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## **2018 IMPACT REPORT** University of Illinois Extension Lake & McHenry Counties

#### **ILLINOIS** EXTENSION COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



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## A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the

University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones Chancellor, University of Illinois





## A Note from the County Director

The Impact Report for Unit 3 highlights University of Illinois Extension programs and provides data on how we continue to enhance the mission of Extension in Lake and McHenry counties by enabling people to improve their lives and

communities through learning partnerships that put knowledge to work. Together with the help of our local county boards, foundations, townships, villages, McHenry Community Foundation, private donors, Unit 3 Extension Council, partners, and collaborators, we were able to make substantial impacts in the lives of people where they live and work in our communities.

Extension's future looks bright in 2019, as we now officially operate under the College of ACES with the leadership of Dean Kimberlee Kidwell. She is an outstanding academic administrator with extensive experience in academic program development, financial management, and engagement.

In addition, Dr. Shelly Nickols-Richardson, who served as interim associate dean and director of Extension for almost a year, is now officially the associate dean and director of Extension. Dr. Nickols-Richardson served as head of the Department of Food Science and Human Nutrition (FSHN) for the past 5 years and was a member of the Extension 3.0 Task Force, which familiarized her with many of the opportunities and challenges facing Extension.

Extension funding streams have started to stabilize once again after a period of extended uncertainty at the state level, while local county boards are seeking to increase program dollars for Extension as well. Additional grant dollars provide potential for an increase in programming to reach additional audiences in both counties. We are anticipating that 2019 will be the year of Extension!

James E. Reaves County Director

Jours & Reaver

#### Fiscal Year 2018 Budget

Local		30%
	Home & Community Education	
	Extension Council	
	County Board	
	4-H Federation / 4-H Foundations	
	Township Governments	
	Gifts & Donations	
	Self-Supporting Fees	
University		1%
State		22%
	State Match	
	Youth Development (IDOA)	
Federal		47%
	Federal Smith-Lever	

#### Budget: \$1,177,691.00

SNAP





### **Extension Council**

Members of the Extension Council contribute greatly to the effectiveness of University of Illinois Extension by helping develop and implement local Extension programs and secure the needed resources. Council member input helps ensure that a planned sequence of educational experiences addresses local issues or problems.

Council Member	County
Anne Boynton	Lake
Vickie Brown	Lake
Clinton Bunch	Lake
Micheyl Rosenbalm Dixon	Lake
Denise Eppel	Lake
Megan Eppel (youth)	Lake
Michael J. Evans	McHenry
Mary Garcia	Lake
Cecil Lampkin	Lake
Brian Malone	Lake
Barbara Roberts	Lake
Henri Sanan	Lake
Margaret Schneeman	McHenry
Carolina Schottland	Lake
Linda Sharken	Lake
Tamura D. Springs	Lake
Randy Thompson	Lake
Michelle B. Walsh	McHenry



### Horticulture Education in Lake County

University of Illinois Extension offers research-based horticulture information to the residents of Lake County by sharing the knowledge and teaching talents of Extension staff and over 100 Extension-educated Master Gardener volunteers who live in 36 communities throughout the county. Our focus is on food access teaching others to grow their own and share their bounty with those less fortunate and creating and/or maintaining a sustainable environment

The Lake County Extension Master Gardeners have served our county with a number of very successful programs throughout 2018. Our volunteers presented topics to increase vegetable gardeners' knowledge, promoting successful results. In addition, our programming has educated our residents to use good cultural practices to grow healthy plants, creating a more sustainable environment.

Successful partnerships allow our program to reach more clients and make a difference in their lives. The Holy Family Food Pantry in Waukegan hosts the children of their recipients in their onsite vegetable garden weekly to plant, maintain, harvest, and taste the







216 Program activities held



Program locations

\$246,409.40 Monetary value of volunteer time to our county bounties of their efforts. The Extension Master Gardeners facilitate the education at this site. They have enjoyed observing the acquired skills of the children throughout the growing season.

In assisting the maintenance crew at the Lake County Central Permit Facility in Libertyville with Rain Garden "C," our partnership with the county's stormwater management department has been a positive endeavor for both partners. Not only does the rain garden benefit from the added attention and educational components, this project garnered the Lake County Extension Master Gardeners a Search for Excellence award at the International Master Gardener Conference.

The Extension Master Gardeners facilitated in many pantry gardens throughout the county, which garnered over 8,000 pounds of produce for those in need. The CARE Garden hosted by The Chapel Church and the Calvary Presbyterian Church Pantry Garden in Round Lake are just two of our success stories for 2018. The multiyear partnership with Lambs Farm and Subaru USA created gardens for the residents of the Lambs community to grow produce to support their residentrun onsite restaurant. Our volunteers train other volunteers to add value to their community by giving back.

Pairing schoolteachers that attended our School Garden Workshops with our Extension Master Gardener volunteers allows the teachers to take back the valuable workshop knowledge and have ongoing support throughout their gardening season.



## McHenry County Master Gardeners Answering the Call

McHenry County Extension Master Gardeners answer the call of those looking for guidance in starting their own gardens, as groups and organizations have an increased interest in gardening.

Traditionally, organizations have sought our support in starting up food pantry donation gardens, but not all of these "mentor gardens" are for donation purposes. Some are therapeutic, like the planter beds in front of the Northern Illinois Special Recreation Association (NISRA) offices, which are planted and maintained by a small garden club made up of NISRA clients. This year, we mentored the summer day campers and staff in planting new raised beds at Sage YMCA in Crystal Lake with vegetable and pollinator plants, as well as providing educational sessions on composting, seeds, butterflies, bees, and vegetables.

We continue to partner with Mainstay Therapeutic Farm in Richmond providing gardening therapy to their clients. The Extension Master Gardeners research and maintain the Gannon Garden at the Historical Society in Union, which is a tour stop for hundreds of school group tours and a focal point during their festivals.





7,479 Clients served

28 **Program** locations

8,532.5 Volunteer hours

\$222,015.65 Monetary value of volunteer time to our county We continue our partnership with the McHenry County Health Department, teaching food pantry recipients how to grow their own. This year, we reached 30 families with children at three different sites through this partnership. Master Gardeners are also gardening with youth at the Algonquin Area Public Library, Hearthstone Early Learning Center in Woodstock, Brown Bear Day Care and Learning Center in Harvard, and the Goddard School in Lake in the Hills.

University of Illinois Extension Master Gardeners in McHenry County host 4 events throughout the year-a plant sale; GardenFest, which is a full day of gardening seminars open to the public every April; a county-wide GardenWalk in July; and the free Farm Stroll, which is also county wide, in September. Farm Stroll is a partnership between Extension and the Farm Bureau, which lets families and individuals visit actual working farms throughout the county, at no charge, to see what goes on behind the fences of dairy farms, pig farms, hydroponic farms, market farms, tree farms, and orchards. This year, we averaged well over 250 people at each of the sites.



Horticulturist Mark Dwyer was the keynote speaker for the 2018 McHenry County Master Gardeners GardenFest. He gave an hour-long lecture on the "Sensory Garden."



### Food Closet to Food Pantry in Round Lake

The members of Calvary Presbyterian Church in Round Lake have wanted to give back to their local community for many years. In 2015 the church provided use of their land for youth to grow vegetables with the intention of giving the produce to their food pantry. Extension SNAP-Ed educator Dale Kehr did an initial food pantry assessment using the Nutrition Environment Food Pantry Assessment Tool (NEFPAT); he concluded that the pantry could not provide enough assistance to be open on a weekly basis and that much of the food in the pantry was high in sodium and fat and had little nutritional value. The volunteers for the food pantry decided to do something about this and created a pantry committee, inviting Kehr to be a member. The committee met from August 2017 to July 2018 to plan and design a pantry that is now client choice.

The volunteers work to ensure everything that arrives to the pantry is of nutritional value and low in sodium and sugar, contains whole grains, and more. Kehr assisted the committee with grants, and SNAP-Ed community workers brought nutrition education programs to the members. In a NEFPAT reevaluation, the food pantry's score went from a six (bronze) to a 26 (silver) in one year. The committee's original goal was to have the pantry open once a month, but due to the success of the changes that were implemented, the volunteers have decided to make it a weekly occurrence. The food pantry grand opening was held November 7, 2018, just in time for Thanksgiving. In the first three months of operation, the pantry helped 123 individuals gain access to healthy foods.

### Organ Wise Guys in Waukegan

Extension SNAP-Ed community worker Miguel Palacios brought the Organ Wise Guys nutrition program to seven schools in Waukegan Public Schools over the 2017 -2018 school year. The schools that partnered with Extension include Andrew Cooke Magnet, Clearview, Hyde Park, John S. Clark, Little Fort, Oakdale, and Whittier.

Palacios provided 415 nutrition sessions in 74 classrooms, reaching 1,529 students. During several weekly sessions, K-2nd-grade students engaged in fun and interactive lessons learning about the importance of our organs and their functions, making healthy food choices, drinking water, and learning physical activity habits from a young age.



Students shared what they learned during Organ Wise Guys by writing thank you letters to Palacios.



Supplemental Nutrition Assistance Program Education (SNAP-Ed)

The students received a free Organ Wise Activity Book from Illinois Extension that reinforces the nutrition information provided during the session. The Organ Wise Guys curriculum supports the Common Core State Standards in math and writing as well as introducing important health topics. Family members also participated in activity stations during school fitness night events. Nutrition information, recipes, calendars, and healthy food samples were given to event attendees to encourage positive healthy eating and physical activity habits in the entire family.

### School Lunchroom Adventures

Illinois Nutrition Education Program staff from Lake County teamed up with North Chicago School District 187 to offer a vegetable taste test to students at three elementary schools this year. Students from Forrestal Elementary, A J Katzenmaier Academy, and Evelyn Alexander Elementary School all had the opportunity to experience jicama, some for the very first time. The school district is working with Organic Life, their school lunch provider, to add new vegetables and fruits to the school lunch menus.

SNAP-Ed program coordinator Lee Kouski and SNAP-Ed community worker Cheyenne Cleggett offered the taste test at each of the schools. After the students tasted the jicama, they rated to what degree they liked or disliked it. They also voted on whether or not they would like to see it on the upcoming school lunch menu. Overall, a majority of the students liked the jicama and would eat it if the school served it again. These events empower students to have a voice in their healthy school lunches.



Students at three North Chicago elementary schools had the opportunity to taste-test jicama, a root vegetable native to Mexico, and vote on whether it should be served at lunch.



### SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education staff works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play, and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

# Serving Local Families



Youth Identified as Hispanic Identified as Non-Hispanic

53.4%

## RACE OF PARTICIPANTS

American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (417)

# **Our Community Partners**



### **Illinois Junior Chef**

Illinois Nutrition Education Programs provide a series of kid-friendly cooking classes through the Illinois Junior Chef program. The program is designed to teach 8 to 13-year-olds basic cooking skills, an important step in developing healthy eating habits. Throughout the program, students participate by reading recipes, washing, chopping, shredding, cutting produce, and measuring all the ingredients. They learn how to select, cook, and eat healthier foods while developing new fruit and vegetable preferences. Participants learn the importance of using MyPlate when cooking in order to create a balanced meal. At the end of the program, each participant receives an Illinois Junior Chef cookbook to take home. Illinois Junior Chef helps kids become selfsufficient in the kitchen while creating healthy eating habits.



### Waukegan—Miguel Palacios, SNAP-Ed Community Worker

I provided 55 sessions of the Illinois Junior Chef curriculum at three partner locations in Waukegan. Andrew Cooke Magnet Elementary School, First Baptist Church of Waukegan, and Waukegan Housing Authority all hosted Illinois Junior Chef programs over the summer. The kids were very glad to participate in my program and asked if Illinois Junior Chef was going to be offered next summer, because they love the cooking classes. While the kids were cooking, their parents participated in my activity stations where I shared nutrition information and then they tasted the recipes prepared by their kids. The parents said that Illinois Junior Chef is an excellent program and they were very happy to have their kids participate in my program.



### Zion—Monica Marr, SNAP-Ed Community Worker

"This is the first time I have used a knife!" "This is the first time I have used a grater!" I hear many statements like this during my MyPlate Program at a NorthPointe Resources group home in Zion. During this 4-week program, seven adults from two group homes learned how to make healthy eating choices through nutrition education.

Many of us take basic nutrition information and cooking skills for granted. These adults with developmental disabilities are preparing to move from their group homes into apartments in the community. They will be an integral part of their community by shopping, visiting food pantries, and cooking on their own. With the information that I brought them, the residents learned new skills and gained the confidence needed to plan, purchase, and prepare healthy meals when they are on their own in an apartment.

The participants took in the nutrition and exercise information and then were proud to complete a recipe. Kristen Hudrick, program vice president of NorthPointe Resources, shared, "These classes are really helping them prepare for this next step in their lives." SNAP-Ed is truly making a difference for these individuals in the Zion community.





Snapshots from SNAP-Ed



#### Wonder Lake—Mary Jo Napolitano, SNAP-Ed Community Worker

Wonder Lake is a close-knit and hardworking community. My programs at Neighbors Wonder Lake Food Pantry have motivated my clients to try a broader variety of fruits, vegetables, whole grains, and protein alternatives at home. After we cook up one of the recipes I share with them, they tell me how they have adapted the recipe to suit their own family. People often comment on how cost-effective the ingredients are and how much time the recipes save. At Harrison Elementary School in Wonder Lake, the students, teachers, and staff are all eager to participate in the nutrition programs I provide. Each week, the children are excited to share the types of healthy food they've eaten, and many times have encouraged a parent to purchase a healthy—especially to soft drinks! Knowing that our programs can have a profound impact on the lives of our clients is so rewarding.

#### Round Lake—Ofelia Delgado, SNAP-Ed Community Worker

I brought Illinois Junior Chef to 109 Round Lake-area students in 94 sessions of the program through after-school programs and over the summer. Most students participated at the following partner sites: Village Elementary School, Ellis Elementary School, Indian Hill Elementary School and the Village Hall in Round Lake Park. Collaborating with the community, schools, and volunteers makes for a successful program. Thanks to the extra sets of adult eyes, many students were able to practice cutting, chopping, and mincing more frequently. Many students were sad for my classes to be over but excited to receive their very own measuring spoons or cups and cookbook.



#### North Chicago—Cheyenne Cleggett, SNAP-Ed Community Worker

According to a 2015 report put out by the Lake County Health Department, 35.7% of participants from North Chicago are obese, and roughly 71% are considered overweight or obese (*Obesity in Lake County: 2015 Status Report*, 2015). In an effort to impact these statistics, Illinois Extension brings high-quality nutrition education programming to the community through SNAP-Ed curricula. Each class, activity station, and workshop that I bring to the community provides residents opportunities to try new fruits and vegetables and learn about healthier substitutions for their favorite snacks or meals. When they return to my programs each week, many participants share ways they have adjusted our recipes to make them their own. Parents share how they are happy to be making healthier choices for their children and proud that they are now serving low- or no-sodium foods while counting the amounts of sugar listed on the nutrition labels of their foods.



#### Harvard—Mary Flores, SNAP-Ed Community Worker

Richard D. Crosby Elementary in Harvard has 58% of students that qualify as low -income. I held an Illinois Junior Chef cooking program for third graders last year. Due to the overwhelming popularity of the program, I had to add another location over the summer at St. Joseph Catholic Church.

Edelene, 14 years old, had never been allowed in the kitchen. Her parents worked hard to support the family and wanted her, the oldest, to focus on school work and set an example for her siblings that education is important. Edelene begged to be allowed into our program. Her parents ultimately allowed her into the program and she was super excited to learn how to prepare recipes.



### Youth Leadership Team Grows Stronger

The McHenry County 4-H Youth Leadership program has grown this year with the addition of Federation to the Ambassador and Teen Teacher programs. Each of these programs give youth ages 12-18 an opportunity to find a leadership role that is best suited to them. With a combined membership of 78 teens, these youth are developing important life skills such as planning, promoting, and teaching.

4-H Ambassadors are passionate about promoting the 4-H program. Youth receive training in areas including public speaking, leadership, and communication to prepare them for meetings and presentations with community leaders and potential donors. The Grand Ambassadors frequently host 4-H events, acting as masters of ceremonies, giving presentations to both small and large crowds, and promoting 4-H at community events. Each Ambassador must complete several hours of community service outside of their 4-H community clubs totaling more than 500 hours.

Each club could send two representatives to serve as Federation delegates. The delegates worked with Extension staff and volunteers to find ways to improve 4-H programming through events, clinics, and workshops offered to youth. Through their collaboration, the youth led workshops and clinics in several project areas: rabbits, goats, poultry, food decorating, candy making, filmmaking and more. The Federation members encouraged club collaboration to participate in four community parades this year. Teen Teachers along with other 4-H members assisted as volunteers at the McHenry County Farm Bureau's 3day Ag Expo in multiple agricultural education booths in April 2018. 4-H youth shared their knowledge with 3rd and 4th graders from across the county about swine, sheep, goats, soil erosion, and more. Teen Teachers and Ambassadors have also led the Blooming Cloverbuds for the past two years.



4-H Federation delegates organized youth-led clinics and workshops for 4-H members to help improve 4-H programming.



### **4-H Robotics**

4-H Metro programs deliver positive youth development programming for Lake County's urban youth. With this focus, our 4-H programming centers on affording youth the opportunity to engage with caring adults and their peers in 4-H clubs after school.

Now in its sixth year, Extension served over 900 middle school youth from Waukegan, Round Lake, Grayslake, Fox Lake, Antioch, Beach Park and Wauconda through 4-H Robotics. Three schools in Lake County are piloting new 4-H Robotics clubs for their third, fourth, and fifth grade students. Students will also have the opportunity to participate in a new 4-H Jr. Robotics Showcase. As interest in robotics for young learners continues to grow, we hope to expand this program for the 2019-2020 Robotics season.



4-H youth work together to create and program robots to meet the challenges at the Robotics Showcase earlier this year.

## Health Rocks!

Health Rocks! continues to provide a foundation that proves effective in ensuring that youth have the proper tools to say no to tobacco, alcohol, and drugs. Research suggests that youth experience risk and protective factors across individual, family, peer, school, and community domains, resulting in these domains working together to either protect or pressure youth. In a collaborative effort, Illinois Extension partnered with local schools to decrease the use of tobacco, alcohol, and drugs among youth through the facilitation of Extension's Health Rocks! program. The 10-week program is designed to educate youth ages 8-18 on the dangers of tobacco, alcohol, and drugs through an experiential learning approach. Experiential learning provides hands-on learning experiences for youth and is recognized as an effective way to help youth of all ages learn. The Health Rocks! program actively engages learners while encouraging them to think for themselves, work hard, and learn ways to better their school, community, and world. In 2017-2018 approximately 350 youth were served through the Health Rocks! program in Lake and McHenry counties.

## **Reaching New Audiences**

The 4-H Juntos (pronounced "hoon-tose") program is designed to help Latino youth and their parents gain the knowledge and skills needed to bridge the gap from high school to higher education. 4-H Juntos consists of five interactive sessions facilitated by 4-H trained bilingual community members. 4-H Juntos is helping students and their families in Waukegan, Round Lake, North Chicago, and Wauconda reach their academic goals. In Lake County, 75 families have already benefitted from the Juntos program!

4-H metro educator, Sandra Prez also facilitates the Navigating Differences Cultural Competency training focused on improving the cultural understanding and interaction of Illinois Extension staff across the state. Over 300 staff have been trained thus far. This program is available for Lake County agencies and organizations to improve communication, outreach, and service. Additionally, using the OUCH! That Stereotype Hurts program, Prez provides 4-H teens and volunteers with the skills necessary for communicating respectfully in a diverse world. This 2-hour program is also available for businesses and organizations in Lake County.





## 4-H Youth Leadership

Sabrina Agee worked with the Lake County 4-H Ambassadors to create more youth-led leadership opportunities to assist in the recruitment of new youth. Working to expand the Lake County 4-H Ambassadors group, current members planned and facilitated workshops and trainings under the guidance of the group adult leader and 4-H staff. The club which began with 6 members, has since increased to 15 members. Youth are always at work recruiting more members to join.

The Ambassadors group has facilitated the record book workshop with 15 members in attendance and the officers training with 30 members in attendance. They are currently preparing to facilitate a public speaking workshop. Through these youth leadership opportunities, we have seen an increase in the number of members who have sought out additional leadership roles throughout their communities.



The 4-H Ambassadors group in Lake County held an officers training for 4-H members.



2018 Lake County and McHenry County 4-H Ambassadors meet with ACES Dean Kimberlee Kidwell at the McHenry County Fairgrounds.

# Serving Youth in Lake and McHenry Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

## Program Reach



21 % Suburb and Cities over 50,000

Lake County Association for Home and Community Education (LCAHCE)

### Home and Community Education

Illinois Extension has partnered with Lake and McHenry County Associations for Home and Community Education (HCE) for over 100 years, providing their membership research-based educational lessons. The mission of HCE is to enhance the lives of individuals and families through quality educational programs and experiences and to encourage responsible leadership and service to the community. HCE supports Extension in each county through annual financial donations that assist in the overall local budget. Members also serve as 4-H volunteers and on Extension boards.





HCE members from Lake and McHenry counties met in August to celebrate the State of Illinois bicentennial.

## Illinois Bicentennial Celebration

HCE members from Lake and McHenry counties met in August to celebrate the bicentennial of the State of Illinois in 2018. The event hosted speakers from the Lake County Historical Alliance, Lake County Association for Home and Community Education, and the Lake County Farm Bureau. The free event was open to the public and taught members about the history of our state and our local counties.





James E. Reaves County Director



Dr. Michelle Cox 4-H Educator

Dale Kehr SNAP-Ed Educator



Sandra Prez 4-H Metro Educator



Dianne Glozier Office Support Lake



Margaret Hoppe **Office Support Fiscal** Lake



Joseph McWhorter **Office Support Fiscal** McHenry



Michele Aavang 4-H Program Coord. McHenry



Ofelia Delgado SNAP-Ed Comm. Worker Lake



Brenda Dahlfors Hort. Program Coord. McHenry



**Miguel Palacios** SNAP-Ed Comm. Worker Lake



Sabrina Agee

Mary Jo Napolitano SNAP-Ed Comm. Worker McHenry



Kim Isaacson Hort. Program Coord. Lake



Monica Marr SNAP-Ed Comm. Worker Lake



Lee Kouski

Cheyenne Cleggett SNAP-Ed Comm. Worker Lake



Mary Flores SNAP-Ed Comm. Worker McHenry

Kelly Sadowski Extra Help McHenry

Kimberly Steele Extra Help Lake

Glen Doll Extra Help Lake

Susan Jacobson Extra Help McHenry





Indiana-Illinois























#### **OFFICE LOCATIONS**

Lake County Main Office 100 S. Hwy 45 Grayslake, Illinois (847) 223-8627 Fax (847) 223-9288 Monday–Friday 8:00am - 4:30pm McHenry County Branch 1102 McConnell Road PO Box 1430 Woodstock, Illinois (815) 338-3737 Monday–Friday 8:00am - 4:30pm

#### ONLINE



#### 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). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.

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