

March 2019

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

1,030

**Total Direct
Contacts**

(Excluding
SNAP-Ed)

16

**Total Number
of Programs &
Events**

SNAP-Ed

2,291

**Total Direct
Contacts**

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

146

**Total Number of
Programs & Events**



Randolph County residents had a blast at 4-H Family Fun Night!

The Percy Gym was filled with community members excited to participate in fun activities during the 4-H Family Fun Night. Stations were set up throughout the gym where participants could experience hands-on learning activities and discover more about bees, gardening, baby farm animals, snakes and much more from extension staff, local experts and volunteers.



Local Teachers are Building Brains!

Teachers at DuQuoin Elementary built some brains during a march workshop with Susan Sloop, Family Life Educator.

Susan discussed how early experiences impact brain development and facilitated the Brain Architecture Game.



Many Local Farmers Markets Accept SNAP-EBT

Local farmers markets are a great source of delicious fresh fruits, vegetables and other healthy foods grown right here in our surrounding communities. Did you know you can use SNAP benefits at the Carbondale, Elkhville and Benton Farmers Markets? The Carbondale and Benton locations even offered double value vouchers last season. According to University of Illinois Extension SNAP-Ed Educator, Toni Kay Wright, “Local Farmers Markets makes healthy options affordable to SNAP-EBT customers. Offering double value coupons is a great way to stretch participants food dollars while also supporting local growers who are providing fresh fruits and vegetables to the community.”

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