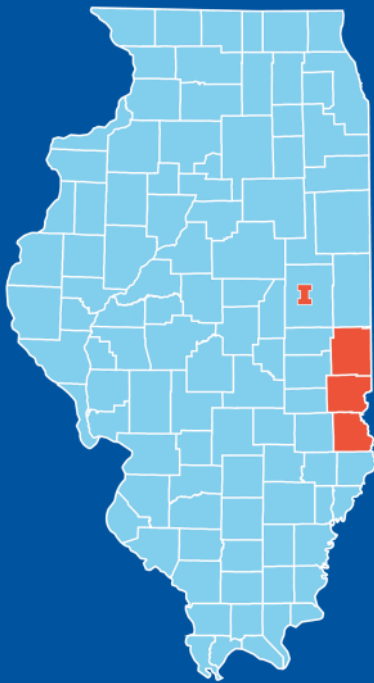




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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

The staff at Illinois Extension works every day, offering practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. I am always proud of the work our staff and volunteers conduct, and this annual report does a great job highlighting the results. But, this annual report is much more than a list of our programs; it is an invitation to engage in a relationship with our staff. By collaborating with others in the communities we serve, we are all more successful.

Please share this report with your co-workers, business partners, and friends. Public awareness of what we do strengthens our organization and helps us reach more people. We invite you to partner with us as we continue to improve the lives of everyone in our communities.

A special thank you to our stakeholders and supporters. We appreciate you for serving right along with us!

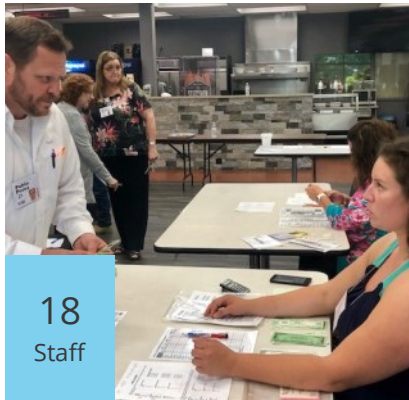
Stacy Woodyard, County Extension Director
 henns@illinois.edu



The People



573
Volunteers



18
Staff

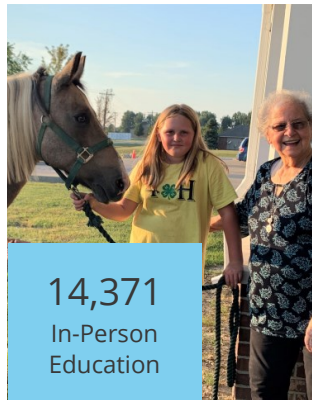


120
Partners

The Methods



500,000
Social Media, Website,
& Electronic
Newsletter Reach



14,371
In-Person
Education



232
News Releases & Newsletters

Goodbye to a Great Friend



Jessie Tingley Crews retired from Illinois Extension in 2019, after 35 years of service. In 1984, she was first hired as the Crawford County 4-H Youth Advisor, where she worked until 1986, when she moved to the Clark County Extension Office, holding the same position. In 2011, she became the 4-H Youth Development Educator for Clark, Crawford and Edgar counties, and that is the position from which she retired.

Crews' favorite part about working with one organization for so long has been "meeting first year 4-H'ers, watching them grow in their 4-H career, then seeing them become leaders in our community."

Hello to a New Friend



Susan Sloop joined our unit as the 4-H Youth Development Educator in August 2019. Susan came to us with over three years of Illinois Extension experience as a Family Life Educator

in Franklin, Jackson, Perry, Randolph, and Williamson counties. Susan and her husband's family are from Clark County, and we are excited to welcome them home.

Financial Report

REVENUES	\$707,342
Federal	10%
State	36%
University	3%
Local Taxes	39%
Donations & Grants	12%

EXPENDITURES	\$707,342
Personnel	77%
Programming	10%
Equipment	1%
Overhead	10%
Travel	2%



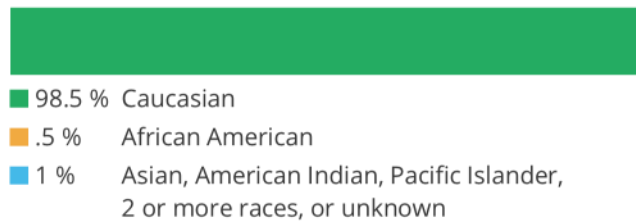
Serving Youth in Clark, Crawford, and Edgar Counties

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



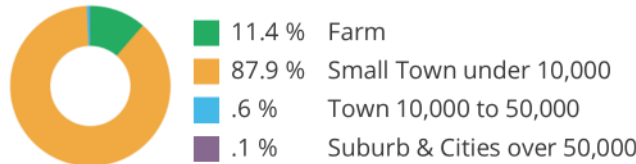
RACE



ETHNICITY



RESIDENCE



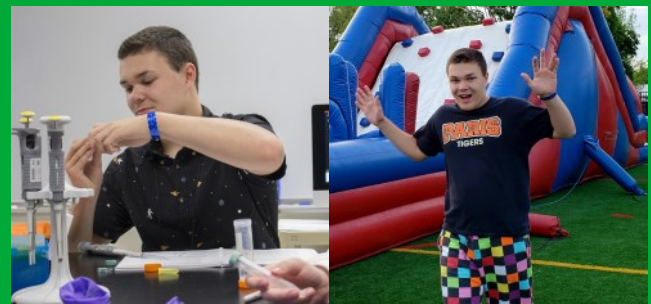
4-H Encourages Teen beyond the County Level

Cooper Kuglin first joined 4-H because he thought it would be fun to launch rockets. Now, eight years later, he says it's so much more than that. "I find myself a dedicated member who leads and makes decisions as president of my 4-H club, the Stratton Junior Farmers," the 16 year-old junior admits.

While the 4-H fair is a favorite activity of many, and Cooper certainly enjoys showing his horse, dog, cooking, and visual arts projects, he is drawn to the many experiences available throughout the year outside the county level. During summer 2019, he attended his first Illini Summer Academy on the University of Illinois campus. Cooper says, "It was one of the best experiences I have ever had. It was like going to college for a week!" Participants stay in the dorms, eat meals in the cafeteria, and attend classes and labs throughout the day in one of approximately 16 different departments. Cooper was able to explore his interest in Molecular and Cellular Biology, and even extracted his own DNA.

Cooper believes attending a state-wide 4-H event was a great experience. It allowed him to not only learn, but to participate in group activities where he met new friends and had to be responsible for himself. He says, "I couldn't wait to tell my parents and two younger brothers, who are also in 4-H, about Illini Summer Academies."

Illinois 4-H offers many learning and leadership activities beyond the county level. Cooper Kuglin invites all 4-H members to take advantage of events such as unit officer training, Junior Leadership Conference, unit cooking competitions, 4-H Memorial Camp, Citizenship Washington Focus, and many livestock conferences and competitions.



Cooper Kuglin during a lab and enjoying free time at Illini Summer Academies.



46 4-H Clubs

- 25 Multi-Project Clubs
- 12 Special Interest Clubs
- 9 Cloverbud Clubs



2,521 Youth Reached

- 798 in 4-H Clubs
- 75 in Extended Programs
- 1,648 in Short Programs



426 Youth Reached

- 71 Multi-Project Club Leaders
- 41 Special Interest Club Leaders
- 19 Cloverbud Club Leaders
- 68 Fair Superintendents
- 227 Program Volunteers



86 Programs

- 9 Extended Programs
- 30 One-Day Programs
- 47 Short Programs

Cloverbuds - The Feeder Program of 4-H



You have likely heard of feeder programs for high school and college sports, but Illinois 4-H has its own recruiting tool in place with the Cloverbuds Program. It is important

to involve these pre-4-H youth in activities and learning opportunities that are appropriate for five to seven year-olds, before they become too immersed in other programs. Youngsters are thrilled to have a club all their own, giving them a sense of belonging, just like their older siblings in 4-H.

Crawford County has been particularly successful in increasing Cloverbud participation. In 2018, they reported just 12 participants. In 2019, that number increased to 43. In Edgar County, they went from just one Cloverbud club to three clubs in 2019. Clark County has the highest retention rate of Cloverbuds who then go on to join a regular 4-H club at an amazing 95 percent! The other two counties average around 75 percent, which is also impressive.

Clark, Crawford and Edgar Counties certainly see the importance of investing in these youngest participants of the 4-H program. Cloverbuds are enthusiastic, curious, and creative, and they cannot wait to be Cloverbuds now—4-H'ers forever.

I wish Cloverbuds was every night!
I love Cloverbuds!
LYNDEN MOONEYHAM,
EDGAR COUNTY CLOVERBUD

I love that Cloverbud clubs are available in our area. It gives younger siblings an opportunity to participate and feel included.
VERONICA CORNEJO, CLARK COUNTY PARENT



Educating Youth is Best Accomplished through Community Collaboration

Through the philanthropic investment of our local community, 4-H delivers programming that helps youth learn with purpose. Edgar County 4-H Program Coordinator Maria Crandell has been actively working with local businesses to gain support for Edgar County 4-H. A spokesperson for Farm Credit Illinois states, “We believe those participating in 4-H learn about leadership, volunteering, mentoring, and commitment which are lifelong skills that build strong individuals and collectively stronger communities.”

First Farmers Bank believes supporting 4-H supports the community, and has been a major contributor to Edgar County 4-H and the 4-H Fair since the 1800’s. They have future plans to help teach young adults how to start saving at a younger age by offering a monetary incentive to each youth who uses their 4-H auction check to start a checking account with them.

First Mid Bank and Trust also appreciates the opportunity to contribute and support 4-H. According to Community President and Commercial Loan Officer Spencer Russell, “We want to partner with organizations that are focused on giving youth access to experiences that are designed to encourage, develop and teach skills that can equip them for the world that lies ahead.”

As the 4-H organization grows, we know partnerships within our own communities are vital. As a Farm Credit Illinois spokesperson said, “We know times are changing in rural America, and through 4-H we see the opportunity to form a foundation that allows our youth to broaden their horizons and be given the opportunities to experience new things.”



4-H Program Coordinator Maria Crandell (middle) with Farm Credit Illinois representatives who were sponsors of 2019 Conservation Day.

4-H is helping youth understand where their food comes from, inspiring them to pursue interests in agriculture, and creating opportunities for them to advocate for more food-secure communities.



4-H: Service to Others

4-H members are always looking for ways to serve others. Members in Crawford County made a point to serve farmers during their annual 4-H Week. Feed the Farmer was the idea of 4-H Program Coordinator April Knoblett, and the idea was carried out in multiple ways across the county. Cloverbuds decorated paper lunch sacks and filled them with snacks, then handed them out at the local mill. The Annapolis Pathfinders 4-H club gave out similar bags at Annapolis Grain, while the Jr. Leaders delivered their bags to The Equity. The Palestine Prairie Pals club collected donations from local businesses and had meals made up, which were delivered to Lincolnland Agri-Energy and Mont Eagle Mills in Palestine. The remaining meals were delivered to the Crawford County Highway Department.





Intergenerational Activities Have Benefits for Seniors and Youth

Residents of nursing homes and assisted living facilities can often feel isolated and excluded from their communities. One Clark County 4-H tradition helps develop a connection between seniors and the youth in their community.

Clark County 4-H Program Coordinator Cartha Gustafson has been organizing a petting zoo at the Burnsides Community Health Center in Marshall, Illinois for the past 21 years. This year, they hosted their first petting zoo at the Villas of Holly Brook. She says, "This type of program creates a sense of understanding and respect for each generation. Everyone benefits."

Gustafson's own mother, Helen Wernz, is an 89 year-old resident at the Villas and she says, "I loved seeing the kids with their animals. I grew up on a farm and was a 4-H'er when I was young. It was so nice to visit with the young people who took so much pride in their animals."

When asked about her experience participating in the petting zoo, 16 year-old Sara Smallwood said, "The bright faces of the residents was so rewarding, and some residents reminisced about their childhood on farms. This opportunity allowed me to share with others my passion for animals and for 4-H."

Programs between youth and seniors aren't new. It has long been known that intergenerational relationships help people make connections, learn about the other generation, and bring a sense of understanding between the two. It also reinforces positive attitudes towards the other generation.

One of the biggest barriers to young and old coming together is difficulties communicating. By having 4-H animals to pet and talk about, this barrier is easily broken. The families of the residents were also invited to attend the petting zoo, allowing for a different kind of communication between family members.

Keep up the good work, Clark County 4-H!



4-H member, Kyla Gustafson, seen here with her horse, M&M, and great-grandmother, Helen Wernz (4-H alumni).



A group of residents and their families interact with 4-H members and their animals outside the Villas.



4-H member, Jeremiah Hollingsworth, with his rabbit and Cloverbud member, David Gustafson.



Conservation Day - A Community Effort

One day in October 2019, the 4-H fairgrounds were host to nearly 200 fifth graders from Edgar County schools.

Sponsored by Illinois Extension, Edgar County Farm Bureau, and Farm Credit Illinois, Conservation Day 2019, aimed to increase awareness of the earth's natural resources and how students can help protect them. By spending 20 minutes at eight different educational stations, students had the chance to learn by listening, playing games, and participating in experiments.

One of the favorite activities seemed to be the watershed demonstration and rainfall simulators taught by Illinois Extension's Jennifer Woodyard and Jesse Soule. Using a model of a typical plot of land, students added loose soil, fertilizer, trash, and manure, then observed what happened when it rained. Of course, all of this was simulated, but students could easily see where rain traveled and collected, and how it can be altered by natural and human activities.

Some of the other stations included a forestry station where Tom Hintz from Illinois DNR encouraged kids to go on nature walks, Susan Sloop from Illinois Extension experimenting with the kids at a weather station, Britta Baker from Enerstar teaching kids how they can conserve energy at home, Van Grissom from Illinois DNR with live aquatic animals, Paris High School FFA Advisor Kyra Hutchings teaching the difference between prey and predators, and Illinois Extension Master Gardeners and Master Naturalists with a station teaching kids how to sort trash into items that should be recycled, composted, or go to the landfill.

The highlight of the day came after lunch when Mark Booth, from Take Flight! Wildlife Education of Indianapolis, captured everyone's attention by introducing Rose the red-tailed hawk to the crowd. Using humor, theatrics, imitating animal sounds, and of course, live birds, Mark helped the students understand the importance of respecting nature. Other birds were introduced, including an American kestrel, barred owl, and a lanner falcon. According to Mark, "Keeping our eyes to the sky helps us keep track of the health of our planet."



(left) Two students conduct a cloud water capacity experiment during Conservation Day.

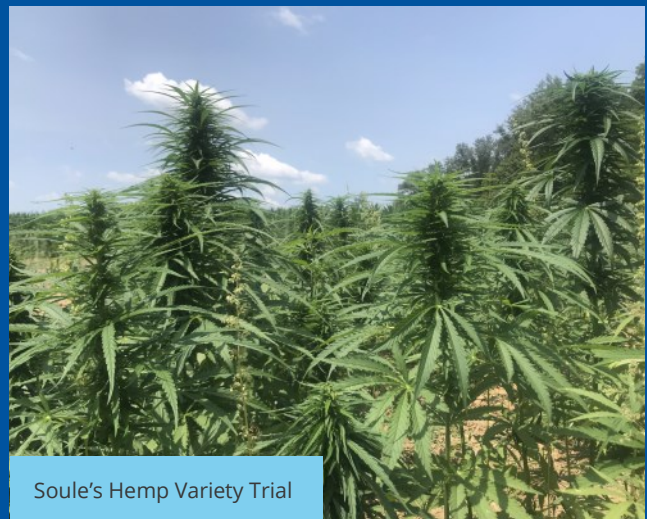
(right) Mark Booth with Rose, a red-tailed hawk.

Commercial Agriculture around the Unit

Having a commercial agriculture educator in the unit has proven to be beneficial. During her second year, Jesse Soule has continued to participate in statewide agricultural surveys, including one on corn and soybean nematodes, and one on identifying pest and disease issues as part of the Illinois Pest Monitoring Service. She has also implemented several on-farm research trials, including a Hemp Variety Trial and Hay Quality Trial.

According to Soule, "Collaborating with other Extension educators and agricultural organizations is critical for sharing information." The Soil Fertility webinar allowed 19 different Extension offices to host almost 100 participants, where they learned valuable and practical information at their nearest Extension office.

Soule also worked with other organizations to implement an intensive 18-month training program aimed at providing 25 participants advanced soil health training.



Soule's Hemp Variety Trial



Master Gardeners and Master Naturalists were active with adult and youth audiences in 2019, with activities ranging from Conservation Day to in-classroom activities, gardening seminars to soil sample collections. These photos are the highlights.

Third graders learn about farm to table from Mary Kay, Marian, and Teresa.



Sara and Liz tend the teaching garden of native plants at the Edgar County Historical Society.



Mike teaching about butterflies



Students awaiting the release of their butterflies at the culmination of their unit



Teresa works with a Shiloh student during a planting activity.



A 5th grader studies soil sediment in an activity led by Jacqui.



Erica and Teri teach about composting at Conservation Day in Crawford County.



CHRONIC DISEASE

Illinois Extension continues to provide research-based education to people who struggle with chronic disease. Participants of the I on Diabetes, four-part series held at Edgar County Senior Housing facility in Paris, reflected on how they would use the information in their everyday lives. One person said, "The handbook is a gold mine of information, which I'm sure will be used time and again."



HOME & COMMUNITY EDUCATION (HCE)

HCE was organized in 1924, for the purpose of educating and enriching the lives of families. Our unit continues this tradition by offering lessons to HCE members. Program topics are chosen by HCE members from lessons prepared by Family and Consumer Science educators. What's New in the Kitchen, where participants learn how to safely use electric pressure cookers, air fryers, high speed blenders, and spiralizers, proved to be the most popular, with three units requesting the program.

BEE WELL COALITION

- ▶ The Edgar County Wellness Coalition, Bee Well, continues to raise awareness for wellness and educate people about their health. Wellness tips are posted on the coalition's Facebook page, on a bulletin board at a local fitness center, and in the local newspaper.
- ▶ New projects in 2019, included a Drink More Water campaign, partnering with local convenience stores to offer ice water in the branded stay cold cups for 39¢.
- ▶ Bee Well was awarded the 100 Women Who Care, Edgar County grant to purchase outdoor exercise equipment to be placed in Paris Twin Lakes Park.
- ▶ The Bee Well Fun Runs continued, along with a 10-week conditioning program.



Signs placed around convenience stores.



FOOD SAFETY AND PRESERVATION

Illinois Extension provided the required USDA continuing education requirements for 122 school food service staff in the Regional Education areas of 11 and 12. Participants learned basic nutrition, food safety, and cooking in quantity to satisfy the six-hour per person requirement.

Food preservation continues to be a popular topic. Illinois Extension offered several hands-on workshops to offer up-to-date methods and participants left with a jar of jam or salsa.



Making Connections Important

When SNAP-Ed workers visit food pantries, classrooms, or the Health Department to interact with families, they are doing more than providing healthy nutrition education. They are making connections with people on a personal level that can have an impact in surprising ways.

Tammy Evans recalls a favorite quote from a preschooler who said, "Can you feel it? Can you feel it?" The preschooler had taken part in Evans' lesson, I Can Feel My Heart Beat, where students danced to get their heart rates up, then enjoyed fresh, fruity water. During a follow-up visit to the classroom, the teacher mentioned that the kids were running and this student grabbed a classmate's hand to have her feel her heart beat. Evans' says, "It's always rewarding to know they are listening and getting my message."

When SNAP-Ed worker, Hope Dennis, was grocery shopping one day, she had a preschool parent approach her and ask how to get her child to eat fruit. Dennis and the parent brain-stormed and price-compared fruit in the fresh produce, freezer, and canned departments. The preschooler was able to pick out some new fruits to try and was excited to report back to Dennis what she liked.



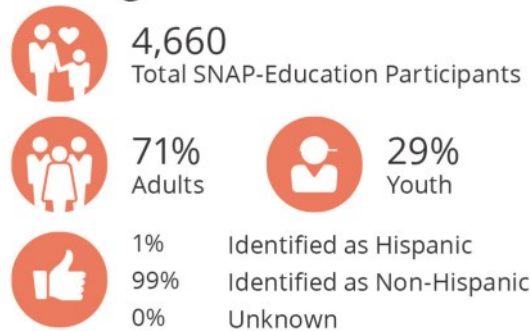
Tammy Evans (right), who works in Edgar and Clark counties, received the Rookie of the Year award at the Illinois Nutrition Education Program fall training. This award is given to a team member who has worked with INEP for less than two years and has shown excellence in reaching limited-resource participants and learning new teaching skills for adult and youth audiences.



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



Our Community Partners





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. Angie Barrett (Circuit Court Clerk, Edgar 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.



112
Community
Volunteers



276
Hours of Service



\$6,900
In-Kind
Donations



4,123
Educational
Contacts

New Initiatives and Continued Programs

The community and economic development team has new partnerships with the National Road Trails System and the Casey 100 Women Who Care. In addition, they continue their work with strategic planning facilitation for communities and organizations, poverty simulations for K-12 and higher education groups, and the Real Colors program with over 550 high school students and community college staff.

Collaborating with new community partners is always exciting, and the community and economic development team is proud to add the Clark County Mental Health Board, Regional Integrated Business Services LWIA 23 Committee, and Big Things in Small Towns Board to that list. They continue to join forces with over 35 community, county, regional, state, and campus Partners.

Expansion and Impact of the iDREAM - iCREATE Program

In it's second year at the Marshall school system, the iDREAM—iCREATE Program has reached over 1,000 students with 10 volunteers giving 100 hours of service and in-kind donations valued at over \$5,000!

The program expanded this year to reach new audiences including:

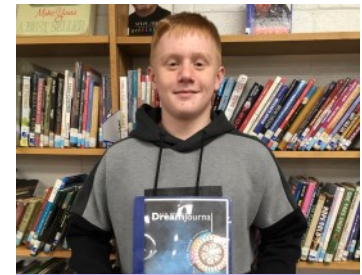
- ▶ Clark County Home School Organization
- ▶ Paris Kindergarten
- ▶ Crawford County high school seniors
- ▶ 501(c)3 organizations
- ▶ Campus departments including University of Illinois administrative professionals, Liberal Arts and Sciences staff, Extension Family Consumer Sciences Team, and Extension Administrative Professionals



The iDREAM — iCREATE Program has had many success stories along the way. Here are three stories from adult and youth perspectives.

Camden Mason's Story

Ever since I was a little kid, I've always wanted a dirt bike. I wrote it on my Dreams List in 5th grade. I always played with little dirt bike toys and had t-shirts, even in kindergarten, with dirt bikes on them. My dad and grandpa had grown up riding dirt bikes and I'd heard all of their stories. It took years of saving my own money, and finally in 6th grade, I was able to buy a XR 100R Honda from one of my family friends for only \$500. I remember stopping Mrs. Macke in the hall one day to tell her I had one of my dreams come true. When I first got my dirt bike, it was hard for me to even start, but now I'm up to jumping little ramps. The day I got my dirt bike was one of the best days of my life!



Camden Mason, now an 8th grader, began his dream list in the 5th grade.

Angie Perry's Story

I have been collaborating with Tiffany Macke for the last seven years in my 8th grade Research to Careers class and the Marshall Dream Team. We have taught the 100 Dreams lesson together nearly 30 times. The first year we asked our students to compile their dreams, Tiffany encouraged me to do this, as well. At the time, I was a young mother with two elementary children. I wasn't sure how much this would impact me personally, since my focus was so much on my kids at this time, but I played along and started my list.

As of today, I have exactly 60 dreams, and some of our best family memories have been made accomplishing things I jotted down; things I would have forgotten if I had not. My most recent iDream success came when my husband and I took a 20th anniversary trip to Las Vegas. We had a lot of dreams come true on our trip, as we took along my sister and brother-in-law, who had dreamed their entire lives of attending the National Finals Rodeo. I absolutely do not think we would have planned this trip if I had not written it down years ago. The Dreams List helps us to remember to make the most of the time we have.



Angie Perry fulfilling one of her dreams in Las Vegas. L to R: Ben Furlong, Abbie Furlong, Angie Perry, Justin Perry.



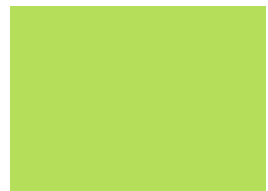
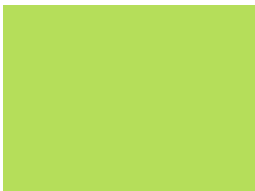
Tom England in costume for the play, *Our Town*.

Tom England's Story

I signed up for the iDream class because I was floundering at making progress on some things I wanted to accomplish. In addition, I'm getting close to retirement, and hoped the class would provide tools to help me with that. The exercise of creating 100 goals, some fun and some serious, was a great catalyst. Instructed to ignore all constraints, I was able to come up with 100 goals, about 50 in each category.

One of my goals was to audition for a part in a play; auditioning was the goal, getting a part was not. By coincidence, *Our Town* was being performed by a local theater group. I auditioned and earned a part. While I had intended to go see the play performed, it was because of the goals list in the iDream class that I auditioned.

As I write this story, the play has completed the first weekend of performances with one weekend to go. While I don't want this play to end, I am eager to decide what I will pick off my list of goals to focus on next.





Stacy Woodyard
County Director



Mary Liz Wright
Educator, Nutrition and
Wellness



Tiffany Macke
Educator, Community &
Economic Development



Jessie Crews
Educator, 4-H Youth
Development (Jan-April)



Cartha Gustafson
Coordinator, 4-H Youth
Development



April Knoblett
Coordinator, 4-H Youth
Development



Maria Crandell
Coordinator, 4-H Youth
Development



Susan Sloop
Educator, 4-H Youth
Development (Aug-



Tammy Evans
Community Worker,
SNAP-Ed



Hope Dennis
Community Worker,
SNAP-Ed



Jesse Soule
Educator, Commercial
Agriculture



Kim Trine
Coordinator, Ag &
Natural Resources



Summer Garwood
Specialist, Office Support



Rebecca Schiver
Associate, Office Support



Elizabeth Will
Associate, Office Support
(Jan-Aug)



Jane Williams
Assistant, Office Support
(Jan-Feb)



Tiffany Cervantes
Assistant, Office Support



Darra Walker
Associate, Promotion &
Publicity

**EXTENSION COUNCIL
2019**

Stephen Bowyer
Edgar

Corrie Brinkerhoff
Edgar

Meggan Cash
Edgar

Laura Collier
Crawford

Ron George
Edgar

Bev Goekler
Clark

Kim Macke
Clark

Lynn McCleave
Crawford

Linda Murphy
Edgar

Paula Padgett
Edgar

Linda Ryan-Catt
Crawford

B.J. Titus
Clark

Cody Vaughn
Clark

Barrett VonBehren
Crawford

Angela Zellers
Clark



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go.illinois.edu/cce



What's Cooking with
Mary Liz Wright

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.