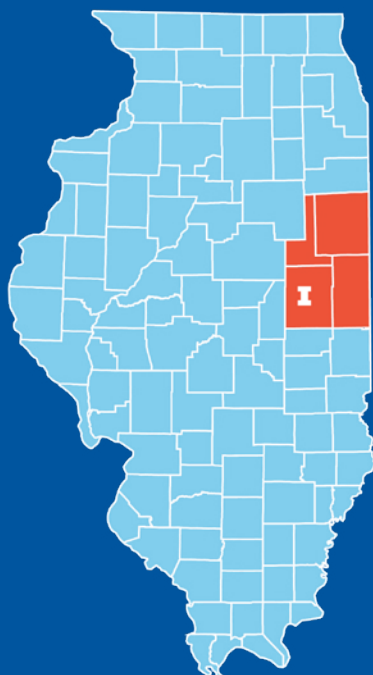




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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

We are delighted to bring the research and innovation of the University of Illinois to you in an accessible and usable form. Illinois Extension educators live and work in your communities. We work to form strong partnerships with local leaders, businesses, schools, and residents in order to solve challenges and problems together. Through research-based education, individuals have opportunities to improve their finances, live healthier lives, raise resilient families, enjoy and protect natural areas, and have more productive farms.

This report is a snapshot of the work we do for the citizens in Champaign, Ford, Iroquois, and Vermilion Counties. Our programs reach all ages and backgrounds. We offer education that is relevant and practical for all residents whether you live in rural or urban areas.

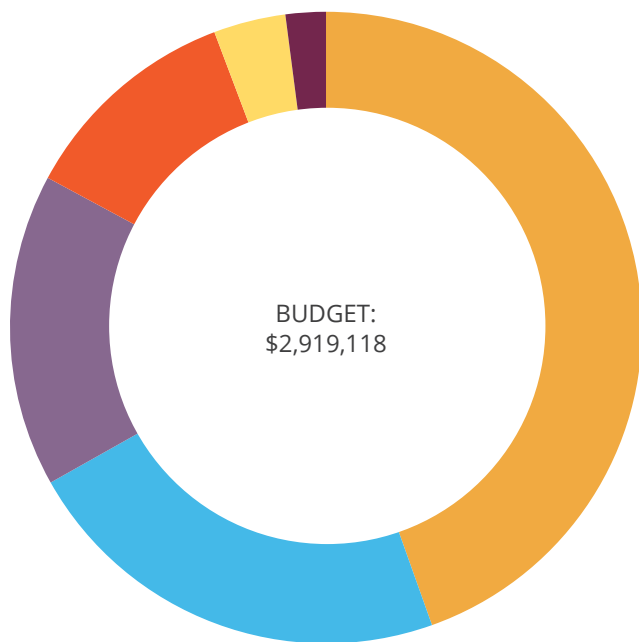
We are proud to have the opportunity to provide positive change in our community. We thank you for the support you have provided to our organization. Together we can continue to make a positive difference for those we serve while extending knowledge and changing lives.

Ginger Boas
County Extension Director



Financial Report

Illinois Extension serving Champaign, Ford, Iroquois, and Vermilion Counties receives funding from the local level, including from county boards, as well as from state match. Our staff have also been able to acquire large amounts in grants and gifts that helps us flourish from year to year.



- 45% Grants & Gifts
- 22% Local Funds
- 16% State Match
- 11% Federal Funds
- 4% General Revenue
- 2% Youth Development



extension.illinois.edu/cfiv



Partner of the Year

University of Illinois Extension received the 2019 Community Partner of the Year Award from the Eastern Illinois Foodbank. This award is given to a community organization each year that has partnered with the Foodbank to help further the mission of alleviating hunger in Eastern Illinois communities.

By the Numbers: Extending Knowledge, Changing Lives in 2019



89,190
People reached



50,000
Hours volunteered



3,873
Programs led by staff and volunteers



80,000
People reached through social media





Money Mentors Program

From elementary age children to older adults, everyone has money questions. Illinois Extension's Consumer Economics programs help people make well-informed financial decisions. We often talk about the importance of making saving a habit, paying down debt, or working toward long-term goals.

The Money Mentors program provides financial education and coaching with volunteers who meet individually with people who ask for help with their personal finances. Being paired with a Money Mentor is like having a personal trainer for your finances. Extension educators provide 30 hours of training to volunteer mentors. Training includes the latest teaching strategies based on behavioral economics and financial coaching research.

The program continues to grow and help change lives. In 2019, mentor volunteers met with 115 community members. Participants identified these financial areas as their top concerns:

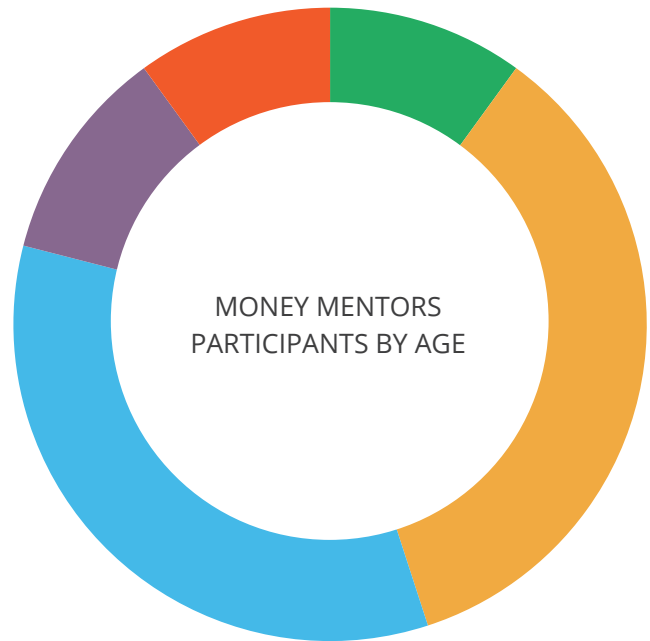
- › 42% budgeting and money management
- › 20% debt repayment
- › 14% saving and getting ahead
- › 11% organizing finances
- › 6% paying bills on time
- › 7% other



People of all ages and backgrounds train to be mentors. In 2019, 31 people completed the Money Mentors training.



extension.illinois.edu/cfiv/consumer-economics



■ 45% 18-22
 ■ 22% 22-35
 ■ 16% 36-50
 ■ 45% 51-64
 ■ 22% 65+

2019 Highlights



54,424

Impressions for the @morethancoupons educational Twitter account



586

College students interacted with Extension peer educators



1,040

Listens to the Family Financial Feuds podcast



97%

Thumbs ups from students enrolled in the Financial Planning online course

All My Money training

The All My Money curriculum is for people who work with limited-resource audiences. Illinois Extension consumer economics educators provide training on how to use the curriculum. Participants in the training engage in an intense two-day interactive course. Training includes financial education, teaching tips, and strategies for engaging people in money conversations.

Training increases financial knowledge and positively changes attitudes toward 1) teaching financial management and 2) understanding how limited-resource people manage their money.



Statewide Webinar Reach



13
Webinars in 2019



390
Reached in Community Involvement
and Leadership Webinars



86
Reached in Food Access Webinars



191
Reached in Economic and
Financial Well-being Webinars



922
Reached in Economic Vitality and
Community Resiliency

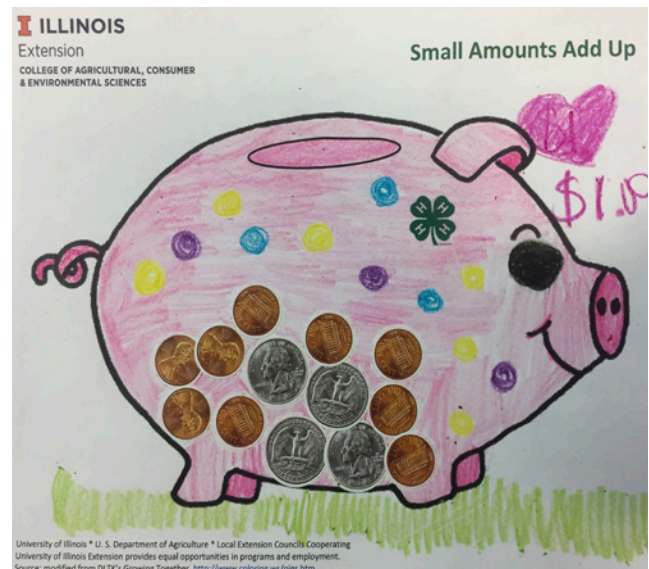
The Leadership Academy for County Officials, developed by U of I Extension provided training to elected and appointed county officials. Lorraine Cowart (County Board, Champaign County), Krisha Shoemaker (Treasurer, Ford County), and Charles Young (County Board, Champaign County) attended five interactive, day-long sessions on fiscal management, leadership in crisis situations, data-driven decision-making, economic development, community asset development, and more.



Illinois State Treasurer Mike Frerichs spoke at the 2019 Leadership Academy, and discussed how working with other state treasurers across the country helped him address challenges in Illinois.

Consumer Economics

Money is a family affair for all ages. Building healthy financial habits begins with talking to youth about saving money and how small amounts add up over time. Our educational programming includes working directly with youth in preschool through high school, as well as talking to parent groups about raising financially-savvy children. Using materials from the Money As You Grow Bookshelf, we encourage parents to use children's literature to begin money conversations.



Family Life: Breakroom Buzz

Breakroom Buzz is a monthly publication from the family and consumer sciences team. Chelsey Byers initiated a way for local businesses to sign up to receive the publication, which can be posted for staff to access and benefit from the healthy information for individuals and families.

If you are interested in this for your place of business, sign up at go.illinois.edu/breakroombuzzsignup.



extension.illinois.edu/cfiv/family-life



Regional 4-H Food Challenge

This spring, 4-H partnered with Education for Employment #330, an educational cooperative designed to administer the efficient regional delivery of career and technical education. Together, we offered the 4-H Food Challenge to six area high schools. These schools represented three counties and the challenged reached more than 230 high school students.

The participating high schools integrated the 4-H Food Challenge curriculum into classroom coursework with the help of 4-H youth development educator Myla Munro. Each class worked through a series of food and nutrition lessons and competed in a Mini Challenge at their school. Students competed in teams to make a healthy dish for a panel of judges. Students were provided with the ingredients, a time frame to create a dish, and then presented the final plate. The judges included school administrators, local restaurateurs and Education for Employment #330 staff members.

The winning team then represented their school at a larger contest on campus at University of Illinois Urbana-Champaign. At the final challenge, the teams were asked to draw on their experiences and create a meal that not only incorporated the five food groups, but also three mystery ingredients.



extension.illinois.edu/cfiv/4-h-youth-development



Heritage High School was the inaugural winner of the regional 4-H Food Challenge contest.



More than 20 4-H Teen Teachers from Champaign and Vermilion Counties shared their passion for cooking and a healthy lifestyle through 2019 summer programs.

Serving Youth in Champaign, Ford, Iroquois, and Vermilion 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



4,153
4-H Participants



210 Adult
Club Volunteers



1,450
4-H Club Members



494
First Year
Members

RACE



ETHNICITY



RESIDENCE





The Family Life program focuses on healthy living across the lifespan by delivering research-informed programs that address issues important to individuals, families, and professionals who provide care and services to them.

Wits Workout launches in 2019

In 2019, Family Life Educators Chelsey Byers and Molly Hofer developed and released the 264-page Wits Workout, an engaging, interactive, and educational brain health program Facilitator's Guide.

Wits Workout has two main goals: 1) to provide purposeful opportunities for older adults to engage intellectually, and 2) to increase their socialization, decreasing isolation, through ongoing group participation.

Byers and Hofer planned, promoted, and hosted a statewide kickoff webinar on October 10, 2019, to launch the Wits Workout Facilitator's guide that was attended by 117 people. Dr. Neal Cohen, Director of the Center for Nutrition, Learning, & Memory, and the Beckman Institute for Advanced Science and Technology, opened the event with a brain health presentation and Byers and Hofer closed with a train-the-trainer session. The program had participants from throughout Illinois and also from 13 other states.



Chelsey Byers, Family Life Extension Educator received the Individual Excellence in Extension Award 2019.

Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.
NATIONAL INSTITUTE OF HEALTH



The Family Life team welcomed Emily Baine Harmon to the team as a new program coordinator. Emily was an intern at Illinois Extension in the spring of 2019 and has been a fabulous addition to the team.

Extending Wellness

Educator Chelsey Byers initiated a program in 2019 called Extending Wellness. Participants receive a weekly text reminder, a nudge, about a health topic. The program was piloted in early summer of 2019. There are currently 157 subscribers.

This collaborative effort includes healthy messaging from Nutrition and Wellness, Consumer, and Family Life program areas, as well as monthly messages from campus linking to health research or other health information. If interested in subscribing, sign up at go.illinois.edu/wellnesstips.



extension.illinois.edu/cfiv/family-life



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education 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



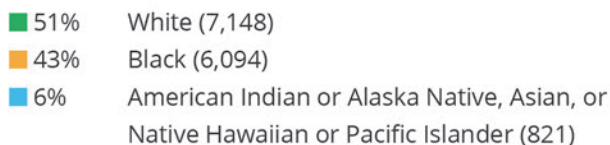
16,567

Total SNAP-Education Participants

57%
Adults43%
Youth

13% Identified as Hispanic
80% Identified as Non-Hispanic
7% Unknown

RACE OF PARTICIPANTS



Our Community Partners

32
K-12 Schools6
Youth Centers1
Store or Markets29
Early Childhood16
Community Centers25
Food Pantries and Food Banks

SNAP-Ed

The SNAP-Education team, led by Caitlin Kownacki and two educators from neighboring Extension offices, worked closely with the Eastern Illinois Foodbank to implement nudge strategies at emergency food pantries in the area. Nudges are environmental changes made to encourage clients to make healthier food choices; it is about making the healthy choice, the easier choice.

Kownacki, along with the SNAP-Ed Program Coordinators Tracy Bowden and Stephanie Acevedo, conducted assessments using the Nutrition Environmental Food Pantry Assessment Tool to develop individualized action plans, and implement nudge strategies at four pantries in Champaign, Ford, Iroquois, and Vermilion Counties.

Two pantries that have seen a big impact are Wesley Food Pantry at Wesley United Methodist Church and the Wesley Food Pantry at Parkland Community College in Champaign. With guidance from Extension staff and funding from the Eastern Illinois Foodbank, the food pantries were able to implement nine different nudge strategies.

Wesley Food Pantry at both locations has made fresh produce more visible and appealing by adding angled shelving and displaying produce in baskets. Additionally, they have made healthier food options closer to eye-level on the shelves with less healthy options toward the bottom. With the more nutritious food easier to see, clients are more likely to choose it. The food pantries have also added shelf-talkers, a bundling display, recipes cards, and MyPlate posters. Within six months, both pantries increased their NEFPAT score by nine points.



Wesley Food Pantry was given a certificate of achievement for achieving Gold Status.



EFNEP

Since 1969, the Expanded Food and Nutrition Education Program, EFNEP, has reached more than 31 million limited-resource families, helping improve their nutrition, food budgeting, and physical activity behaviors. EFNEP serves families locally in two communities where there is the greatest need: Champaign-Urbana and Danville.

EFNEP offers six to nine hands-on interactive classes to help participants improve food and physical activity behaviors, food resource management, food safety, and food security.

In 2019, EFNEP staff taught parents and children about preparing healthy meals. Topics included using good cooking skills, such as proper knife use and safety, appropriate measuring, correct food handling and protection, and how to read and prepare recipes accurately. One of the benefits of having these classes is that parents and children learn how to work together safely in a kitchen setting and have fun preparing a healthy recipe.

EFNEP's true success is shown in the stories that individuals tell about the impact EFNEP programming has on their lives. For example, after one class, one mom came up to tell the staff how much she appreciated having her children - ages 10, 12, and 13 - in the class. "They used to not want to help me cook in the kitchen at all," she said. "And now since attending the class they help in the kitchen and because of that they now eat vegetables that before they would never even touch."



Families can learn together in EFNEP cooking classes.



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

Since 1969, EFNEP has worked with families in need to improve food selection, food safety, and food buying practices.

Through our work with community partners, EFNEP focuses on parents and caregivers, pregnant women, teens, and youth. Our hands-on classes increase knowledge and influence behavior change, making a difference in the lives of those we serve.

Serving Local Families



965

Total Adult Participants



971

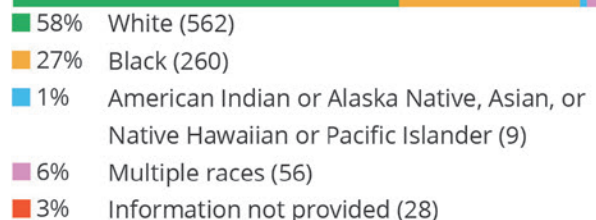
Total Youth Participants



5% (49)

Adult Participants Identified as Hispanic

RACE OF ADULT PARTICIPANTS



Our Community Partners



15

K-12 Schools



2

Food Pantries and Food Banks



4

Early Childhood Centers



23

Community Centers



2

Youth Centers



Garden to Table with Urban Youth

Each spring, the incoming class of Master Gardeners in Vermilion County are responsible for a designing, planning, and maintaining a garden at the Extension office. The class starts with a blank canvas and works together to create a garden. In 2019, the Master Gardeners set aside part of the space for an edible garden. They planted lettuce, swiss chard, kale, and a variety of herbs including edible flowers.

Simultaneously, the SNAP-Ed program in Vermilion County held a Jr. Chef summer session for children at the Extension office. When classes started, horticulture and SNAP-Ed staff collaborated on an herb lesson. Both agreed fresh herbs were better than dried or store bought, and this led to the Master Gardener class project becoming a living classroom.

Children were encouraged to touch, pick, and enjoy the sensory experience of a fresh herb garden. They could cut and take home herbs like dill, parsley, or basil, and less familiar herbs like borage. They learned that many flowers are edible like nasturtium, borage, and lavender.

Extension Master Gardener and SNAP-Ed programs worked together to show children that gardens can be decorative and useful on many levels. This is just one of many food producing gardens that also serves to enhance youth outreach and education.



The SNAP-Ed program in Vermilion County held a Jr. Chef summer session for children at the Extension Office.

Horticulture

Illinois Extension's horticulture programming creates more beautiful communities, while saving natural resources and preserving natural areas.

2019 Highlights



36,414

Hours volunteered by Master Gardeners and Master Naturalists



5,100

Attendees at more than 60 programs, including over 1,000 people who attended one of three Garden Walks



2,700

Plants grown and distributed at the VA Greenhouse for Veterans. 41 educational programs took place at the VA



3,350

Pounds of food were donated to decrease food insecurity

Monarch Watch

Concerned Ford-Iroquois Master Gardeners joined the Monarch Watch Program in 2016, ordering tags each subsequent spring. In the fall, butterflies are netted and a small white tag with a number from the Monarch Watch is placed under the lower wing. They are released and sent on their way to Mexico.

Recovered monarch tags from the U.S., Mexico, and Canada are reported back to Monarch Watch and added to their database. Last year, one of the butterflies tagged by Master Gardener Donna Siders was recovered near Baja, Mexico. In four years, they have tagged 280 Monarchs.

Horticulture Volunteers



214 Champaign County MG

180 East Central Illinois MN

84 Vermilion County MG

17 Ford-Iroquois MG

MG: Master Gardeners MN: Master Naturalists



extension.illinois.edu/cfiv/horticulture-natural-resources



Ginger Boas
County
Director



Kathy Sweedler
Consumer Economics
Educator



Chelsey Byers
Family Life
Educator



Myla Munro
4-H Youth Development
Educator



Mynda Tracy
4-H Youth Development
Educator



Ryan Pankau
Horticulture
Educator



Erin Harper
Local Food & Small Farms
Educator



Betty Gavin
EFNEP
Educator



Caitlin Kownacki
SNAP-Ed
Educator

Office Support Staff

Randal Barton, Business Manager
Amanda Bryant Brown, 4-H
Magdalena Casper-Shipp, Vermilion County
Herbert Chávez, Marketing & Communications
Jaide Jamison, Fiscal Secretary
Mary Knight, Champaign County
Debb Mikel, Vermilion County

SNAP-Ed Community Workers

Ellen Luhman
Delinda Huan
Del Jacobs
Sheri Walker
Janet Wright

Program Coordinators

Stephanie Acevedo, EFNEP
Tracy Bowden, SNAP-Ed
Amy Cain, 4-H
Amanda Christenson, Horticulture
Tabitha Elder, Horticulture
Jenney Hanrahan, Horticulture
Emily Harmon, Family Life & Consumer
Economics
Brooke Shrewsbury, Consumer Economics
Jennifer Odle, 4-H

EFNEP Community Workers

Jaime Holland
Kathy Miller
Khadiga Mohamed
Lauren Scott

Unit Council and County Board Representatives

Mr. Charles Alt
Ms. Kirsten Blackford
Mr. John Bodensteiner
Ms. Nancy Boose

Ms. Deb Fruitt
Ms. Stephanie Herges
Ms. Diana Herrittott
Ms. Jan Hetherington

Mr. Jason Johnson
Ms. Pat Ward
Mr. Brandon Wyatt
Mr. James Goss

Ms. Kathy Young
Mr. Brad Zwilling
Ms. Kayla Adams
Mr. Jaydeen Moore

OFFICE INFORMATION

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(217) 333-7672
Mon - Fri, 8 am - 4:30 pm

INEP Office

201 W. Kenyon Rd., Suite 3
Champaign, IL 61820
(217) 353-0740
Mon - Fri, 8 am - 4:30 pm

Vermilion Office

3164 N. Vermilion
Danville, IL 61832
(217) 442-8615
Mon - Fri, 8 am - 4:30 pm

Ford-Iroquois Counties

916 W. Seminary Ave.
Onarga, IL 60955
(815) 268-4051
Mon - Fri, 8 am - 4:30 pm

ONLINE



/UIExtensionCFIV



@UIExtensionCFIV



/UIExtensionUnit13

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.