



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**2021** Addressing Local Needs,  
Solving Global Challenges  
DeWitt, Macon, and Piatt Counties

## A Message from the County Director

It is my pleasure to represent a staff of outstanding professionals who strive every day to positively impact the lives of the citizens of DeWitt, Macon, and Piatt counties. To say that 2021 stretched the staff to their limits would be an understatement. While the pandemic has brought many changes to our programming, it has also brought numerous opportunities for innovation and diversity. I believe the work performed by the staff in our unit truly epitomizes Illinois Extension's motto, "Extending Knowledge, Changing Lives."



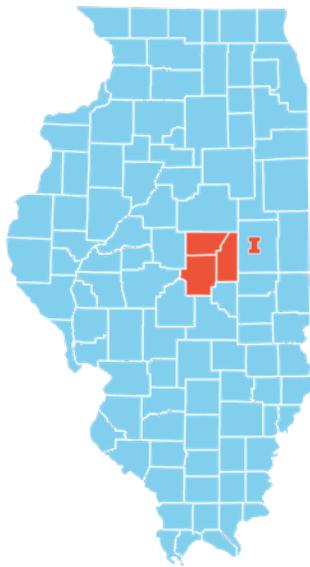
Doug Harlan  
County Director

Enclosed in this report, you will find evidence of our programs' impact on the region.

Extension programming reaches audiences of all ages and addresses the wide variety of community needs in all three of the counties we serve. There is simply not enough room in this report to describe the many innovative and educational outreach programs presented by our in staff in 2021, nor the full influence of those initiatives. I hope you will take the time to learn more about our programs, volunteers, and impact.

Thank you for your continued support of Illinois Extension in DeWitt, Macon, and Piatt counties.

# Staff Serving Dewitt, Macon, & Piatt Counties



### STAFF

Doug Harlan  
County Director

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Educator, 4-H Youth  
Development

Lindsey Burden  
Program Coordinator,  
4-H Youth Development

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Community Worker, SNAP-Ed

Marisa Capps  
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Master Gardener

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Educator, Horticulture and  
Natural Resources

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Program Coordinator,  
4-H Youth Development

Jenna Ward  
Program Coordinator,  
4-H Youth Development

Roxanna Waterhouse  
Office Support Assistant,  
Macon County

Charles Young  
Program Coordinator,  
4-H Youth Development

# Think Global, Act Local

Illinois Extension embodies the land grant mission of University of Illinois, providing applied research and education to address societal grand challenges and local issues.

## Community Support Strong and Resilient Youth, Families, and Communities

 Connectedness and Inclusion

 Involvement and Leadership

 Thriving Youth

## Economy Grow a Prosperous Economy

 Economic Vitality

 Financial Wellbeing

 Workforce Preparedness/Advancement

## Environment Sustain Natural Resources in Home and Public Spaces

 Enhancing and Preserving Natural Resources

 Engagement with Home and Community Landscape

## Food Maintain a Safe and Accessible Food Supply

 Food Access

 Food Production

 Food Safety

## Health Maximize Physical and Emotional Health for All

 Chronic Disease Prevention and Management

 Social and Emotional Health

 Healthy and Safe Environments

Look for these icons throughout this report to see how Illinois Extension is meeting these grand challenges at a local level.

## Illinois Extension 2021 Statewide Highlights

### Outreach Provided

565	335	84
Illinois Communities Served	Educational Sessions Per Week	Online Courses

### Partnerships Supported

6,445	278	1,000
Adult Volunteers	Community Gardens	School Partnerships

### Learners Engaged

8,000,000	14,450	500,000
Website Users	Online Course Users	Educational Program Attendees

### Resources Generated

\$14,000,000	\$242,000
Value of Volunteer Contributions	Value of Donated Garden Produce

Extension leaders meet with local stakeholders to define annual priorities that allow us to respond to evolving and emerging needs and make meaningful progress toward important long-term outcomes. This blend of long-range focus and local accountability is a powerful strategy that ensures we stay true to our mission as we serve communities across the state.

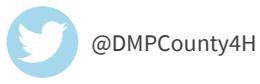
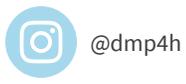


Thriving youth are at the core of healthy, robust communities. Illinois Extension’s mentorship-based youth development model focuses on social competence, academic success, career development, and community connection. The 4-H experience creates opportunities and environments for all youth to thrive today and in the future.

## Youth learn gardening skills with 4-H summer program

This year DeWitt, Macon, and Piatt counties 4-H staff reached out to form new partnerships with community organizations and strengthen already established relationships. This effort was instrumental in helping in-person programs return for our community youth.

**Grow A Salsa Garden** was hosted by eight libraries and summer care sites in Piatt and DeWitt counties. Youth grew the tomato transplant, cilantro seeds, and onion bulbs in five-gallon buckets. Families received gardening resources to ensure a successful harvest by the end of summer. Youth made and sampled salsa to prepare them when their produce was ready. Grow a Salsa Garden inspired 150 youth across Piatt and DeWitt counties, helping each gain confidence in growing and preparing their own food.



**Spice It Up** was a six-week program hosted by libraries and summer care sites in Macon County. Each week, youth learned about a different herb and planted a small start of the herb to take home. Participants prepared a simple recipe using the week’s herb. The excitement came when youth connected the herb’s flavor to something they had tasted before but didn’t know it was something they could easily grow at home!

My boys love being able to actually plant something, then connecting it with something they have fun cooking and eating. It’s been a wonderful experience!

PARENT, SPICE IT UP PROGRAM





## CALLING ALL SUPERHEROES 4-H CLUB

Growing snowflake crystals, practicing yoga, and creating their own cereal from the comfort of home were just a few highlights of this monthly virtual 4-H Cloverbud Club. An in-person Shipwrecked themed program showed Cloverbuds the wide variety of activities 4-H has to offer and encouraged participants to bring a friend. Teen teachers led activities for Cloverbuds who were “stranded” on the desert island, such as making a first-aid kit, painting a shark piggy bank, and making paper airplanes to get off the island. Cloverbuds and their guests were invited to a follow up activity, an unboxing event, at the DeWitt, Macon, and Piatt counties 4-H fair. Each child was given individually wrapped activities relating to a 4-H project, such as icing and a piping bag to practice food decorating, seeds and a pot, chopsticks to practice picking up food while learning about Japanese culture, and a mini canvas with paint.



## CELEBRATING 4-H

Many 4-H clubs and members struggled during 2020, so 2021 seemed the perfect time to go back to the basics and renew 4-H spirit and pride during National 4-H Week. Clubs reached out to community businesses asking for permission to decorate windows. Photos of the windows and art entries were posted on social media, and the public voted for their favorite. The response to this celebration of 4-H was amazing. Posts of photos reached over 7,500 on social media and had over 903 people either liking or loving the displays. Winners of the photo and drawing contest winners will be featured on the covers of the 2022 DeWitt, Macon, and Piatt 4-H show book and on the website. Cloverbuds also participated in National 4-H Week with a special coloring contest. Entries were displayed at Tractor Farm Supply in Monticello and Clinton and at the Extension office in Decatur.



## STEAM FUN AT LUNCH

Lunchtime is often a missed opportunity to provide youth with an enriching activity. The 4-H Lunch Club was a six-week program at Maroa Forsyth Elementary School that added an element of fun to the traditional lunch hour for students in third, fourth, and fifth grades. Planned activities in science, technology, engineering, art, and mathematics (STEAM) engaged the students, and discussions connecting the weekly activity with the corresponding 4-H project broadened the students' knowledge of 4-H. Bouncy balls, an intro to SCRATCH coding programs, monoprints, catapults, soil testing, and straw rockets fueled the excitement for this group. The success of the 4-H Lunch Club drew interest in the community and has resulted in the creation of a new community 4-H club that will focus on STEAM topics.



## ONE UNIT, ONE 4-H SHOW

Changes to the 4-H show seemed to happen rapidly in 2021. The virtual option transitioned to in-person and 4-H members were busy completing projects and preparing livestock. This was the first year for a combined DeWitt, Macon, and Piatt counties 4-H show. Clubs gathered at the DeWitt County Fairgrounds to display general projects for judging and show livestock. Although the weather wasn't cooperative, the torrential downpours did not dampen the spirits of the members. Buildings were busy with judging activities, barns were filled with moos and oinks. Rooster crows on Saturday morning alerted anyone driving by that there was definitely something happening on the grounds.





## SNAP-Ed partnership provides produce to community

One of our biggest projects this year was a partnership between University of Illinois Extension SNAP-Ed, the University of Illinois Extension Master Gardeners, and Crossing Healthcare to work on a **Growing Together Illinois** project. Crossing Healthcare had the existing Prescription Produce program for patients with qualifying health conditions, and the goal of this partnership was to expand the program to include food insecurity as a qualifier for enrolling in the Prescription Produce Program. During this partnership, SNAP-Ed staff hosted *Eat.Move.Save.* booths to provide nutrition education to program participants, conducted a communications campaign to educate the community about the project, led sustainability planning, and assisted in program evaluation.



A portion of the garden at Crossing Healthcare.



**51**  
Food Insecure Patients Enrolled



**1,031**  
Produce Distribution to Patients



**3,534**  
Pounds of Produce Harvested



**1,012**  
Volunteer Hours Spent at the Garden

The SNAP-Ed direct education staff were also successful in navigating and adapting to the COVID-19 policies of the local schools, daycares, after school programs, and other locations within the community. While many locations opened up in 2021, some still remained closed to outside visitors. For those sites, the staff developed pre-recorded lessons to continue to reach those community members.

## Master Gardeners explore new ways to learn

Those interested in Master Gardener training in 2021 were offered several ways to access training. A self-paced online training was offered locally three times throughout 2021, in January, May, and August. Trainees could also opt for a hybrid Master Gardener training, with a live virtual session supplemented with independent study. In-person training resumed in fall at the Macon County office. Through these sessions, our tri-county area welcomed 13 new Master Gardener trainees to the program. These five training options will be offered again in 2022.

Extension Master Gardener volunteers continue to spread their knowledge and generosity among communities through efforts such as speaking at garden clubs, civic groups, or schools; answering calls or emails at garden help desks; establishing demonstration gardens that serve as educational tools; and educating citizens on how to establish community gardens.

When people volunteer or advocate for a local issue, they see themselves as part of the solution and their community pride soars. Providing decision-makers with practical, timely, and research-based information gives leaders the tools they need to strengthen their communities and improve the quality of life in rural and urban areas throughout Illinois.



**13**  
New Master Gardener Trainees



**112**  
Master Gardener Volunteers in DeWitt, Macon & Piatt Counties



**5,664**  
Master Gardener volunteer hours in DeWitt, Macon & Piatt Counties, a value of \$166,351.68.



**847**  
Master Gardener continuing education hours in DeWitt, Macon & Piatt Counties



**162**  
Master Gardener Help Desk questions answered in DeWitt, Macon & Piatt Counties



**4,232**  
Pounds of produce donated by DeWitt, Macon & Piatt Counties, a value of \$6,249



Find out more about Master Gardener Training  
[go.illinois.edu/MGTrainingDMP](http://go.illinois.edu/MGTrainingDMP)





## Grant funds food insecurity efforts

University of Illinois Extension Horticulture and SNAP-ED partnered with Crossing Healthcare to address the burden of food insecurity in Macon County, working together to expand Crossing Healthcare's Prescription Produce Program. Grant monies were used to purchase seeds, growing supplies, and materials for raised beds.

In 2015, Crossing Healthcare launched their Prescription Produce Program for patients who have diabetes or pre-diabetes, youth ages 6-12 with a BMI greater than 85%, patients who are participating in the weight loss program, and patients in the substance use disorder outpatient program. In 2021, the program was expanded to include patients who screened positive for food insecurity. As part of this program, clients were provided a weekly "prescription" for fresh produce between the months of June and October. Throughout the growing season, Extension staff and Master Gardener volunteers provided education on how to use and prepare the distributed items, as well as how to garden at home. To bring further awareness to this location and its efforts, Master Gardeners held several educational programs and a garden tour.

Research shows a strong link between food insecurity, poor health, and even poor academic outcomes for children. Food insecurity is not just about hunger. It's about not having access to food options that meet nutritional needs, which is particularly important for individuals and families with limited resources. Extension's network of volunteers and partners work together to address food insecurity.



Master Gardener Brenda Craven displays vegetable garden at Crossing Healthcare during a garden tour.

## Participants take to the trails for Extension tree identification walks

Horticulture Educator Sarah Vogel led participants on tree identification walks in various locations throughout the fall of 2021. Participants studied tree morphology and learned how to identify trees by characteristics and leaves. Discussion included prevalent tree pests, pathogens, invasive species awareness, and advocacy. Outdoor programming provided an opportunity for participants to gather comfortably while Extension promoted the joys of nature through education.



Horticulture Extension Educator Sarah Vogel discusses tree characteristics with participants.

## Library partnership adds additional programs for Clinton residents

Vespasian Warner Library in DeWitt County provided Extension programs to residents of Clinton. In addition to seed sharing, the library started a Master Gardener Help Desk in service to the community. Extension staff offered a composting presentation and a workshop on terrariums. The long waiting list for the terrarium event indicates that similar workshops will be well-attended in the future, and evaluation indicates that interest spanned a range of demographics. The partnership with Vespasian Warner Library has cultivated volunteer involvement, environmental awareness, and community partnership.



Participants add materials to their terrariums at Vespasian Warner Library in Clinton.





## Instant cooking participants gain confidence, experience

Traditional pressure cookers have evolved to add computer programs and use electricity. These electric pressure cookers are a popular appliance, but not everyone who owns one is comfortable using it. **Cookin' in an Instant** is a beginner series to develop basic skills and increase confidence with electric pressure cooking. The six-week series was presented in the spring, summer, and fall, with participants attending virtual 30-minute lunch-and-learns. Each lesson in the series discussed a feature of electric pressure cooking, with a recipe assigned as homework. An average of 48 adults signed up each season, with an average of 14 attending live classes. Attendees were encouraged to post photos of their homework recipes each week to a private online group, sharing successes and challenges they experienced.

I was one of the people in class whose cooker was still in the box. I learned to face my fears and get over them.

PARTICIPANT, COOKIN' IN AN INSTANT



20

Participants responded to survey



90%

Use their pressure cooker more



95%

Have more confidence using pressure cooker

I enjoyed having a weekly goal of making something new in my pressure cooker. I tried several recipes that I probably would have skipped past if they hadn't been recommended.

PARTICIPANT, COOKIN' IN AN INSTANT

## Staff Earns Awards

The statewide nutrition and wellness team, including Caitlin Mellendorf, won the Team Excellence Award at Illinois Extension Annual Conference for its work on the **Fill Your Pantry: Home Food Preservation webinar** series and the *31 Days of Food Preservation* social media campaign addressing safe home food preservation.



Pictured left to right: Diane Reinhold, Mary Liz Wright, Susan Glassman, Lisa Peterson, Jenna Smith, Kristin Bogdonas, and Caitlin Mellendorf.

## Prioritizing food safety education

To ensure safety of foods you eat in public spaces, such as in restaurants, hospitals, and schools, employees who prepare, cook, and handle foods are required to complete the **Certified Food Protection Manager** course and exam every five years. In 2021, six CFPM classes reached 41 students. The two-day course covers information on foodborne illnesses, safe food handling, proper handwashing, minimum cooking, holding and storing temperatures, and more. The average test score was 86, with a passing score of 75.

Foodborne illnesses cost society an estimated \$36 billion annually, with an average cost of \$3,630 per illness. Food safety is challenged everywhere from the field to the kitchen. Safe growing, handling, and preservation practices can help reduce the social and economic impact of foodborne illness.





Master Naturalists participate in bird count. Photo submitted by Master Naturalist Kristen Ragusa.

## Bird Watching

The Second Saturdays Regulars bird watching group continued to gather. This group has been going strong since March 2019. Each month, the group chooses a different bird watching site within DeWitt, Macon, and Piatt counties. They saw 31 species at Allerton Park in May 2021 and completed three bird counts.

The survival of our planet depends on the quality of our water, land, and air. These shared resources must be managed through sustainable practices that support ecological balance. We must take steps now to effectively steward these resources for generations to come.

## Master Naturalists focus on community

Community education efforts resumed this year for Master Naturalists. Our Glacier's Edge Master Naturalist volunteers began the year with the annual Carolyn Mason Education Day. *Out Your Back Door* focused on the many ways to bring nature into a yard. Twenty community members attended, which marked the first in-person event since 2020.

Outdoor events, including the Festival of Spring, Monarch Madness, and the Hummingbird Festival, provided an opportunity to set up nature-related activity tables to interact with children. A lending library at Allerton Park stocked with nature books ensured that all ages had access to educational resources. Plans to add a lending library to a trail at Rock Springs Conservation Area are also underway.



Lending library at Buck Schroth Trail in Allerton Park awaits park visitors.



 22  
Master Naturalist  
Volunteers

 2,366  
Volunteer Hours



## Best practices improve productivity

The **Regenerative Grazing** webinar attracted local and state-wide attention. This program featured two regenerative graziers explaining the how and why of this adaptive management grazing method. A tour led by the two graziers allowed webinar participants to view the grazing operations. The webinar has been posted on YouTube and has had 300 total views.

Whether large commercial agriculture operations, small farms, or community and backyard gardens, the future of our food supply relies on use of practices that boost production and capacity. Growers at all levels benefit from effective, efficient, and sustainable approaches to cultivating produce, crops, and livestock that feed their families, communities, and the world.

Proper pruning is an important part of ensuring healthy fruit trees. Extension Educator, Doug Gucker taught a two-part fruit tree pruning workshop in March. The program included an hour of classroom instruction on the basics of fruit tree pruning followed by an hour of pruning practice at a nearby orchard. Twenty-one participants attended the workshops.



90%

Would change current pruning practices



80%

Gained more knowledge



Acres of Knowledge blog  
[go.illinois.edu/AcresofKnowledge](https://go.illinois.edu/AcresofKnowledge)

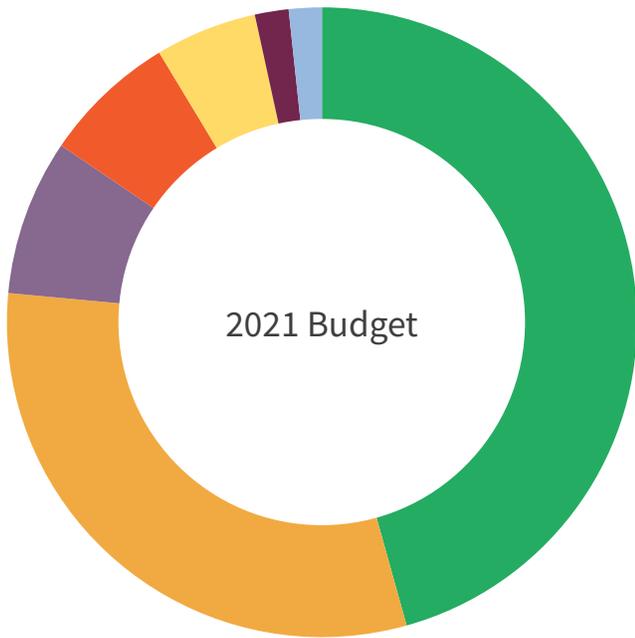
## Recognizing the Impact of Stress



Stress is a fact of life for farmers and their families. Agriculture ranks among the most hazardous industries. Financial problems, uncertain market prices, farm transfer issues, production challenges, isolation, and more are common worries for those in the agriculture business. Cheri Burcham, Extension family life educator serving Coles, Cumberland, Douglas, Moultrie, and Shelby counties, and Doug Gucker, local foods and small farms educator from DeWitt, Macon, and Piatt counties, facilitated the virtual program *Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset*. This joint effort educated local agencies on the available resources for this at-risk population.



Even before the global pandemic's new social, economic, and life challenges, mental health was a growing concern. Illinois residents of all ages and walks of life need to know where to turn for resources to help cope with the daily stressors that threaten mental health and wellbeing.



The 2021 operating budget totaled \$1.5 million. Extension is funded through a combination of local, county, state, and federal dollars,\* which are returned to the community through educational programming.

- \$713,022 County Board
- \$481,034 State County Board Match
- \$125,000 Program Income
- \$107,324 State Income
- \$81,450 Gifts/Donations/Grants
- \$27,030 Local Sources
- \$26,402 4-H Premiums

\* No federal funds were budgeted for use in 2021.

## 2021-2022 Extension Council Members

Angi Carter, DeWitt County	Kristi Pyatt, Piatt County	Jennifer Suckow, Macon County
Sonya Anthony, Macon County	Tayisha Nelson, Macon County	David White, Piatt County
Nancy Derby, Macon County	Kallee Steinkamp, Piatt County	April Gum, DeWitt County
Ben Suckow, Macon County	Megan Murphy, Piatt County	Kathi Drozs, DeWitt County
Merry Lanker, Macon County	Brett Brown, Macon County	Morgan Drozs, DeWitt County
Karen Halicki, Macon County	Ray Spencer, Piatt County	Jerry Edwards, Piatt County

## Online Outreach

-  5,208  
Recipients of 128 Extension and 4-H newsletters
-  26,206  
Website views
-  3,542  
Followers of 6 Facebook pages
-  285  
Hours of video watched

Extension explored new avenues to reach audiences in 2021. WAND and our staff created three commercials: one for 4-H volunteer recruitment, one for 4-H membership, and one marketing the local Extension program. All three commercials aired during the summer Olympics.

A consistent social media presence was maintained this year. Accounts on Twitter, Instagram, and Facebook showed increases in followers.

Staff continued creating videos for virtual programming and program updates. An email marketing campaign shared programming and educational information. The unit website welcomed 6,986 new users.



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## SPONSORS / PARTNERS

4-H Memorial Camp • ABC Preschool • Agriculture Watershed Institute • Allerton Park & Retreat Center • Allerton Public Library • Anna Waters Head Start  
Archer Daniels Midland • Argenta-Oreana Public Library • Argenta-Oreana School District • Atwood-Hammond Library  
Atwood-Hammond School District • Baby TALK Early Head Start • Barclay Public Library • Bement Chamber of Commerce • Bement Public Library  
Bement School District • Blue Mound Memorial Library • Blue Ridge School District • Blue Ridge Township Library • Boys & Girls Club of Decatur  
Bryant Cottage • Bushel and Peck Wild Flowers • C.H. Moore Homestead • DeWitt County • Carriage House Apartments • Central Illinois Aerospace  
Cerro Gordo School District • Chi Xi Omega • Cisco Community Center • City of Monticello • Clinton Community • School District  
Clinton Community YMCA • Clinton Journal • Coffee Connection • Connie's Country Greenhouse • County Market • Crossing Healthcare  
Decatur Day Care Center • Decatur Family YMCA • Decatur Housing Authority • Decatur Park District • Decatur Public Library • Decatur Public Schools  
Decatur Public Schools Foundation • Decatur-Macon County Opportunities • DeWitt County 4-H Foundation • DeWitt County Coalition  
DeWitt County Farm Bureau • DeWitt County • Friendship Center • DeWitt County Housing Authority • DeWitt County SWCD  
DeWitt-Piatt Bi-County Health Department • Double D Farms • DOVE, Inc. • Ecumenical Food Pantry of Piatt County • Empowerment Opportunity Center  
Exelon • Faith in Action • Farm Progress Show • Farmer City Public Library • First Baptist Church • First Christian Church, Monticello  
First Mid-Illinois Bank, Monticello • First National Bank, Clinton • First State Bank, Monticello • Forsyth Public Library • Fox Run Farms • Girl Scouts  
Girl Scouts of Clinton • Good Samaritan Inn/Mercy Gardens • Holly's Country Kitchen • Homework Hangout • Hope Welty Public Library  
Illinois 4-H Foundation • Illinois Association of Home and Community Extension • Illinois Public Media • Kirby Medical Center • Lake Fork Sportsman Club  
Macon County 4-H & Extension Foundation • Macon County Ag in the Classroom • Macon County Conservation District • Macon County Fairgrounds  
Macon County Farm Bureau • Macon County Obesity Prevention Coalition • Macon County SWCD • Macon Resources, Inc. • Maddox Sweet Corn Farm  
Maroa Public Library • Maroa-Forsyth School District • McGrath Plants and Produce • Meridian School District • Mike Heiniger Photography  
Millikin University • Monticello Christian Academy • Monticello Farmer's Market • Monticello School District • Mothers of Preschoolers  
Mt. Zion District Library • Neighborhood Care Center - Clinton • New Vision Food Pantry • Northeast Community Fund • Now Decatur • Old Kings Orchard  
Oxford House • Piatt County Farm Bureau • Piatt County Journal-Republican • Piatt County SWCD • Piatt Mental Health Center • PrairiErth  
Reasonable Services Food Pantry • RFD Radio Network • Richland Community College • Rural King • Salvation Army • Save-A-Lot - Clinton  
South Macon Public Library • State Bank of Bement • Take Off Pounds Sensibly • The Herald & Review • The Vault • The Woods Apartments  
Topflight Grain Co-operative • Tractor Supply - Clinton • Tractor Supply - Monticello • Triple M Farm • U of I Plant Biology Greenhouse  
United Way of Decatur & Mid-Illinois • Vespasian Warner Public Library • WAND TV • Warner Hospital and Health Services • Waynesville Township Library  
WCIA TV • Webster-Cantrell Hall • Wee Folks Daycare • Weldon Public Library • Weldon Springs State Park • WHOW Radio • Willow Tree Missions  
WPXN Radio • Youth with a Positive Direction

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## OFFICE INFORMATION

### DeWitt County Extension

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### Macon County Extension

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Decatur, IL 62521  
(217) 877-6042 Fax: (217) 877-4564  
Monday - Friday: 8 AM - 4:30 PM

### Piatt County Extension

210 S. Market St.  
Monticello, IL 61856  
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Monday - Friday: 8 AM - 4:30 PM

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## ONLINE



[go.illinois.edu/dmp](http://go.illinois.edu/dmp)



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[DeWitt, Macon & Piatt Counties](https://www.youtube.com/channel/UC...)



[/UIExten\\_DMP](https://www.instagram.com/UIExten_DMP)

Cover photos: Master Gardeners masquerading as monarchs at Monarch Madness, 4-H youth spending time in the swine barn, Shoppers at Macon County Master Gardener Plant Sale, and CloverBud showing her First Aid kit made at Shipwrecked event.

## 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).

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