

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, Extension Director
Serving Franklin, Jackson, Perry, Randolph & Williamson Counties*



Total
Contacts



Total Number
of Programs &
Events

Annie's Project empowers women in agriculture

Annie's Project is a training program designed to empower women in agriculture to be successful through education, networks, and resources. Local Foods and Small Farms Educator Katie Bell will lead a six-week course beginning in February 2022. Annie's Project is bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. There will be plenty of time for questions, sharing, reacting, and connecting with presenters and fellow participants. Interested participants can learn more or register at go.illinois.edu/anniesproject2022.



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE

Local 4-H members give back during the holiday season

The third H in 4-H is pledging hands to greater service. That's exactly what local members did this holiday season as they made a difference through community projects. In Perry County, 4-H Federation members purchased toys and gifts for special-needs children in a local group home. Franklin County 4-H Federation purchased gifts for two elderly residents at an assisted living facility. Williamson County 4-H Federation donated a blessing box filled with \$300 worth of shelf-stable food products to the Marion Boys and Girls Club. In Jackson County, 4-H members brought items to a local pet shelter.



If you know someone that would benefit from positive youth development in 4-H, visit extension.illinois.edu/fjprw/4-h-youth-development to learn more or get registered.

Warm up with healthy, nutritious recipes



Supplemental Nutrition Assistance Program Education (SNAP-Ed) is provided for SNAP participants and other low income individuals within our community. Our SNAP-Ed team works with eligible families to provide basic nutrition, food safety, physical activity and food budgeting education for low-income individuals. Through direct education opportunities at food pantries, shelters, and community centers, our staff help families learn to cook new healthy recipes while learning ways to eat and shop smarter. Demonstration videos of healthy recipes can be found on our YouTube playlist at go.illinois.edu/healthyrecipesforyou.

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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.