

Impacting **I** YOU

"Impacting You" is a monthly report used to communicate University of Illinois Extension programming impacts to stakeholders.

Dear Valued Stakeholder:

Extension plays a vital role in building a strong community by providing services that help solve problems, develop skills, and create a better future for local residents and youth. From reliable information to help businesses weather the economic effect of COVID-19 to activities to help families stay healthy in body and spirit, Illinois Extension remains a trusted source to address the most pressing issues in the state of Illinois relating to food, health, environment, community, and economy.

It is my pleasure to present this brief impact report of the programs and events offered to the residents of Franklin, Jackson, Perry, Randolph and Williamson Counties during this past month.

*Lynn Heins, County Director
Serving Franklin, Jackson, Perry, Randolph & Williamson
Counties*

3,543

Total
Contacts

116

Total Number
of Programs &
Events

Nearly 250 households receive free food thanks to mobile market

In partnership with the St. Louis Area Foodbank, Illinois Extension has been working to increase food access throughout many communities in southern Illinois. Extension first became involved in Mobile Food Markets five years ago through Franklin County 4-H Hunger Ambassadors. Since then, this monthly market has helped address food access in our region by providing healthy food options to those who need it most. At the beginning of the month, a dedicated group of volunteers continued this tradition as they distributed free food during a Mobile Food Market at Miner's Memorial Park in Sesser. Nearly 250 households lined up for blocks as they received fresh produce and food deposited directly into their vehicles.

To help Illinois residents and families meet their basic food needs, Illinois Extension has an Illinois community food map that allows individuals to search by Illinois zip code for all food resources in that area. One can find options in their local area online at eat-move-save.extension.illinois.edu.



Green Tree Initiative adds oak trees to local parks



Thanks to local youth and community members, several local parks within our community are now home to oak tree savannas. The 4-H Green Communities Tree Program focuses on tackling global issues locally. The initiative brings new life to oak-hickory forests currently under threat in Illinois. Throughout the spring of 2022, youth in 31 counties throughout Illinois are planting groupings of 25 oak trees on public properties in their county for a total of 775 newly planted trees across the state. The 4-H Green Communities Tree Program follows the "learn-by-doing" philosophy of 4-H and is guided by the priorities of the Illinois Forest Action Plan.

Through partnerships with local organizations, trees were added to Ashley Park in Marion, the West Frankfort Park District, DuQuoin State Fairgrounds, Pyramid State Park, and Swanwick Park. To help support this project, please visit go.illinois.edu/4hgreencommunity.

4-H volunteers gain training to better serve local youth



4-H is the largest out-of-school youth organization in Illinois, challenging participants to "learn by doing" with fun, hands-on activities that teach skills for living. The program would not succeed without a dedicated network of volunteers who provide mentorship and support. Over 50 volunteers supporting local 4-H programs recently met for a collaborative training event.

Local staff also helped guide volunteers through experience award record training to help youth get the most out of their time in the 4-H. They also received Stop the Bleed Training, hosted by the Illinois State Police, to address life-threatening emergencies.

To learn how to get involved as a 4-H volunteer, contact your local Extension office or visit 4h.extension.illinois.edu/volunteers.

Seminar prepares local residents for severe weather



**Prepare for
severe weather**

University of Illinois Extension
Franklin|Jackson|Perry|Randolph|Williamson
402 Ava Road, Murphysboro, IL 62966
(618) 687-1727 | extension.illinois.edu/fjprw

State Master Naturalist and Climate Change Specialist Duane Friend stopped by southern Illinois to discuss facts and research surrounding severe weather during a recent program. Friend also shared ways to better prepare when severe weather like floods, tornados, and thunderstorms threaten the region.

If you know of a teenager that is interested in disaster preparedness, Williamson County 4-H will be hosting a summer program at John A. Logan to empower youth in the face of an emergency by learning about fire safety & suppression, disaster medical ops, treatment of injuries, search & rescue, and disaster psychology. For more information, contact Ramona Girtman at (618) 993-3304.

College of Agricultural, Consumer and Environmental Sciences

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

If you need a reasonable accommodation to participate in programming, contact your registration office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.