

Impacting YOU

"Impacting You"
is a monthly report
used to communicate

University of Illinois Extension - Unit 26
programming impacts to stakeholders.

Dear Valued Stakeholder:

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, Unit 26 County Extension Director

514

**Total Direct
Contacts**

(Excluding SNAP-ED)

9

**Total Number
of Programs &
Events**

SNAP-ED

1,536

**Total Direct
Contacts**

Federally funded Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is nutrition education provided for SNAP participants and other low-income individuals.

60

**Total Number of
Programs & Events**

Extension Welcomes Katie Bell as new Local Foods & Small Farms Educator

Katie Bell is a native of Neoga, Illinois and two-time alum of Southern Illinois University. Bell received her bachelor's degree and master's degree in Agribusiness Economics with a minor in Crop Soils and Environmental Management.

Bell has experience with Extension serving as an intern from 2018 to 2019 where she worked at the Jackson County Extension office and the Dixon Springs Agricultural Center. In 2019, she conducted a tomato variety trial and presented her findings at the Illinois Specialty Crops Conference and the Southern Illinois Fruit and Vegetable Conference.

As Local Foods & Small Farms Educator, Bell develops and delivers research-based programs that address all issues related to the local food system. She collaborates with extension educators, campus-based specialists and various other agencies to provide timely and relevant programming focused around agronomic and horticultural crop production, including cover crops, pest management, soil and nutrient management and food safety and security. She is housed in the Jackson County Extension office but provides programming for Franklin, Jackson, Perry, Randolph and Williamson Counties.



Katie Bell
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Promoting Healthy Environments in Child Care Centers

Children in our community are getting a healthy start thanks to a local program provided to six early child care sites throughout Jackson County.

An early learning collaborative has been meeting for the last ten months to support child care centers implement best practices in early childhood nutrition and physical activity. This project is a partnership with University of Illinois Extension, Jackson County Health Department and the Child Care Resource and Referral Center at John A. Logan College. The program provides a positive impact on childhood obesity through its enhancement of nutrition and physical activity environments, policies, and practices in early child care centers.

At a recent session, each site showcased the healthy changes implemented in their centers since completing initial assessments, receiving technical assistance visits and participating in training sessions. Best practices include incorporating family-style meals into their meal program, making changes to their menus to include healthier choices, reducing the amount of fruit juice offered, role modeling better beverage choices and offering more water, establishing a garden, increasing opportunities for more indoor and outdoor physical activity and tasting new, colorful fruits and vegetables.

Child care centers interested in completing the Go NAP SACC self-assessment can contact SNAP-Ed Educator Toni Kay Wright at (618) 993-3304.



At the beginning of the collaborative, each center completed the Nutrition and Physical Activity Self-Assessment for Child Care (Go NAP SACC) to identify successes and ideas for improvement. The results allowed them to work together to develop and implement an action plan to create a healthier child care center.

Extension Offers Free Webinars for Small Farm Community

The program will provide practical knowledge on emerging topics that advance food production in Illinois. 2020 topics include:

- Asparagus Production and Marketing
- Farm Stress and Impact on Health
- Updates on Industrial Hemp in Illinois
- Soil Organic Matters
- Saturated Media Extract
- Selling through Food Hubs and Co-ops:
- Getting Started in Drip Irrigation
- The Basics for Goats and Sheep

The free, weekly series is offered Thursdays at noon. To learn more or to register, visit: go.aces.Illinois.edu/SmallFarmWinterWebinar

Youth Participate in Beeswax Candle Making Workshop



Youth learned about the importance of bees and how to make their own candles during a recent beeswax candle making workshop. Bees play a vital role in our environment as they act as pollinators for flowers, fruits and vegetables but they are also faced with a declining population. The event was also an opportunity for local youth to meet the new Randolph County 4-H Extension Program Coordinator, Michaela Stewart. While she is new to the role, Michaela is not new to Extension or 4-H. She spent a summer as a 4-H intern and then worked as the 4-H program coordinator in St. Clair County at Scott Air Force Base for a year. In addition, Michaela is a 4-H alum, having spent over a decade as a member of the program.

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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.