project.



Almost 30 classrooms in Montgomery County hatched chicks in the classroom last year. The program supplies the incubators, egg turners, eggs (over 500), feeders, feed, heat lamps, and educational materials.

The Summer Library Program was offered again at public libraries throughout Montgomery County. Presentations and activities were based on the book "The Inventor's Secret: What Thomas Edison Told Henry Ford".



## Macoupin County Agricultural Literacy Highlights

Thanks to our 49 sponsors, the Macoupin County Agricultural Literacy Program has shared the importance of agriculture and the role it plays in our everyday lives with people of all ages for 21 years. More than 3,391 students and 696 educators were reached through 354 classroom programs, 47 hours of teacher workshops, hands-on resources, materials and newsletters.



During our four-day Summer Agricultural Institute, eleven educators from Calhoun, Christian, Macoupin, and Montgomery counties learned more about various aspects of agriculture. Traveling

workshops included Danforth Plant Science Center, St. Louis Science Center GROW Exhibit, Marcoot Jersey Creamery, Greenville Livestock Auction, Villa Rosa, Inc., Brad & Betsy Meisenheimer's farm, and Vixen Hill Winery. Presenters included Mary Ellen Raymond, beekeeper, and Laura Vollmer from IL Agriculture in the Classroom.

Educators tried hands-on multidisciplinary activities all correlated to the learning standards. They received innovative, classroom-ready materials and learned about project grants available. Educators were able to earn 28 professional development hours or two graduate credit hours for the course.



**Agriculture is in everything we do in our daily life and I would like to bring that message back to my classroom.**

**MACOUPIN COUNTY TEACHER**

## Agricultural Literacy Impact



**22,662**

Potential Youth reached in 3 Counties



**74**

Schools & Organizations in 3 Counties



**2,893**

Potential Adults Reached in 3 Counties



5th grade students at Raymond Elementary displaying their Illinois charm bag necklaces



Teachers Mary Jones & Lindsey Kerby experienced virtual reality thanks to Illinois Corn Growers



Staff Directory



Amanda Cole  
County Extension  
Director



Ashley Belle  
Extension Educator  
Energy & Environmental  
Stewardship



Peggy Hampton  
Extension Educator  
4-H Youth Development



Andrew Holsinger  
Extension Educator  
Horticulture



Lisa Peterson  
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Nutrition & Wellness



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Agricultural Literacy



Connie Niemann  
Macoupin County  
Program Coordinator,  
Agricultural Literacy



Beth Groves  
Montgomery County  
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Agricultural Literacy



Jodi Heberling  
Christian County  
Community Worker,  
SNAP-ED



Elizabeth Conrady  
Macoupin/Jersey County  
Community Worker,  
SNAP-ED

Jeanette Baker  
Morgan Cauble  
Erika Conrady  
Carol DeClerck  
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Carol Kenny  
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Deon McConnell

Rachel Meisner  
Lena Robeen  
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Bri-Anna West  
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# **I** ILLINOIS

## Extension

**COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES**

**University of Illinois ~ U.S. Department of Agriculture ~ Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate in any program, please contact the county Extension Office.

The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.