Fall has arrived and harvest is going strong in our five-county area. This past quarter flew by with all the 4-H shows, county fairs, SNAP Cooking Schools and various programs we had going on in our Unit.

Several of our 4-H members were promoted to State Fair and placed well with many bringing home special awards. Extension staff have been very busy with end of year reporting, new program years starting, training, conferences, and learning new curriculum for the year.

We are preparing for a busy fall and winter with 4-H programming, Ambassador activities, increased SNAP programming, Master Gardener activities, PSEP testing and more.

As you read this issue of the quarterly report, I invite you to reach out to me with any questions on programming or to see how Extension can help you.

Thank you for your continued support of Illinois Extension!

Tara Buerster  
County Director  
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The months of July and August were very busy with our local Fairs, 4-H Shows in our 5-County Unit and State Fair. 4-H Members across our Unit showed their projects and had a great time. We appreciate our volunteers, parents, and local fair boards who help make our events successful for all of our members.
Albion Public Library Story Hour

In July, 4-H Youth Development Educator, Samantha Gaither, and Edwards County 4-H Coordinator, Debra Collier, took part in the Albion Public Library Story Hour program. They read two books to children in attendance. After reading "If You Hopped Like a Frog" the kids made Leap Frog Straw Rockets. The kids took turns seeing how far their frogs could leap when blowing them from their rocket.

Lab Chefs in Richland County

On July 5th, twenty youth from Richland County got the chance to use science experiments and make food to eat. They learned about solar cooking and using plastic wrap to trap in heat to melt their chocolate and marshmallows for S'mores. They also learned about Illinois crops and products raises in Richland County.
Wayne County Tech Fest

On September 15th and 16th the Annual Wayne County Tech Fest was held for 5th graders at the First Christian Church in Fairfield. Wayne County 4-H Coordinator, Yvette Anderson, joined by other Unit staff, had several learning stations set-up for Wayne County 5th graders to rotate through to learn more about science and technology. Illinois Extension had generous donations from Fairfield National Bank and Peoples National Bank to help put Tech Fest on. We appreciate their continued support of youth development in our communities!

Unit 4-H Ambassadors 22-23

2022-23 Unit 4-H Ambassadors: Front Row (left to right) Joselyn Kocher, Makinzie Gaither, & Levi Clodfelter. Back Row (left to right) Skylar Greathouse, Seth Clodfelter, Nora Brown, & Maycee Moore. Not pictured: Gavin Williams, Owen Kocher, Mylee Moore, Lilah Johnson, & Chloe Iles
**Catch Kids Club Summer Program - Kiddie College**

SNAP-Ed Community Worker Jane Jones conducted a Nutrition Education program "Catch Kids Club" with Kiddie College Kids over the summer. The students learned about "Go, Slow, and Whoa" foods. This program helped children identify foods and helped them learn foods they can eat anytime, sometimes, and only occasionally. The kids also learned the connection between the foods they eat and the energy their body needs. They also connected physical exercise with keeping their body in balance with their body weight.

**EAT.MOVE.SAVE Booths**

Eat.Move.Save booths are more than an information table, they are engaging and fun! SNAP-Ed staff have been making their rounds to Food Pantries and Health Fairs to promote healthy snack ideas, low cost meals, seasonal cooking, etc.
Illinois Junior Chef's Cooking School

The last part of June and early part of July SNAP-Ed Community Workers with assistance from other Unit staff and volunteers put on two weeks of Illinois Junior Chef Cooking School in Allendale, IL.

The kids were asked what they learned at IJC Cooking School and below are some of the responses.

...how to cut foods, and meet people.

...to be a little chef

...that I like different fruits. That there are different cutting techniques.

...I'm so excited! At IJC, I learned to be a little chef!
Thank you for your continued support of Extension and our communities!