

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

512

**Total Direct
Contacts**

(Excluding SNAP-ED)

18

**Total Number
of Programs &
Events**

SNAP-ED

651

**Total Direct
Contacts**

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

33

**Total Number of
Programs & Events**

Local Youth Participate in Livestock Judging Contest

During the first weekend in March, nearly 100 local 4-H and FFA members participated in a livestock judging contest at the DuQuoin State Fairgrounds. The event provides youth with a better understanding of the qualities that contribute to quality market or breeding livestock.



Franklin County 8th Grade Teen Conference

What do you want to be when you grow up? Some of us may still be searching for the answer to that question. During the first part of March, Franklin County students had a chance to explore a variety of careers during an 8th grade teen conference. The event kicked off with a keynote address on distracted driving from Trooper Bridget Rice, who serves as the safety education officer for the Illinois State Police. Students then attended four breakout sessions throughout the Rend Lake College campus to learn more about occupations in areas such as technology, finance, sports therapy, veterinary medicine, agriculture, social work, first response and culinary arts. Schools represented at the event include Akin, Benton, Christopher, Ewing, Sesser-Valier, Thompsonville, and Ziegler-Royalton.



Collaborative Program Promotes Nutrition

Through a partnership with Centerstone's Early Head Start Program (EHS), community participants learn to cook new healthy recipes at the Franklin County Extension office during a monthly nutrition education class. Both parents and children of Franklin/Williamson counties attend this program. At last month's session, SNAP-Ed Work Program Participant Jennifer Newbury showed families how to making sheet pan chicken fajitas and pumpkin peanut butter dip.



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