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 Message from the County Director

Greetings from University of Illinois Extension serving Henry, Mercer, Rock Island, and Stark counties. During these unprecedented times and throughout 2020, Illinois Extension delivered on finding and creating innovative ways to share our valuable resources with fellow Illinoisans. I would like to thank our talented educators, staff and volunteers, who rose to the occasion to adapt their programs — learning and using new delivery methods to fulfill our educational mission.

I am particularly proud of our outreach efforts and the ways in which the people of Illinois used Extension services this past year. As you read this report, you’ll see many examples of these programs and the impact that our organization has made. Rest assured, we will continue to do our part to help build a resilient and healthy community by informing and empowering people through our programs.

We are fortunate to have outstanding staff helping us meet our mission. Join me in congratulating several of our unit’s staff who were honored with awards in 2020. Tayler Wheatley, SNAP-Ed educator, received the Robin A. Orr Outstanding Practitioner Award. In addition, Tayler and her SNAP-Ed co-workers Colin Cushman, Darcy Eggimann, Brent McRae, Gale Vyncke, Mitchell Walker, and Amy Spence received the 2020 INEP Excellence UNIT Teams Award. Kristin Bogdonas, nutrition and wellness educator, was honored at the National Extension Association for Family and Consumer Sciences (NEAFCS) 86th annual session with a Written Media Communication Award. Elaine Kaple and Molly Foster, office support assistants, and Amy Spence, office support specialist, were recognized for their conception and development of the Unit Office Support Team Project.

We know that 2020 has been difficult for many. On behalf of all of the educators and staff serving you, please know that we care about you all and that we will continue to do our part to help build a resilient and healthy community!

Sincerely,

Jenny Garner
County Extension Director
2020: A Year Like No Other

Back in January 2020, we were looking forward to an exciting year filled with in-person classes, trainings, field days, workshops, events, and county fairs. But, in March, those plans came to an abrupt halt as we were faced with the new realities of the dangerous coronavirus pandemic. University of Illinois Extension, like all of our nation’s educational systems, had to quickly adapt to continue sharing vital educational resources with our communities.

Our community and economic development team created a one-stop COVID-19 website featuring a collection of resources to assist families and community leaders. They worked with local governments and county boards to help develop COVID-19 strategies, provided guidance on how to apply for grants, informed the community about relief funds, and advised restaurants on the protocols to open safely. The team also worked with the U.S. Census Bureau to educate Illinois residents on the importance of an accurate 2020 census count.

Our Supplemental Nutrition Assistance Program (SNAP-Ed) created family packets to share helpful resources, such as information on the new Illinois food map website developed by Extension to help a growing number of food-insecure households in Illinois. They assisted food pantries with ensuring the healthiest options for their clients. They produced videos and led classes based on our Eat.Move.Save. curriculum.

The Illinois Extension farmdoc team provided updates on the most pressing issues in the wake of the coronavirus pandemic, including the state-of-play on various policies for response assistance.

The agriculture team held virtual field days sharing the latest research on topics like soybean cyst nematodes, corn rootworm, and hemp production. They developed online trainings for Pesticide Applicators, Certified Crop Advisors and Certified Livestock Managers to maintain their certifications.

Our horticulture and nutrition and wellness teams developed online classes covering everything from the most basic beginner’s gardening to home canning processes and seasonal gardening workshops. They created YouTube series, like Martha’s Shed Talks and Kristin’s Seasonal Root to Stalk; wrote blogs and newspaper articles; and did radio, podcast and TV interviews to share important information. Master Gardeners and Master Naturalists stayed active through monthly virtual meetings. They also got out and worked in the multiple garden sites managed by this dedicated group of volunteers.

Our resilient 4-H youth participated in the first-ever virtual 4-H fair, where they created projects and posted videos, slideshows and descriptions of their work for volunteer judges, who provided expert-level evaluation. 4-H adult leaders kept youth engaged through virtual and outdoor club meetings that followed CDC guidelines. 4-H staff developed virtual webinars for the classroom and activity packets for afterschool programs.

Through it all, Illinois Extension educators, staff and volunteers showed their resiliency in the face of unprecedented change. Thank you all for your support and patronage throughout this year. We look forward to continuing to serve you and sharing our educational resources with you online and, hopefully very soon, in person once again.
A Focus on Building Resilience

Community and Economic Development Educator Russell Medley works closely with local leaders to share research and best practices, facilitate plans, grants and opportunities to help spur development, spark local economies, and develop plans for disaster preparedness. Many of the programs in 2020 shared a focus on building resilience in local government, small businesses and our communities.

Local Government Education Webinars

University of Illinois Extension partners with experts to provide guidance on current events to local government officials, county boards and local leaders. Some of the program topics covered this year included rural America’s role in the presidential and congressional elections, workforce investment opportunities in Illinois, coronavirus relief fund assistance for local governments, and re-opening restaurants safely. Webinars are always offered at no cost to participants and include time for questions and answers with the presenters.

Disaster Ready Quad Cities

Medley assumed chair responsibilities of Disaster Ready Quad Cities in January 2020. The organization joined forces with the emergency management agencies and health departments in both Rock Island and Scott Counties and the Quad Cities COVID-19 Coalition to coordinate a community response to the pandemic, meet the needs of effected residents and deliver resources to impacted agencies. The organization continues to focus on long-term response and messaging of public health directives to the community, while working on recovery strategies in collaboration with other area organizations.

Poverty Simulation Trainings

Poverty Simulation is a two-hour, in-person, interactive training that is highly sought after by school districts, non-profits and government agencies to help their staff understand the challenges faced by people living in poverty. When COVID-19 made in-person training impossible, Medley worked with the Moline Foundation, Moline Public Library and the Child Abuse Council of the Quad Cities to find an alternative that could meet virtually. They identified a program called SPENT, in which participants see what it’s like to live for 30 days as a single parent who has lost his/her job and home, and must start over with $1,000, while looking for a job, paying bills and making budgeting decisions. After testing the program in the fall, they began offering the SPENT simulation to groups. Just as with the Poverty Simulations, those who participate in SPENT leave the program with a better understanding of what their students, clients, neighbors, and friends with limited resources are up against. Understanding often leads to innovation as participants leave with a freshly stoked desire to find ways to improve the lives of others.

Rural Quality of Life Indicators Pilot Study

The Rural Quality of Life Indicators Project is an economic development program with a rural focus involving a multi-disciplinary team of Extension professionals from Illinois, Indiana, Kansas, Kentucky, and Nebraska. Bushnell, Illinois was chosen as a pilot site for the project, which scores a community or region on various quality of life indicators and makes recommendations specific to that community for projects, programs and activities to improve the score on each indicator. Medley and his team surveyed Bushnell residents, interviewed key individuals and scheduled a series of community meetings. In 2020, COVID-19 measures were put into place to conduct all of these activities in a virtual environment. An interim report was submitted to the Bushnell City Council and an additional community-wide planning meeting is being scheduled for the spring of 2021.
Gardening Interests Bloom in 2020

In a strange and stressful year, it’s no surprise that many people turned to their gardens for respite. Gardening increased 43% in 2020, according to a survey conducted by Axiom Marketing, a Minneapolis-based firm. “With people forced to spend more time at home, there was naturally an interest in utilizing their yards for beautiful blooms and homegrown produce,” said Horticulture Educator Martha Smith.

Extension educators and Master Gardeners helped many first-time home gardeners solve problems and source materials. According to Smith, there was a tremendous response to the numerous online gardening programs in 2020.

The survey also revealed that garden centers saw a spike in sales. “This was true for the local garden centers I talked to in the spring,” said Smith, who showcased nurseries in Henry, Mercer, Rock Island and Stark counties with social media posts sharing their unique items and any COVID-related shopping protocols.

Smith noticed an increase in vegetable gardening, which grew from concerns of food safety or shopping in public during the pandemic, and an increase in naturally or organically grown foods. Extension offered several webinars to assist first-time vegetable growers.

In addition to vegetables, 73% of Axiom survey respondents grew flowers. In response to this interest, Smith launched a video series, Martha’s Shed Talks, from her own home garden which she has been developing into a botanical wonderland for the past 20 years. She focused on some of the more unique perennials she’s collected over the years, such as ornamental grasses, foxtail lilies, alliums, and martagon lilies.

With all the interest in gardening, hundreds of people across Illinois tuned in for the wide array of webinars that Smith and her team offered. Gardening in the Air, a fall conference featuring 18 different webinars over two Saturdays on topics ranging from invasive species and houseplants, to vegetables and herbs, was attended by 479 people. Another 362 people attended Nature and Wellness: A Strategy for Strength During a Pandemic in the winter. This three-part series, organized by the Bi-State Conservation Alliance, featured three experts sharing their research about the important role nature plays in our health.

Master Gardener training continued online with Martha and her team teaching new volunteers the essentials they need in order to share their knowledge with others through education and community beautification projects.

Smith is pleased to welcome so many new gardeners and hopes they’ll keep going. “Extension is one of the best places to get the assistance they need to enjoy their gardens from seed to table,” she said.

You can find Extension gardening resources at extension.illinois.edu/global/horticulture
Health at Home
As Illinois residents were advised to shelter at home, University of Illinois Extension’s nutrition and wellness educators developed programs to help Illinoisans learn healthful strategies for enriching their wellness journey. Kristin Bogdonas, nutrition and wellness educator, helped organize the Health at Home series and taught the first program, Food Rescue at Home. The program helped people learn what they could do to reduce food waste at home, save money and protect the environment. “Reducing food waste is a shared responsibility and we can all play a part in reaching the national food waste reduction goal — to reduce food waste by 50% by the year 2030,” said Bogdonas.

Bogdonas also helped teach the Fill Your Pantry: Food Preservation webinar series, which taught participants how to safely can, freeze, dry, and ferment foods for long-term storage and best quality. The live Zoom webinars were attended by 2,380 people. The majority of participants expressed increased knowledge of food safety, confidence in following safe methods and said they were extremely likely to put what they learned into practice.

The food preservation webinars were followed by 31 Days of Food Preservation, a social media campaign that reached 12,006 people in our four county region alone. Bogdonas and her team created graphics for frequently asked questions that were linked to resources and websites where people could learn more about safely preserving food at home.

Bogdonas was also on the team that developed the new Illinois Extension website, Feeding My Baby: from Cradle to Table, which offers practical advice for safely introducing solid foods to infants and much more.

Healthy Trails Campaign
During the pandemic, the CDC encouraged people to get outside for safe exercise. The Healthy Trails campaign capitalized on this opportunity to share knowledge about some of the popular trails in Henry, Mercer, Rock Island, and Stark counties. This physical activity challenge took place during the month of September in partnership with Be Healthy QC and QC Trails.

Ten weather-proof signs were created, highlighting nutrition tips and a variety of physical activities for participants to engage in while visiting the trails, such as incorporating more physical activity into their daily/weekly routines, adding more servings of fruit and vegetables into their diet, visiting more trails, monitoring daily sugar and fiber intake, and doing yoga for balance. Signs also encouraged trail visitors to visit Extension’s website to take a knowledge check, which entered them into a prize drawing.

The signs were rotated between five different trail locations in our service area, which are also part of the QC Trails system: Hennepin Canal Lock 31, Ben Butterworth Parkway, Aledo Bike Path, Galva Park District, and Sunset Marina. There were five Facebook video announcements for each location reaching 4,381 people with 551 engagements. Based on participant surveys, knowledge of nutrition and physical activity concepts increased. Participants also indicated an intention to engage in more healthy habits. The Healthy Trails campaign was recognized in the November Be Healthy QC Success Snapshot.

Bogdonas developed additional virtual wellness challenges to keep the community engaged and incorporating healthy living into their daily lives. The popular Virtual Wellness Bingo offered a weekly game featuring wellness activities that could be completed at home. Participants filled out their bingo cards for a chance to win prizes like a personal fitness tracker, or a daily positivity journal.

Bogdonas and the nutrition and wellness team also offered Managing Diabetes in a Modern World, a six-week webinar series in October and November to help the more than 1.3 million Illinoisans living with the disease better manage their condition.
Youth Programs Continue in 2020

It has been an odd and challenging year for everyone, 4-H included, but we were blissfully unaware of the unprecedented events to come when 4-H activities commenced in September 2019.

Henry County 4-H and SNAP-Ed collaborated to teach monthly cooking lessons to 120 students at Galva High School as part of a larger program designed to give youth practical life skills for the future. In each two-hour class, students learned about nutrition, knife and kitchen safety, reading recipes, and measuring before beginning to cook.

The theme of Extension’s afterschool programs this year was farm animals. Each month, students from elementary schools across all four counties learned about a different animal, did a hands-on activity, learned about the food products the animal provides, and made a recipe using related ingredients. Groups covered dairy cows, beef cattle, sheep, pigs, and chickens.

In Kewanee, a group of 11 junior high youth trained as Teen Teachers, then led the monthly lessons for the 150 elementary youth in the afterschool program. Almost 300 youth participated in the monthly lessons. Another 3,128 youth were reached through Mercer County Ag in the Classroom, monthly in-class lessons conducted in every school.

Citizen Scientist groups in Mercer, Rock Island and Henry counties began a new project as part of a state initiative to test two different styles of barred owl nesting boxes. In November, each group built one set of each style, placed them in trees near water and set up trail cameras to capture the action. Data on the activity in and around the boxes was collected through April, when final findings were sent to the Cornell Ornithology Lab. The boxes will continue to be monitored in the 2020-2021 year.

Two Rock Island teens attended a digital ambassador training in Chicago, along with 4-H staff. This program encourages youth to teach adults about the internet, internet safety and basic computer skills. The two youth who attended spent several months training additional youth to become ambassadors, then conducted multiple community trainings on topics like how to create strong passwords, store files on a cloud and safely make purchases online. The program was backed by a grant from Microsoft that allowed the participating counties to purchase laptops and tablets for use in these and future trainings.

The annual 4-H Academy, attended by 64 youth, was held at the Western Illinois University Quad Cities campus in late February. Sessions, led by community partners, included video game design, various visual arts, food science, and natural resources.

Everything came to an abrupt halt in March due to the coronavirus pandemic. Afterschool programs ended when schools transitioned to virtual learning and clubs stopped meeting in person due to new restrictions. When it became clear that this wasn’t a temporary inconvenience, staff worked quickly to find creative alternatives.
We Survived the Virtual Fair

The decision to move the county fairs to a virtual format was not easy, but safety was the top concern. Staff worked quickly to create the easiest possible virtual environment for members to submit fair projects. The result was a website that allowed youth to submit photos and a written report explaining their projects. Livestock projects also required a video of the entrant showing their animal to be submitted. Judges were able to access these photos, reports and videos and leave comments for youth. Judges also selected award winners and state fair delegates.

Holding a virtual fair gave youth the opportunity to display and be recognized for the work they put into their projects — and there were some great ones! Those who participated in the virtual fair received an “I Survived the Virtual Fair” t-shirt generously sponsored by River Valley Cooperative. Youth were encouraged to share pictures of themselves in their shirts as part of the 2020 National 4-H Week festivities.

We know that 4-H youth, leaders, parents, and volunteers are a resilient group. They embraced every challenge over the past year and found ways to overcome them all. Innovative thinking and a willingness to compromise have brought our program through tough times before and this year was no different. We will continue to push forward, to find new ways of delivering programs and holding club meetings and we will emerge from this challenge stronger, smarter and with a renewed sense of gratitude for each other and the 4-H community.
Increasing Illinois Water Quality

Watershed Outreach
Rachel Curry joined our unit in November as the watershed outreach associate. She provides educational programs on the best practices for soil and water health, as outlined in the Illinois Nutrient Loss Reduction Strategy (INLRS).

Bi-State Advanced Soil Health Training
Illinois Extension, Illinois Corn Growers Association, Soil Health Partnership, and the Nature Conservancy are working together to develop an Advanced Soil Health Training (ASHT) series. Trainers were recruited from Illinois and Iowa and, once trained, will be able to support local producers with soil health. Bi-State ASHT held an initial virtual meeting in 2020, and plans are moving forward.

Mississippi North Central Watershed Screen
As a nitrogen-priority watershed, the Flint-Henderson (Mississippi North Central) Watershed is a target for watershed planning. The Mercer County Soil and Water Conservation District, Illinois Farm Bureau and Illinois Extension, in conjunction with Northwater, have partnered to conduct a watershed screen. They plan to meet with stakeholders within each of the six counties in the watershed to discuss issues that need to be addressed. Stakeholder meetings are planned for later in 2021.

Mill Creek Watershed Plan
The Mill Creek Watershed has been identified as a nitrogen-priority watershed by the Illinois Nutrient Loss Reduction Strategy and has been a source of concern for landowners within the watershed. The Rock Island Soil and Water Conservation District and Illinois Extension are working with Jeff Boecker of Northwater on the Mill Creek Watershed Plan. The plan is supported through grant funding from the Illinois Environmental Protection Agency and funds from the Rock Island Soil and Water Conservation District.

Illinois Nutrient Loss Reduction Podcast
Curry helps produce the INLRS podcast, which features interviews with experts and farmers about best practices.

Agriculture Teams Develop Virtual Programs to Assist Farmers
Extension’s commercial agriculture team developed online trainings to help farmers and producers across our unit continue to build skills and get the resources they need to keep their farming operations profitable, safe and secure. Of continued interest in 2020, was industrial hemp production. Commercial Ag Educator Phillip Alberti held online webinars sharing findings from the most recent hemp production research conducted at land grant universities across the country. Extension is also offering online trainings for Pesticide Applicators, Certified Crop Advisors and Certified Livestock Managers.

Virtual Field Days
In lieu of in-person sessions at the Northwestern Illinois Agriculture Research and Demonstration Center in Monmouth, we brought the fields to the farmers via virtual field days. Farmers, consultants and others in the agricultural community joined Illinois Extension’s commercial agriculture team members for a four-part virtual field days series in August. The virtual tours provided in-the-field interviews, a specific topic overview and preliminary data from current research.

Illinois Farm Economics Summit
The past year has been a year like no other for Illinois agriculture. While it started optimistically with talks of a surge in agricultural exports resulting from the trade agreement with China, the COVID-19 pandemic rocked the global economy. Most agricultural prices plummeted and the government created new ad hoc agricultural aid programs. Illinois farm managers for commercial and small-scale operations were invited to attend the 2020 Illinois Farm Economic Summit for some perspective with research-based discussions of trends and projections from University of Illinois experts. The free, online summit was held over five sessions in December. Each 30-minute presentation was followed by a 30-minute Q & A with experts.

Our educators and specialists are always available to provide knowledgeable recommendations and valuable information related to commercial agriculture, local foods and small farms, and energy and environmental stewardship. They handle over 13,000 inquiries a year, in addition to offering workshops and trainings and doing research.

Hear real-world implementation of nutrient loss reduction strategies at go.illinois.edu/INLRpodcast
SNAP-Ed Adapts to Growing Needs of Food-Insecure Communities

Extension works to provide SNAP-eligible audiences with increased opportunities to access nutritious foods. The SNAP-Ed team focuses on improving diet quality and physical activity, increasing food access, and creating community collaborations to affect changes within the four counties we serve. In our unit, SNAP-Ed Educator Tayler Wheatley provides policy, systems and environmental programs to community partners.

In 2020, Wheatley worked on a project to connect food resources throughout the state of Illinois. In the fall, she was part of the SNAP-Ed state team that began providing quarterly webinar trainings for food pantry volunteers and managers. The SNAP-Ed team also launched a quarterly newsletter to promote the webinars and serve as a tool to encourage the operation of healthy food pantries.

Find Food Illinois Community Map

Due to an increase in the number of food-insecure households related to COVID-19, University of Illinois Extension developed the Find Food Illinois Community Map website. By entering a city or zip code, the user can access food resources in a specific area, including food pantries, summer/school meal sites, grocery stores and farmers markets that accept WIC/LINK benefits, senior food resources, and places to learn more about receiving benefits.

Virtual Programming

This year, Extension Community Workers Colin Cushman, Darcy Eggimann, Brent McRae, Gale Vyncke, and Mitchell Walker collaborated with local organizations to provide virtual nutrition and physical activity programming as an alternative to in-person classes. The team tailored the curricula for use on digital platforms. By shortening lessons and adding engaging activities, they ensured that these lessons continued to meet participants’ needs.

Community Packets

The SNAP-Ed staff produced short, educational video vignettes featuring tips and recipes from the Eat.Move.Save. curriculum. They also distributed a monthly newsletter for limited-resource audiences. Each packet contained relevant and timely information, including recipes, upcoming SNAP-Ed virtual programs, information about the statewide healthy texting program, and the Find Food Illinois Community Map. The monthly newsletter continues to be distributed to 3,000 individuals through community partners like food pantries, community centers, meal sites, and libraries.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Education 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 to encourage healthier nutrition and activity choices, SNAP-Education positively affects families and communities.

In 2020, SNAP-Education shifted to virtual education and resources due to COVID-19.

- 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

SNAP-Education provided a calendar of daily movements to students in the Galva Elementary School summer program. One mom shared it helped her daughter be more active by walking a mile each day and completing the calendar activities.
- Darcy Eggiman, SNAP-Education community worker

SNAP-Education Community Partnerships

- 33 K-12 Schools
- 22 Early Childhood
- 37 Agencies or Community Centers
- 12 Emergency Food Sites
Financial Information
University of Illinois Extension is a three-way funding partnership among the state of Illinois, the U. S. Department of Agriculture (USDA) and the Henry, Mercer, Rock Island, and Stark county boards. Our SNAP-Ed programs are funded by a federal grant from the USDA. These partnerships bring hundreds of thousands of programming dollars into our four counties, matching local contributions with state, national and federal support.

Many local business, foundations and individuals provide support by donating to us through Henry County 4-H Foundation, Mercer County Extension & 4-H Foundation, Rock Island County Extension & 4-H Education Foundation, and Stark County 4-H Foundation; through our local Extension Council; and to each county’s 4-H program through the Illinois 4-H Foundation. These resources are part of the local donation income that helps to sustain our programs.

In addition, the unit receives a wide array of local programming grants each year, amounting to $27,947 in 2020. All of these sources are vital to helping us fulfill our educational mission.

2020 Income

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2020 Grants

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<td>Amy Helpenstell Foundation Fund at the Quad Cities Community Foundation*</td>
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<td>Gold Star FS for the farm series</td>
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*Grants given through the Rock Island County Extension & 4-H Education Foundation
Cover photos: (top left) University of Illinois Extension developed a new Find Food IL website to assist the growing numbers of food insecure individuals in our state find local resources. (top right) Illinois Extension adapted its vital agriculture programs during COVID-19 by offering online seminars, trainings, and virtual field days. (bottom left) Olivia Fryermuth of the Edgington Go-Getters 4-H club was among the hundreds of members who participated in at-home programs offered by 4-H to keep its members learning and engaged during COVID-19. (bottom right) More people turned to gardening for respite during the pandemic and Illinois Extension was there with helpful resources including podcasts, webinars, YouTube tutorials, Live Facebook events, websites and Q&A with horticulture educators.