



2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING LAKE & McHENRY COUNTIES



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A Note from James Reaves

As we reflect on this past year, we are encouraged by the number of people served by University of Illinois Extension programs throughout Lake and McHenry Counties.

Our accomplishments are made possible by the investments of our supporters through their financial donations and time spent volunteering within the community. Although 2016 presented itself with funding challenges on the state level, it was another great year for local funding. Thanks to our local support from: Lake and McHenry County Boards, Lake and McHenry County Townships and Villages, County Farm Bureaus, County Fair Associations, 4-H & Extension Foundations, Home & Community Education Associations, Club Town INC. and individual and corporate giving.

As we look forward to a new year, we invite you on our mission “to enable people to improve their lives and communities through learning partnerships that put knowledge to work.”

James E. Reaves
 County Extension Director





Partners

A Safe Place • Abiding Love Ministries • Algonquin Library • Andrew Cooke Elementary • Antioch Library • Assisi Home of Gurnee • Beach Elementary • Beach Park School District 3 • Beulah Park Elementary • Boys and Girls Club of Lake County • Brown Bear Daycare and Learning Center • Calvary Presbyterian Church • Casa De Vita • Catholic Charities • Central Middle School • Challenger Learning Center (Aurora University) • City of Harvard • Clearview Elementary • College of Lake County • Community Action Partnership of Lake County • Crosby Elementary • Ellis Elementary School • Family Alliance • Family Focus • First Baptist Church • Forrestal Elementary • Foss Park District • Fox Lake Community Garden • Green Bay Early Learning Center • H.R. McCall Elementary • Harvard High School • Harvard Junior High • Harvard School District 50 • Head Start in McHenry County • Hearthstone Senior Living Communities (Preschool) • Hebron Food Pantry • Howard A Yeager Elementary • Howe Elementary • Hyde Park Elementary • Indian Hill Elementary • Jr. Green Youth Farm • Kenneth Murphy Elementary • Lake County Animal Control • Lake County Board • Lake County Fair Association • Lake County Farm Bureau • Lake County Health Department • Lake Villa Library • Lakeview School • Landmark Commission City of McHenry • Learn Charter School 6 • Little Forte Elementary • Lyon Magnet School • Mainstay Therapeutic Riding Stable • McHenry County Board • McHenry County College • McHenry County Fair Association • McHenry County Farm Bureau • McHenry County Health Department • McHenry County Historical Society • MEEMIC Foundation • Midwest Dairy Council • North Chicago School District 187 • North Elementary • Northern Illinois Food Bank • Nunda Township • Oakcrest Elementary • Oakdale Elementary • PADS Lake County • Raymond Ellis Elementary • Right from the Start • Rivellino School of Art • Roberti House • Round Lake School District 116 • Shiloh Park Elementary • St. Andrews Lutheran Church • St. Ann's Church • St. Gilbert School • Sun City Del Webb • Top Box Foods • Vernon Hills Park District • Village Elementary • Village of Round Lake Park • W.J. Murphy Elementary • Wagner Farm • Walden Oaks • Washington Elementary • Waukegan Independence Center • Waukegan Public Schools District 60 • Waukegan Township • Whittier Elementary • WIC • Youth Build of Lake County • YWCA of Lake County • Zion Park District • Zion School District 6



4-H Teen Teachers Inspire Junior Chefs

This summer, University of Illinois Extension in Lake and McHenry Counties received a 4-H Food Smart Families 4-H Healthy Living grant, funded by the Target Foundation, from the National 4-H Council. The program is a collaborative effort between 4-H and Family Consumer Science Programs utilizing teen leadership through youth-adult partnerships. In Lake and McHenry Counties, SNAP-Ed Community Workers along with 4-H program staff work with 4-H Teen Teachers to facilitate cooking schools for youth from our highest need areas.

4-H Teen Teachers are given a total of 12 hours of training in nutrition, youth-adult partnerships and youth development. 4-H staff members meet with the 4-H Teen Teachers to assist them as they plan their lessons for the youth before each session using the Illinois Junior Chef curriculum. The students prepare recipes such as veggie chow mein, pumpkin pancakes and fruit salsa while learning basic nutrition guidelines from the USDA and the necessary kitchen skills needed to prepare these recipes.

This summer, SNAP-Ed Community Worker Lee Kouski partnered with COOL Summer Learning Experience at the First Baptist Church in Waukegan. Kouski was assisted by two 4-H Teen Teachers, who took turns demonstrating proper techniques and teaching youth the skills they needed to be successful in the kitchen.

“Now I know that I want to be a chef when I get older,” Brian, a 5th Grade participant shared with Kouski. “I love cooking!” Others even came out of the camp with a better appreciation for how much work is involved in preparing food.

Another camper, Steven, realized “Cooking is hard work,” after learning how to chop vegetables while making veggie chow mein. Not wanting to be left behind after missing a day of cooking school at Brown Bear Daycare and Learning Center in Harvard, one boy made a point of letting SNAP-Ed Community Worker Mary Flores know that cutting and chopping are very important skills and asked if it would be possible for somebody to review the lesson that he missed. Flores arranged for a 4-H Teen Teacher to give him a one-on-one lesson.

In Round Lake Park, SNAP-Ed Community Worker Ofelia Delgado partnered with Mayor Linda Lucassen and the Round Lake Park Village Hall to host a cooking school. She took the opportunity to introduce her 4-H Teen Teachers to the Mayor who was very proud to have local teens teaching local youth in the program. The teens talked with the Mayor and took leadership of securing an additional camp session to accommodate the overwhelming popularity of the program. The teens told Delgado how much they loved the opportunity to be leaders in their own community by running the cooking camps, and their ability to secure space and time for an additional camp is proof of the leadership skills they gained as a result.

Running a program of this magnitude, across multiple counties has many challenges. However, the opportunity that a partnership between 4-H and SNAP-Ed provides our youth makes everything worthwhile. Programs such as 4-H Food Smart Families



Youth practice mixing at the Illinois Junior Chef cooking school in Highland Park.

help to ensure healthy habits in future generations while growing our leaders of tomorrow. To learn more about 4-H Food Smart Families or hosting a cooking school, one may contact their local University of Illinois Extension office.



Campers at the COOL Summer Learning Experience in Waukegan practice their chopping skills.



SNAP-Ed: A multi-layered approach

Supplemental Nutrition Assistance Program-Education (SNAP-Ed) is designed to help people in the community make healthier choices. SNAP-Ed recently adopted a Social-Ecological Model which utilizes a multi-intervention layering approach that targets families where they eat, sleep, play and live, rather than only one-dimensionally.

Waukegan Public Schools District 60 provides a great example of successful layering in a school. University of Illinois Extension is a partner with Waukegan Public Schools District 60, providing SNAP-Ed programming to 9 elementary schools, encouraging health and wellness among the students, staff and throughout the community. Oakdale Elementary School is one such school that has made particularly notable progress. Through this partnership, SNAP-Ed staff have implemented several different programs to reach families through a variety of means:

- ▶ Nutrition education for Kindergarten through second grade
- ▶ Smarter Lunchroom Assessments with Food Service Director
- ▶ Administering the interventions from the assessments
- ▶ Curriculum to incorporate school gardening into lessons
- ▶ Building 6 raised garden beds at the school

Additionally, University of Illinois Extension SNAP-Ed Educator Dale Kehr has been a member of the school's wellness committee and has assisted in the introduction of school gardening and research on the importance of brain breaks for students and teachers.

The University of Illinois Extension SNAP-Ed team continues to partner with Oakdale Elementary on multiple levels to provide consistent nutrition and wellness messages to the school community.

The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).



SNAP-Ed Program Stats

PROGRAM REACH



36,501
Direct Contacts
Lake: 27,017 McHenry: 9,484



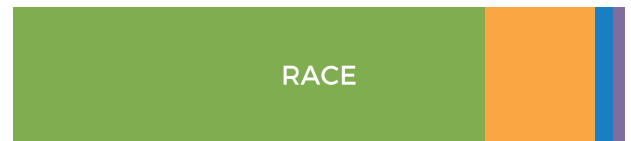
13,573
Indirect Contacts



66
Sites
Lake: 51 McHenry: 15



CLIENT DEMOGRAPHICS



78%	Caucasian
21%	African American
1%	Asian
<1%	Other



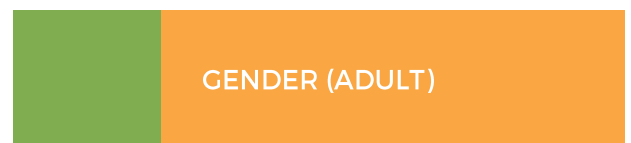
60%	Hispanic
40%	Non Hispanic



17%	Preschool
78%	Youth
5%	Adult
<1%	Seniors



51%	Male
49%	Female



20%	Male
80%	Female



Al VanMaren of ALsPACAs of Dutch Mill Farms is pictured here with Esther Medina, and Cappuccino, the newest alpaca on the farm.



McHenry County Farm Stroll and Market

This year marked the Second Annual McHenry County Farm Stroll and Market. The Farm Stroll is a self-guided tour of McHenry County's diversified family farms. With no dedicated beginning or end-point, families choose the farms they wish to visit. There is no charge to participate in the Farm Stroll but participants are encouraged to bring cash to purchase products and produce sold by the farmers. University of Illinois Extension Master Gardeners and 4H Ambassadors volunteered their time to act as greeters at each site.

Some farms conducted demonstrations of their craft and offered tours of their farms. This year, there were demonstrations of spinning, milking, weaving, riding, and soap making. ALSPACAs of Dutch Mill Farms in Harvard, IL held a "Name the Baby Alpaca" contest for the new baby alpaca. Esther Medina, from Harvard, Illinois, won two pairs of alpaca socks for her submission "Cappuccino".

This year, the McHenry County Farm Stroll and Market averaged approximately 450 visitors per farm up from the 2015 average of 333. The McHenry County Farm Stroll and Market was developed and organized in partnership with the McHenry County Farm Bureau. The event is such a success that September 24th, 2017 is the date for the next event.

Master Gardener Statistics



236
Volunteers



18,676
Volunteer Hours



5,712
Continuing Education Hours



7,921
Total Contacts



1,462
Ask a Master Gardener,
& Hort Line Contacts



\$144,742
Value to Communities*

**Based on the 2015 Illinois value of a volunteer hour at \$25.34*





Gearing Up for College and Career with Juntos

Juntos (pronounced "who-n-toes") is a Spanish word that means "together" and is the name given to Ready4Life Challenge clubs designed for Spanish speaking youth and families. Juntos clubs are created to help middle and high school students and their families gain the skills and knowledge needed to achieve success through high school graduation, pursuit of post-secondary education, and sustained employment.

This interactive five-week program empowers parents and youth together to take ownership of educational goals, improve family communication and to learn how to create an action plan leading to post-secondary education.



Data from North Carolina State University shows that 100% of participating youth improved their grades in school, 90% improved their school attendance and 90% of student participants feel like they now belong in school.

University of Illinois Extension in Lake and McHenry Counties piloted the first Juntos clubs in Illinois in Harvard, McHenry, Round Lake, and Waukegan, serving ninety-six parents and youth. University of Illinois Extension has plans to introduce an English language version of the program for first-generation college parents and their children as well.

Pictured Above: The first Juntos group with their facilitators, sisters Diana and Maria Nava, and star of stage and screen, Rita Moreno at the College of Lake County last fall.

4-H Community Service Projects



NATIVE PLANT SALE

Chain O' Lakes 4-H Club
Libertyville, IL

Members of the Lake County Chain O' Lakes 4-H club helped with the annual Native Plant sale held at the Independence Grove Forest Preserve in Libertyville, IL.

FIRST METHODIST COMMUNITY SOUP KITCHEN

McHenry County 4-H Ambassadors
Crystal Lake, IL

The McHenry County 4-H Ambassadors volunteer at the First Methodist Church Community Soup Kitchen in Crystal Lake, IL. The group works to help prepare, serve and clean up after meals and also make crafts and collect personal items to donate to the church.



HATS FOR OUR HOMELESS COMMUNITY

Adventurous 4-Hers
Lake County, IL

Each year, the Adventurous 4-Hers club make hats for the homeless population in Lake County and distribute the hats throughout the county. The club holds an annual food drive in Lake Zurich and collects the food at the University of Illinois Extension 4-H International Festival that is held each year in February. The food is then donated to a local food pantry.

GRANT TOWNSHIP FOOD PANTRY

Lake County Rising Stars Cloverbud and 4-H Club
Ingleside, IL

Members of the Lake County Rising Stars Cloverbud and 4-H Club assisted staff of the Grant Township Food Pantry with reorganizing the products kept at the food pantry.



FOOD PACKING

Adventurous 4-Hers, All In Ag 4-H Club and Crystal Clovers

Libertyville, IL and McHenry County

Members of the Adventurous 4-Hers and All In Ag 4-H Clubs helped package foods at Feed My Starving Children in Libertyville, IL. Crystal Clovers in McHenry County also helped pack food boxes at the local food bank.



LUNCH TRAY TREATS FOR FAMILY ALLIANCE GUEST

Community Builders 4-H Club

McHenry County

At each monthly club meeting, a member is in charge of planning and facilitating a group craft with club members and their families to make “cheerful” items to add to the lunch trays of the daytime senior guests. The clients look forward to receiving their gifts with their meal as it has become a bright spot in their day.

4-H ORGANIZES MICROCHIP CLINICS

All In Ag 4-H Club

Grayslake, IL

Lake County 4-H club, All In Ag, helped organize the dog microchip clinic that is hosted annually by Lake County Animal Control. The clinic was held at the Lake County Fairgrounds in Grayslake, IL. 4-H members assisted families who attended during the clinic.



TOYS FOR TOTS GIFT SORTING

Crystal Clovers 4-H Club

McHenry County

Crystal Clovers helped pack food boxes for the food bank and sort toys for Toys for Tots as part of their Holiday community service activities.

4-H By the Numbers

Special Programs: 6



Total 4-H Clubs: 81
Community Clubs: 59
SPIN Clubs: 18
Cloverbuds: 2
Military Clubs: 2



Total 4-H Members: 856
SPIN Club Youth: 298
4-H Volunteer Leaders: 207



Youth at the Boys and Girls Club of Lake County take part in 4-H through a partnership with Extension.

Youth Show at County Fairs: 656
County Fair Projects: 3,160
Livestock: 1,698
IL State Fair Exhibitors: 114

4-H Embryology Participants: 4,700





Financial Report	2015	2016
REVENUE	\$1,350,671	\$1,447,910
Federal		
Smith Lever	1%	1%
SNAP	45%	46%
State		
State Match	17%	15%*
UI General Revenue Funds	2%	2%
Youth Development (IDOA)	5%	5%
Local		
County Board	8%	8%
HCE	0.2%	0.2%
Township Governments	0.1%	0.1%
4-H Federations/Foundation	4%	2%
Donations & Other Agreements	9%	9%
Extension Council	2%	4%
4-H Premiums & Program Fees	6%	6%
EXPENSES	\$1,367,877	\$1,481,616
Program & Personnel	40%	41%
SNAP	44%	45%
Overhead	2%	2%
Building & Rent	13%	13%

**Did not receive FY 16 State of Illinois matching funds, Used emergency reserves to cover lose revenue.*

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SPONSORS / LOCAL PARTNERS

County Director

James Reaves

Educators

Dale Kehr, *SNAP-Ed Educator*

Sandra Prez,
4-H Metro Educator

Dr. Michelle Cox, *4-H Educator*

Extra Help

Susan Jacobson

Kelly Sadowski

Program Coordinators

Michele Aavang, *4-H*

Brenda Dahlfors, *Horticulture*

Sabrina Huley, *4-H*

Kim Isaacson, *Horticulture*

Lee Kouski, *SNAP-Ed*

Kimberly Steele, *4-H*

Office Support

Kristine Giammattei

Dianne Glozier

Office Support- Fiscal

Margaret Hoppe

Doris Kovalovsky

Illinois Nutrition Education Programs

Amy Campos

Ofelia Delgado

Mary Flores

Mary Napolitano

Miguel Palacios

Ed Erwin



UNIVERSITY OF ILLINOIS
EXTENSION



University of Illinois ~ U.S. Department of Agriculture ~ Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate in any program, please contact the county Extension Office.

The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).