

Impacting YOU

"Impacting You" is a monthly report used to communicate

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

Dear Valued Stakeholder:

Our programs and stories reflect our transition to online delivery methods. Webinars, virtual 4-H clubs, youth challenges and other alternate methods of engagement allow us to continue to serve the community during this time. An array of relevant digital content (webinars, fact sheets, websites, resources) have been developed and placed on the Extension homepage. This collection of resources can assist families and community leaders preparing for and coping with COVID-19.

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

330

Total
Contacts

18

Total Number
of Programs &
Events

4-H distribute food kits to those in need within our community

Through funding from the Walmart Foundation, the 4-H Healthy Habits teach skills in nutrition and food access to underserved youth and families. Just before Thanksgiving, Williamson County 4-H and Jackson County 4-H distributed thirty meal boxes to families in need within our local community. Each kit contained a 4-H cookbook, handwashing and knife safety information along with the supplies and recipes needed to make six full meals.



Follow Extension on social media!

Learn more about food access, food production, horticulture, youth development and more! Subscribe today to be notified of new content!



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Collaborative program positively impacted childhood obesity

During the Illinois Alliance to Prevent Obesity's Annual Conference, SNAP-Education Extension Educator Toni Kay Wright shared an overview of the Early Care and Education Learning Collaborative partnership between Illinois Extension, Jackson County Health Department and John A. Logan College Child Care Resource & Referral. The collaborative positively impacted childhood obesity by enhancing nutrition and physical activity environments, sharing best practices, and supporting policy and practice changes in early child care centers in six sites throughout Jackson County. The conference highlighted programs that have benefited from the Illinois State Physical Activity And Nutrition Program (ISPAN). ISPAN is a five-year, \$4.6 million initiative to implement physical activity and nutrition interventions to promote healthy living in low-income, rural, and minority communities that have been the hardest hit by chronic diseases like type 2 diabetes and heart disease.

Early Care & Education

Improvement Process

Best Practices

Keep It Up, Assess, Plan, Take Action

Source: Go NAP SACC, University of North Carolina

ISPAN is made possible with funding from the Centers for Disease Control and Prevention and administered by the Illinois Public Health Institute in collaboration with partners in the Illinois Alliance to Prevent Obesity

Illinois Alliance to Prevent Obesity

Master Gardener program accepting applicants for 2021 program



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The University of Illinois Master Gardener program is accepting applications for the winter program, which will begin in January of 2021. For this program, the last four decades can be measured by the millions of volunteer hours given to provide horticultural help to communities across the state. 2020 marks the 46-year anniversary of the Illinois Master Gardener program. With over 2,600 members today, Illinois Master Gardeners have given more than 2,309,348 volunteer hours, a value of over \$46 million, to the state.

Registration for the winter class will be open from November 9, 2020 - January 8, 2021, and the class will start on January 25, 2021. Interested applicants can contact Horticulture Educator Austin Little at little84@illinois.edu or (618) 687-727 or visit the Master Gardener website at <https://mastergardener.extension.illinois.edu/mgot>.