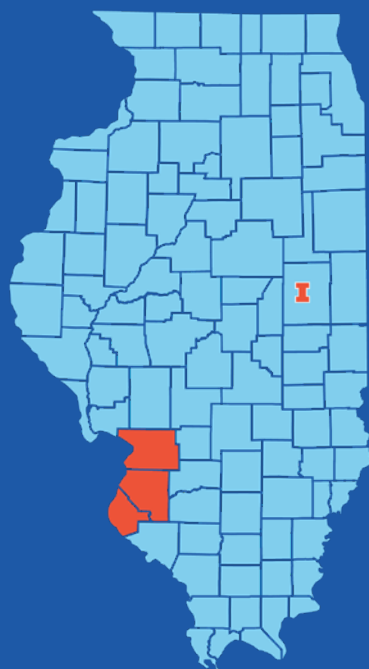




Illinois Extension

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

2020 was quite the year — a year of hardship, sacrifice, and change. Many people in our communities faced these challenges in very personal ways. While it has been an incredibly difficult year, I'd like to think there have been gains during this time, as well. Hardship can bring about perspective and growth in areas we didn't anticipate. Many have enjoyed extra time with family, explored new creative endeavors, and found compassion in helping others. What silver linings have you experienced in 2020? I would ask you to join me in taking a moment to reflect on 2020, giving respect to our losses while also focusing on the positives the year brought us.

In this 2020 Impact Report, we highlight a few of the many programs and opportunities Extension staff have delivered to our community members. Staff have worked diligently to transition programs to new delivery methods and to expand our reach into new focus areas and communities.

There have been changes in facilities and personnel. The Collinsville and Waterloo offices both expanded into additional space at their current locations to accommodate our growing staff. A new office was added at the Jackie Joyner-Kersey Community Center. The unit welcomed a new county director, two new SNAP-Ed educators, and a new local foods and small farms educator.

While this report is a small sample of the programming and activities we offer through Extension serving Madison, Monroe, and St. Clair counties, I hope that you are inspired by the highlights we've mentioned. We enjoy sharing our efforts with you and appreciate your continued support. Thank you for being on this journey with us.

Amy Cope
County Extension Director



Amy Cope County Extension Director

4-H Youth Development

Rachel Hazen, Extension Educator
Angie Abernathy, Extension Program Coordinator
Kelly Brandt, Extension Program Coordinator

Agriculture and Natural Resources

Nathan Johanning, Commercial Agriculture Educator
Grace Margherio, Local Foods & Small Farms Educator
Elizabeth Wahle, Specialty Crops Educator
Sarah Ruth, Horticulture & Natural Resources
Extension Program Coordinator

Expanded Food & Nutrition Education Program

Katrina Galati, Interim Extension Educator, EFNEP
Aretha Burns, Community Worker
Gestavia Peeples, Community Worker
Chastidy Wilson, Community Worker

Supplemental Nutrition Assistance Program Education

Joey Fonseca-Islas, Extension Educator, SNAP-Ed
Katrina Galati, Extension Educator, SNAP-Ed
Laquitsha Bejoile-Hayes, Extension Program Coordinator
Kaitlin Belovich, Extension Program Coordinator
Rima Abusaid, Community Worker
Bailey Allen, Community Worker
Julie Fulton, Community Worker
Maritza Lemke, Community Worker
Asia Walker, Community Worker

Office Support

Paige Brown, Waterloo
Karla Isaak, East St. Louis
Mary Kay Rahn, Waterloo
Patty Stanton, Collinsville



Extension Council 2020-21

The Extension Council is authorized by the University of Illinois Board of Trustees, in accordance with state law, to be actively involved in the operation of University of Illinois Extension.

Madison County

Chelsey Ammann
David Ammann
Claire Dorsey*
Megan Huelsmann
Adam Mestemacher
April Rottmann

Monroe County

Amy Kolweier
Brian Mueller
Janella Neary
Raeleen Neary*
Emelie Nilges

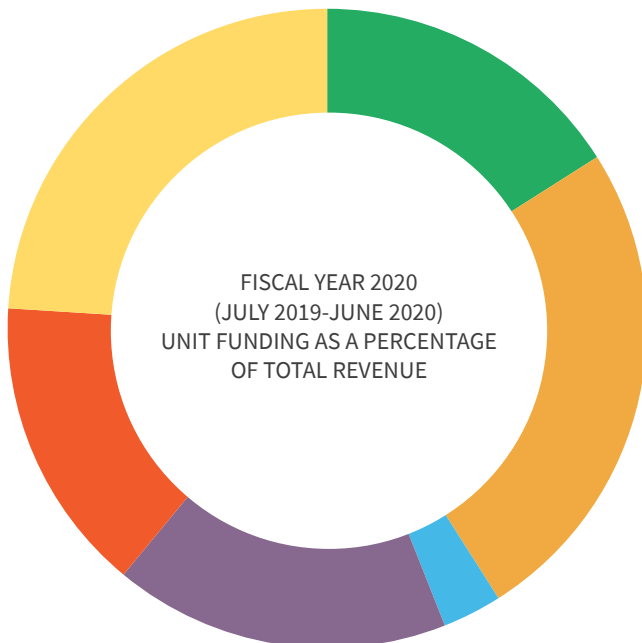
St. Clair County

Wilbon Anthony
Gary Green
Kenya Leonard
Kayla Thessing
Dan Tiedemann

*Youth Member

Extension State Advisory Council Member

Brian Mueller, three-year term



- 16% Local Funds
- 25% State Funds
- 3% Grant Funds
- 17% Federal Smith-Lever Funds
- 15% Federal EFNEP Funds
- 24% Federal SNAP-Ed Funds

Extension Foundations

Members of local foundations are dedicated to planning fundraising events to support Extension programming in each of the unit's counties. Board members include:

Madison County Extension Education Foundation

Debbie Adamick	Rita Skau
Jan Denby	Leon Uhe
Mary Hewlett	Patty Uhe
Amy Rogier	Lynn Weis

Monroe County Extension & 4-H Education Foundation

Justin Knobloch	Don Schrader
Jennifer Nobbe	Kevin Schreder
George Obernagel	Richard Woodcock
Susan Rick	

St. Clair County Extension & Education Foundation

Jerry Albrecht	Ann Morey
Dave Hinton	Winn Pardee
Don Kaiser	Edie Sadoval
Sam Lutton	Carolyn Sitzes

Local Funders

- Horseradish Growers of Illinois
- Illinois 4-H Foundation
- Land O'Lakes
- Madison County Association for Home and Community Education
- Madison County Board
- Madison County Extension Education Foundation
- Madison County Farm Bureau
- Monroe County 4-H Federation
- Monroe County Association for Home and Community Education
- Monroe County Board of Commissioners
- Monroe County Extension and 4-H Education Foundation
- Monroe County Farm Bureau
- St. Clair County Extension and Education Foundation
- St. Clair County Farm Bureau
- Various individual contributors: financial and time



State Teamwork Award Junior Master Gardener Camp, Monroe County

The State Master Gardener Teamwork Award recognizes Master Gardener projects that are impactful, innovative, and replicable statewide. The Junior Master Gardener Camp in Monroe County is dedicated to youth education. Master Gardeners and other community volunteers provide hands-on learning opportunities for youth, ages 8-13. Participants maintain a vegetable garden and learn about nutrition and ecology.



Debbie Rathert, Edwardsville

Outstanding State Master Gardener Award

The Outstanding State Master Gardener Award honors the best of Illinois Master Gardeners, those whose breadth and depth of involvement in the program is exemplary. Debbie Rathert is dedicated to helping others learn to grow. She educates homeowners on good home horticulture practices on the horticulture helpline and in a demonstration garden. Rathert is also a regular guest on “Let’s Talk Plants,” a WBGZ radio segment, where she provides garden tips to listeners. She enjoys mentoring and nurturing her fellow Master Gardeners.

4-H Hall of Fame

The 2020 Illinois 4-H Hall of Fame inductees have a track record of exemplary service to 4-H, or outstanding career and community achievements, and were nominated by University of Illinois Extension staff. The Illinois 4-H Foundation established the statewide Hall of Fame in 2004 to honor and celebrate extraordinary 4-H alumni, volunteers, and former 4-H staff. Each inductee receives a commemorative Hall of Fame medallion.



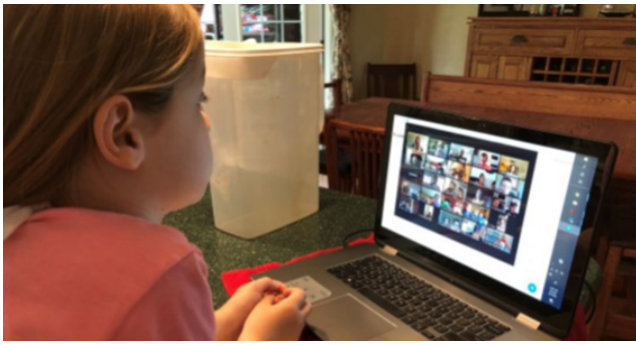
Lynn Weis
Madison County



Pamela Jacobs
Monroe County



Denise Godfrey
St. Clair County



4-H Takes Positive Youth Development Virtual

4-H staff statewide designed and delivered a new suite of online experiences so youth could continue to thrive!

400+ Competitive events, fairs, and shows

200+ Programs

went completely *virtual*

Our 4-H Clubs remained resilient with more than:

-  903 Club Members
-  79 Clubs
-  107 Adult Volunteers
-  45 Youth Volunteers



No matter what is happening in the world, 4-H stands ready to innovate to meet the needs of today's youth!

Lending a Helping Hand



4-H community service projects included food supplies for the House of Neighborly Service in Waterloo, sanitation bundles for assisted living centers, a "Blessings Box," hats for the homeless, and clean-up efforts at the Bellefontaine House.



St. Clair County Teen Teachers

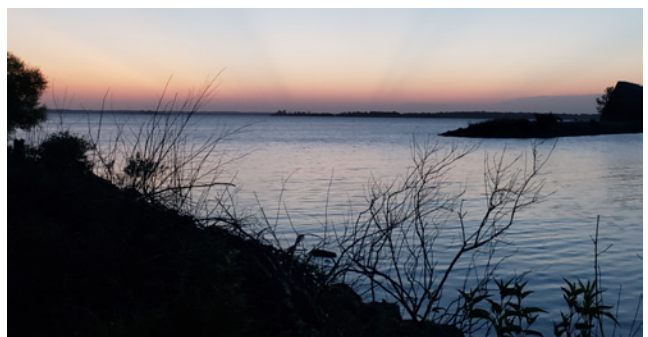
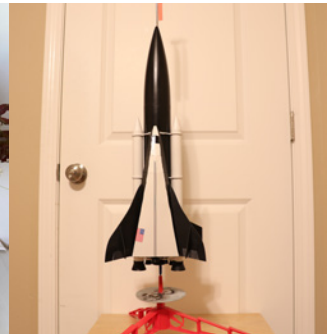
Governor French Academy in Belleville is home to a new group of 4-H Teen Teachers. Youth spent many hours preparing to teach topics that interest them, including public speaking, visual arts, gardening, theatre, cooking, and entrepreneurship. Teen Teachers create their own lesson plans and will deliver education to 70% of the students at this school.



Luke Ulrich (second from left), Madison County, received both the 2020 State Award of Excellence and State Champion in Entomology—Beekeeping.

Virtual Show Boasts Great Results

- 304 General Project Entries
- 340 Livestock Entries
- 71 Projects Advanced to the State Fair
- 50 State Fair Blue Ribbons Awarded
- 15 State Fair INSPIRE Awards
- 12 State Fair CHAMPION Awards
- 13 State Fair RESERVE Champion Awards





SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Ed works with Illinois families in need to make the healthier choice an easier choice. Through classes, workshops and collaboration with community partners to adopt research-based solutions encouraging healthier nutrition and activity choices, SNAP-Ed positively affects families and communities.

In 2020, SNAP-Ed virtual education and resources:



Addressed community partner needs by providing resources and collaboration opportunities



Provided live, virtual classes families could join from their own phone, tablet, or computer



Distributed print materials to families on topics such as recipes made with common pantry ingredients



Increased reach via social media, text, and e-news with relevant nutrition and activity information



Created a new community food resource map, Find Food Illinois, on the Eat. Move. Save. website

Since March, we worked with the St. Louis Area Food Bank and Restoration Church in Granite City to become a disaster relief mobile market site. Each month this fall, they served over 150 families. SNAP-Ed also helped at the market by adhering to social distancing guidelines and providing recipes to families.

Kaitlin Belovich, SNAP-Ed unit educator

SNAP-Ed Community Partnerships



46
K-12 Schools



3
Stores or Markets



22
Agencies or Community Centers



17
Emergency Food Sites



16
Early Childhood

In a Time of Need

The SNAP-Ed team worked with the St. Louis Area Food Bank and Restoration Church in Granite City to become a Disaster Relief Mobile Market site. Due to massive layoffs at the local steel mill, there is a high rate of unemployment in Granite City. Restoration Church had a goal to feed 100 to 120 families in fall 2020. They collaborated with the Community Care Center to provide volunteers at each mobile market site event.

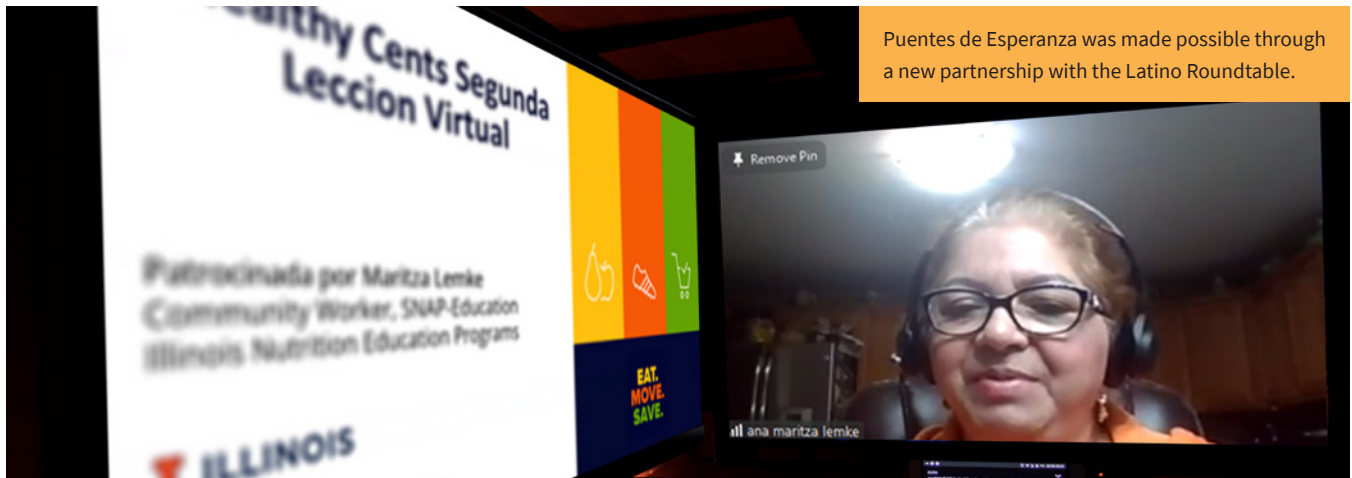


Glen-Ed Food Pantry Success

Joey Fonseca-Islas and Katrina Galati, SNAP-Ed educators, created the first-ever virtual professional development opportunity for food pantries. They delivered the one-hour program on client choice shopping style to volunteers and managers of the Glen-Ed Food Pantry in Glen Carbon. Participants took tests to gauge their knowledge at the beginning and end of the training. The marked increase in scores on the post-test confirmed the program's success. To further assist with the transition to an open shopping style, the SNAP-Ed team installed promotional materials in the pantry, providing nutrition information and encouraging patrons to make healthy food choices.



We transitioned from a list-based client choice system behind a window to an open shopping model. Feedback from both clients and volunteers has been positive. It's been a pleasure to see clients take joy in being able to shop for their own foods and we believe it strengthens our relationships with clients, boosts morale, and improves confidence in our services.
AMY POOS, GLEN-ED PANTRY DIRECTOR OF OPERATIONS



What's in Your Pantry?

Aretha Burns, expanded food and nutrition education program community worker, offered the What's in Your Pantry program via Facebook Live.

She prepared chicken corn chowder using ingredients from her own pantry. One viewer modified the recipe to accommodate what she had on hand, leaving out milk and substituting beef sausage for chicken. She said it was delicious!



My son and I have started cooking together. We have added color to our meals by using various vegetables. This also sparks conversation because I also talk to him about the different nutrients that come from various colors when eating our fruits and vegetables. Preparing meals has become nutritious, as well as educational.
TAMANTHA P.

Bridges of Hope

Community Worker Maritza Lemke delivered her first live, virtual Healthy Cents program to Hispanic families in 2020. Attracting interest in virtual programming can be difficult, but Lemke launched her meeting with great energy and enthusiasm and the participants were completely engaged in the 30-minute, Spanish-language presentation. At the end of the program, Lemke spent another 20 minutes in discussion with participants who had questions about MyPlate and strategies for getting their children to eat more vegetables at home. Overall, the program was a great success. Many families specifically asked for information about additional opportunities to participate in Lemke's SNAP-Ed programming.



SNAP-Ed has continued to offer outstanding nutrition programming throughout the pandemic.

The Show Must Go On!

In 2020, SNAP-Ed pivoted from in-person to online programming with great success. Rima Abusaid, SNAP-Ed community worker, reached over 386 youth and adult participants via virtual programming. In the fall, the SNAP-Ed team began to develop youth and adult programming for the Cahokia School District.



Agriculture and Natural Resources

The healing power of plants. The healing power of food.

In 2020, many people turned to cultivating plants and enjoying nature as they spent more time closer to home. Home gardeners expanded their food production, and farmers – large and small – worked tirelessly to ensure a steady food supply during a time of uncertainty. Extension was there to help residents and agricultural producers surround themselves with thriving plants, get more out of their time in natural areas, and maximize their food production.



3,863
ANR Program Attendance



148
Master Gardener Volunteers



68
Master Naturalist Volunteers



21
Community Gardens
(includes gardens inactive due to COVID-19)



19,566
Pounds of Food Donated



925
Expert Consultations



235
Information Services
Provided by Master Gardeners

Access to Statewide Programs



285
Webinar Sessions Accessible Anywhere



182
New Videos and Podcast Episodes

JJK FAN Innovation Center Programming

Local Food Systems and Small Farms Educator Grace Margherio joined Extension in April. Her primary focus is programming at and our developing partnership with the Jackie Joyner-Kersey Food, Agriculture, and Nutrition Innovation Center in East St. Louis.

Margherio creates garden-based activities for small groups during youth day camps and afterschool programs. Lesson topics have included soils, garden planning, and seed dissection. Participants receive growing materials and instructions to take home.



The center's raised garden beds are host to a variety of vegetables, including radishes, spinach, turnips, and mustard and collard greens. During harvest, youth were able to take produce and recipes home to share with their families.



Students and staff welcomed the fall season with Chef Tia and baked apples.





Agricultural Field Research

Extension hosted the Soil and Water Management webinar on February 20. Nathan Johanning, Extension educator, presented field research on cover crops and soil quality. Johanning's cover crop trials examine different species and planting methods to build and benefit the soil, prevent erosion, and aid in pest management. Trials at the Baebler Educational Farm include commercial tomato and pepper production applications with a cover crop of cereal rye.

Johanning is also working with a team at the Southern Illinois University Belleville Research Center to solve common issues in commercial pumpkin production. In September, they hosted Pumpkin Field Day. Presentation topics included insects, disease, weeds, and pollination.



The virtual tour and other videos can be found at go.illinois.edu/SmallFarmsLocalFoodsYouTube

Master Gardener and Master Naturalist Volunteers

Our Master Gardener and Master Naturalist volunteers act as a great resource for homeowners with gardening and wildlife questions. Sarah Ruth, agriculture and natural resources program coordinator, leads trainees through 60 hours of education. This year's curriculum included both in-person and virtual lessons on topics including plant identification, soil, disease, ornithology, geology, and botany. Not only do these volunteers assist the public with their inquiries, they work at many local gardens in our area, as well.

Every year, our volunteers work together to recruit local residents for garden tours. A round of applause goes out to the team, who provided the 2020 Virtual Garden Tour. The video is available on YouTube.



Thank you so much for sharing all of your knowledge and thoughts about my landscaping issues. Your experience is very much appreciated.
HELP LINE CALLER



Watch the virtual tour
go.illinois.edu/MMSGardenTour



The 2020 Gateway Green Industry Conference, organized by Elizabeth Wahle, Extension educator, featured six breakout sessions with approved CEUs for professional development. Session topics included Illinois' rarest trees, diagnosing tree ailments, alternate tools for woody invasive control, perennial stars, living carpets, and more. There were 225 attendees.



The Gateway Green Industry Conference has been hosted by University of Illinois Extension for 38 years.

OFFICE INFORMATION

Monroe County - Main Office

901 Illinois Avenue, Suite A
P.O. Box 117
Waterloo, IL 62298
(618) 939-3434
Mon. - Fri., 8 a.m. - 4:30 p.m.

Madison & St. Clair Branch Office

1 Regency Plaza Drive, Suite 200
Collinsville, IL 62234
(618-344-4230
Fax: (618-) 344-5602
Mon. - Fri., 8 a.m. - 4:30 p.m.

EFNEP Training Center

1265 N. 89th Street, Suites 5 & 6
East St. Louis, IL 62203
(618) 397-4973
Fax: (618) 397-8823
Mon. - Fri., 8 a.m. - 4:30 p.m.

Jackie Joyner-Kersee Community Center

101 Jackie Joyner-Kersee Circle
East St. Louis, IL 62204
(618) 274-5437

Scott Air Force Base Youth Center

Partnership in Programming

ONLINE

Make Illinois Extension part of your news feed by liking the following pages on Facebook and Instagram!



University of Illinois Extension
Madison-Monroe-St. Clair Extension Unit
Connecting to Our Food Web
Madison County 4-H



Pin our posts:
University of Illinois Extension Pinterest



Monroe County 4-H
St. Clair County 4-H
Illinois 4-H



Connect to our Twitter feed:
Wahle@ILFoodWeb



Visit our website:
<http://extension.illinois.edu/mms>



Watch us on YouTube:
Madison, Monroe, and St. Clair YouTube

Illinois Extension

College of Agricultural, Consumer & Environmental Sciences

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, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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.