

# 2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION SERVING DUPAGE, KANE & KENDALL COUNTIES







University of Illinois Extension of DuPage, Kane and Kendall Counties is the link between U of I and our neighbors in all three counties. Extension staff provide educational programs and research-based information to help our residents improve quality of life, develop skills and solve problems.

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### A Note from Sandra I. Davis

Each year, we at University of Illinois Extension strive to provide valuable programs and services to the residents of DuPage, Kane and Kendall Counties. Extension's connection to these local communities grows stronger each year, reaching rural, suburban and urban audiences alike.

We work to develop and expand programs to meet emerging and changing needs. Our local focus is in the areas of horticulture, natural resources, nutrition and wellness, and positive youth development.

Our passionate team is enhanced by the 1,676 caring volunteers, who gave 61,308 hours of time at a value of \$1.55 million to our communities. With their time and talents, Extension, as a whole, reached more than 62,887 people in DuPage, Kane and Kendall Counties in 2016.

By extending knowledge, we aim to change lives for the better. Our goal is to provide a variety of researchbased information to help our neighbors improve quality of life, develop skills and solve problems.

Sandra I. Davis

County Extension Director sidavis@illinois.edu



## **Education Outreach**



62,887 People reached directly this year



1,676 Local Extension volunteers **61,308** Volunteer hours in communities



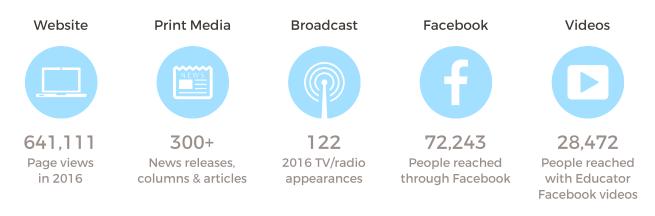
**\$1,553,544** Volunteer value\* to communities



**713,354** People reached online this year

\*To determine this figure, \$25.34 was utilized as the hourly value of volunteers in Illinois. This dollar value was obtained from the Independent Sector website www.independentsector.org

## Media Outreach



## **Financial Report**

	2016 INCOME		2016 EXPENSES
<b>30%</b>	State Federal	60%	Salaries Programs
26%	County	16%	Rent/Utilities
15%	Local Donations	4%	Travel

# Horticulture

#### Horticulture & Environment

### Master Gardeners Help Others Learn to Grow

In 2016, the local University of Illinois Extension Master Gardener program trained 18 new volunteers, increasing the total number of active program volunteers to 230 men and women who represent DuPage, Kane and Kendall Counties.

Training and education is presented by University of Illinois Extension experts and topics include vegetable gardening, insects and control, trees and small fruits, integrated pest management, turf grass care, flower gardening, plant diseases, tree and shrub care, and soils and fertility.

The new volunteers are required to complete 60 hours of classroom education, in addition to at least 60 hours of volunteer time. The next Master Gardener training is scheduled for fall 2017.

Master Gardeners provide education and community service in a wide array of programs, including community and school gardens, youth lessons, horticulture therapy for seniors and special needs students, adult lessons, gardening help services and more.

"I became a Master Gardener to learn more about gardening and to be able to help others," said Heather DeVoe of Yorkville. "It's a passion I have, and I thought it also was something I could do to give back to the community."

With key partnerships in each county, volunteers bring knowledge and helping hands to our communities. In 2016, Master Gardener volunteers tackled more than 150 projects and programs and gave 17,493 hours of time to local communities.



Master Gardeners joined radio host Frank Fontana on WGN Radio to talk about their local projects.

### **DUPAGE COUNTY HIGHLIGHTS:**

- Anne M. Jeans School Gardens
- ► DuPage Convalescent Center Garden Therapy
- ► Kline Creek Farm Educational Gardens
- ► Ronald McDonald House partnership
- ► Veterans Garden at Cantigny

### **KANE COUNTY HIGHLIGHTS:**

- Beautifications in Geneva and St. Charles
- Dirt Days youth education program
- ► Fabyan Japanese Garden Guides
- ▶ Idea Garden
- Sherman Hospital Natural Prairie & Community Garden

### **KENDALL COUNTY HIGHLIGHTS:**

- ► Farnsworth House plant identification
- ► Master Gardener Plant Sale
- ► Master Gardener Greenhouse project
- ▶ Plano Community Garden
- ▶ Yorkville Rain Garden

### **MASTER NATURALIST HIGHLIGHTS:**

- Conservation Foundation
- FermiLab Natural Areas
- ▶ Forest Preserves in each county
- ► Fox Valley Wildlife Center
- Phillips Park Zoo





A Master Naturalist volunteer shows the praying mantis she found during a native plant seed collection effort.

### Master Programs Outreach

304 Volunteers

> **21,025** Volunteer Hours

**16,924** Direct Contacts

**78** Partnerships

**\$532,767** Value to Communities

To determine this figure, \$25.34 was utilized as the hourly value of volunteers in Illinois. This dollar value was obtained from the Independent Sector website http://www.independentsector.org

# Master Naturalists Care for the Environment

The Master Naturalist program is designed to educate and train a corps of volunteers who specialize in conservation, management and interpretation of natural resources. The program provides science-based educational opportunities that connect people with nature and help them become engaged environmental stewards.

We trained 23 new Master Naturalists in the fall of 2016. Education is presented by local experts and topics include botany, herpetology, ornithology, prairies, soils, watersheds, mammals and more. The new volunteers are required to complete 40 hours of classroom and field education, in addition to 60 hours of volunteer time.

The complete Master Naturalist corps, now 74 members strong, serves DuPage, Kane and Kendall Counties through more than 30 partners. The volunteers participate in native restorations, seed collection, invasive species control, species monitoring and more.

I became a Master Naturalist as a way to give back to generations to come. It's an opportunity to learn more about where we come from and to help preserve that for the future. HEATHER DeVOE



### Plant Seeds, Harvest Hope

Four years after the seed was planted, Fritz Porter's idea has blossomed into a valuable resource for local veterans.

The new Veterans' Garden at Cantigny Park combines community partners' commitment to serving veterans and the University of Illinois Extension Master Gardener mission of "helping others learn to grow."

"We wanted to give back to our veterans and provide them a space to learn and grow together," said Porter, a Master Gardener and the garden's volunteer project co-leader.

Representatives from Cantigny Park, Midwest Shelter for Homeless Veterans, Oak Park Vet Center and University of Illinois Extension repurposed an old research plot

When people feel they belong to something, enjoy it and feel productive, it keeps them coming back. BOB MATHES with 40 three-foot-wide, round, raised beds. Arranged uniformly, the planters stand in rows like soldiers, and together, total 280 square feet for growing. In May, the first physical seeds were planted.

"The veterans are learning how to plant, weed, and harvest organic produce," said Porter. "We grew kale, radishes, carrots, Swiss chard, beets, tomatoes, peppers, onions, leeks, basil, green beans, acorn squash, butternut squash, and cucumbers. The garden is productive through fall with succession planting."

Porter and co-leader Logan Wasson, a veteran, headed a team of fellow Master Gardeners who prepared the lessons, provided garden advice and help, and met weekly for additional garden maintenance. The volunteers and veteran participants gathered on Saturday mornings for a lesson and discussion led by the Master Gardeners, followed by time in the garden.

"It has been an active adventure every week," said Bob Mathes, a readjustment counseling therapist with the Oak Park Vet Center, an Air Force veteran and a pilot program gardener. "It is very hands on, and there are opportunities to talk and learn with the Master Gardener group, as well as to socialize.

## Horticulture & Environment



A nice exchange has developed between the various veterans. It feels like a community."

The pilot program included about a dozen veterans of various ages, genders, backgrounds, and circumstances. While the experience was different than a traditional talk therapy group, Mathes said the outcomes were similar: "to socialize, trust, feel safe, and find purpose."

"One of the reasons it is so appealing is that it keeps the veterans physically active and involves them with other people," said Mathes, adding it also provided consistent connections with the weekly routine.

Each veteran garden participant had two raised beds to manage; each marked with the veteran's name and branch of service. They could take their bounty home, share with other veterans, or donate it. Over the course of the season, the group donated 250 pounds of produce to the People's Resource Center.

"When people feel they belong to something, enjoy it, and feel productive, it keeps them coming back. We have that! Many are eager to do it again, transfer their skills to gardens at home, and share the experience with other veterans."



Each participant had two raised beds to manage, marked with the veteran's name and branch of service.

### Extending Education Online and in the Media

In addition to our Master Gardener and Master Naturalist efforts, Extension staff and trained volunteers also share researchbased education and seasonal tips through local media outlets and web tools, including weekly newspaper columns, regular radio features on WDCB and WSPY, the "Green Side Up" Podcast, two online blogs, and the "This Week in the Garden" video series.

"This Week in the Garden" videos on Facebook reached nearly 19,000 people in 2016, a 75 percent increase over 2015. With timely topics and rotating locations, the short videos provide ideas and information for home gardeners.

In 2016, these local media and social media efforts allowed us to reach hundreds of thousands with helpful information.

## Horticulture Outreach



### Master Gardeners Earn Accolades from State

Volunteers from each county earned special honors by the state at the 2016 Illinois Master Gardener Conference in August. Two individuals and three volunteer teams were recognized for local projects.

The Outstanding State Award honors the best of Illinois Master Gardeners each year for leadership, follow through, initiative, management skills and being a positive influence.

The Teamwork Award recognizes Master Gardeners who have worked as a group to better the community.

### MASTER GARDENER AWARDS

- Outstanding Award: Karen Pachyn We Grow Dreams Project
- Outstanding Award: Patsy Hirsch Sherman Hospital Natural Prairie & Community Garden
- ► Teamwork: Anne M. Jeans School Gardens
- ▶ Teamwork: Kane County Idea Garden
- ► Teamwork: Kendall County Plant Sale



The Kane County Master Gardener Idea Garden team won a state Teamwork Award in 2016.

Karen Pachyn of Elmhurst leads a team of volunteers at We Grow Dreams in West Chicago, a not-for-profit that provides job training and employment opportunities for people with disabilities. The team teaches lessons each week for teens with varied ability levels, and Karen plans meaningful lessons with the diversity of skills in mind.

Patsy Hirsch of Elgin founded the Sherman Natural Prairie, and Community Garden, working with hospital administration from conception and planning to construction of the garden. It now features 48 garden beds, including Master Gardener demonstration plots. Her team educates the growers through meetings, newsletters and consultation.

The DuPage County team for Anne M. Jeans School Garden has put in years of planning, teaching, planting and working with the Willowbrook students. They have helped the idea blossom into a successful school garden, by working closely with administration and teachers to benefit students and families.

The Kane County Idea Garden team effectively turned a less-than desirable plot at the local research farm into a practical, yet fun, demonstration garden to educate and inspire the community. Each year, it features different growing techniques, ideas, crops and plants, and the team hosts open houses to provide tours and answer questions.

Each spring, the Kendall County Plant Sale team provides cost-effective plants and free educational presentations for the community. The volunteers grow vegetables from seed, and donate quality plants divided from their own gardens. They also share accurate care information with clients, answer questions, and present timely and topical information.

## **Extension Faces & Places 2016**













# 4–H Youth

4-H Youth Development is a multi-faceted program that includes 4-H community clubs, special interest (SPIN) clubs, in-school and after-school learning opportunities, and other youth outreach activities. 4-H reaches youth ages 8 to 18, and the Cloverbud program is designed for ages 5 to 7.

In DuPage, Kane and Kendall Counties, 4-H opportunities reached 13,836 youth during the 2015–2016 program year. 4-H programs address a wide variety of topics, including nutrition, environmental science, animal science, robotics, visual arts, international studies, citizenship, leadership and more.

Local 4-H Youth Development programs provide the opportunity for youth to feel a sense of belonging, develop independence, practice generosity, and experience mastery. They also open the door for youth to participate in amazing opportunities at the regional, state and national levels.

National Congress delegate James Martin credits 4-H with helping him explore educational important and social experiences.

"4-H has helped me gain not only knowledge, but leadership skills," Martin said. "I have gained self-confidence as a result of the opportunities to serve in leadership roles."

A 2015 Youth Impact survey from DuPage, Kane and Kendall Counties supports just that:

### LOCAL YOUTH IMPACT SURVEY-2015

- 95% believe they have talents to share
- ▶ 88% feel they can make a difference
- ▶ 89% made a plan to reach their goals
- ▶ 85% feel confident with public speaking
- 95% comfortably make decisions



4-H programs address a wide variety of topics, visual arts, international studies, and leadership.

## 2015-16 **4-H Youth Outreach**



13.836 Youth Reached



37.199 Volunteer Hours

\$942.623 Value<sup>\*</sup> to Communities

Clubs, Groups & Workshops

To determine this figure, \$25.34 was utilized as the hourly value of volunteers in Illinois. This dollar value was obtained from the Independent Sector website

http://www.independentsector.org

#### 4-H Youth Development



Everyone thinks 4-H is just chickens and cows, but there is science, there is art. It's much more than people think. ELLEN SCHWATAL

### Youth Pick Up S.T.E.A.M. through 4-H Events

Through 4–H, youth can explore more than 100 project areas, from aerospace to theater arts. All 4–H programs aim to help youth develop life skills, like problem–solving and leadership, and abilities, like creativity.

"Everyone thinks 4-H is just chickens and cows, but there is science, there is art. It's much more than people think," said 4-H parent Ellen Schwatal.

In 2016, local youth demonstrated this in countless ways, including the combination of STEM programs with an artistic component, known as STEAM (science, technology, engineering, art and math).

Some of our youngest participants sparked creativity and learning with electricity workshops. Each youth completed interactive experiments and art projects that highlighted static, attraction and repulsion principles. They also recorded observations and drew in their scientific journals. Middle school students demonstrated programming skills and innovation with the "DogBot" Challenge at the annual 4-H Teams worked for Robotics Showcase. months to design and program robots to perform agility and obedience tasks similar to a dog. They created obstacle courses, and even decorated their robots to look like dogs. Many local teams went on to earn awards at the state 4-H robotics competition. The local showcase event has grown large enough to host two events in 2017!

Both arts and sciences were highlighted at spring and summer workshops, with topics such as anatomy, floral design, food science, gardening, jewelry-making, robotics, sewing, and even a cooking show style event called the Illinois 4-H Food Challenge. In each art-themed workshop, youth learned important lessons in biology, chemistry, geometry, nutrition or mathematics, and each STEM-focused workshop implemented creative elements. Together, youth received well-rounded experiences and learned to connect the worlds of arts and sciences.



"DogBot" Challenge at the 2016 Robotics Showcase.



## Hands to Larger Service

It is one of the four Hs, and a major element of the 4-H Pledge: "Hands to Larger Service." Each year, local 4-H Clubs put this promise into practice with a wide variety of service projects. One local club not only lent helping hands, they made helping hands!

In 2016, 4-H and FIRST Tech Challenge (FTC) team "got robot?" joined e-NABLE, a worldwide effort to donate 3-D printed parts to be rigged as prosthetics for those in need.



The 4-H/FTC robotics team partnered with local businesses to 3-D print prosthetic hands for children whose families could not financially afford them. These 3-D printed prosthetics almost look like toys or super hero costume pieces, but they truly provide additional mobility to the user.

"They look cool, work well mechanically, are easy to maintain, and are inexpensive to make," said 4-H volunteer and team coach Michael McKellar. "The beauty is that kids grow fast, so a kid can have several of these."

Each hand costs roughly \$25 to \$50 in materials, depending on the model. Recipients pay nothing. After printing and assembling the pieces, the team sent them to the Rochester Institute of Technology for final parts like foam, Velcro and highstrength fishing line.

The group's efforts created and delivered seven full hands, as well as a variety of replacement parts, for children in Haiti. In 2017, "got robot?" hopes to grow the effort and even improve upon the process.

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## 4-H Encourages Service to Others, Communities

4-H members are encouraged to develop and practice skills to be helpful to others. Throughout each year, 4-H members participate in club and county service projects, that benefit their communities, country and world.

From clothing and book drives to ringing bells for Salvation Army, clubs give back to their local communities. 4–H members also participate in world–relief efforts, such as Feed My Starving Children, or they may raise funds for national or state organizations, like the Juvenile Diabetes Research Foundation.

"4-H shows you what you can do if you go out in your community and use your voice and hands to help other people," said Laila Kassar, a 4-H member in DuPage County.

These projects provide the opportunity for youth to learn the value and impact of such service, and it encourages adults to work with youth to give back as well.

4-H shows you what you can do if you go out in your community and use your voice and hands to help other people.



4-H'ers give back at the holidays and year-round.

### 2015-2016 SERVICE EXAMPLES

- Bell-ringing for Salvation Army
- Book drives for various partners
- ▶ Bowl-a-Thon fundraiser
- Cards and treats for Meals On Wheels
- Citizen Scientist projects
- ► Food pantry support
- Get Well cards for hospital patients
- Quilts or blankets for charity groups
- Reading to younger students
- ► Sack lunch deliveries for homeless
- School or community gardens
- Senior Bingo event
- Treats for local police and firefighters
- ▶ Toy drives for those in need
- Valentines cards for senior residents

"We hope that through this service we can contribute to the community, learn to help others, and make the world a better place," said Abigail Haworth, a 4-H Club reporter. 4-H recognizes that youth are an important resource in our communities, and places youth in meaningful leadership and service roles, with support from caring adults.



# 4-H Teens Share Science with Youth, Communities

Science is fun. That simple, yet passionate, opinion is what initially drew 15-year-old Saif Kazmi to the 4-H Teen Science Ambassador program. Kazmi wanted to help others understand and enjoy science, so he signed up to volunteer to teach others through 4-H.

This group of middle-school and highschool students learn science, engineering and technology lessons that they then share at workshops, science fairs, after-school programs and events.

Kids really love to learn about science and technology. It's fun and interactive. SAIF KAZMI The local program now heads into its fifth year, and continues to grow. Through it, teens build academic knowledge, while earning volunteer hours for community service. They also develop leadership, communication, and teamwork skills.

"I became a 4-H Science Ambassador to share my love of science," said Aditya Ray, 16. "I have learned how to educate others and how to better participate in a group."

Emily and Sydney Reppy joined 4–H Teen Science Ambassadors in 2015–2016, but had been 4–H community club members for years. They each were looking for a way to volunteer in the community, but found more.

"I've learned a lot about different science principles and how to teach," said Sydney,. Her twin sister Emily added that she developed leadership skills, and "learned how to work with others and help kids."

The group directly reached more than 1,000 youth and community members through 4–H Science Ambassador efforts in 2015–2016.

### 4-H Members Study the World Around Them

Each year, more than 1,000 people attend the three International Night events hosted by the 4-H clubs of DuPage, Kane and Kendall Counties. As the 4-H'ers share their "Passport to the World" group projects with visitors, these "travelers" earn marks on their passports for each country.

Fun, hands-on activities like these nurture a passion for learning, as well as encourage youth to become good local and global citizens. International Night is just one of several 4-H opportunities that help youth increase awareness and understanding of the world around them.

The clubs prepare a display about their country, which includes information on the geography, people, economy, culture and more. As part of the project, clubs often showcase cultural aspects, such as clothing, food, games, sports, music and holidays.





For example, at one 2016 International Night, visitors could sample ricotta gnocchi from Italy, drink mint tea from France, get henna art at the India booth, play badminton in Malaysia, and try their hand at a piñata from Mexico, just to name a few activities. In DuPage County, clubs also have the option to perform a dance, song or skit representing their country. Each year, a large crowd gathers and 4-H members take the stage to show what they have learned using music or stories.

Through International Night events, 4-H'ers not only learn about another country and its cultures, but they also gain valuable communication and presentation skills.

### **COUNTRIES STUDIED IN 2016**

- Antarctica
- Belgium
- Brazil
- Czech Republic & Slovakia
- England
- France
- Greece
- India
- Ireland
- Italy
- Japan
- Malaysia

- Mexico
- Norway
- Panama
- Poland
- Portugal
- Republic of Philippines
- Romania
- Russia
- Sweden
- Syria
- Trinidad

# SNAP-Education

SNAP-Education helps those eligible for the Supplemental Nutrition Assistance Program (SNAP) make healthier choices. By reaching people in their communities, SNAP-Ed is able to teach families the skills necessary for making healthier meals, spending a food budget more effectively, and making healthier living a natural part of the day.

SNAP-Ed serves local youth, families and adults with a team of community workers. During the SNAP-Ed fiscal\* year of October 2015 to September 2016, local SNAP-Education staff made 30,458 contacts. The team worked with youth and adults alike, through more than 100 partnerships, to reach people where they live, learn and shop.

### SECTORS OF INFLUENCE

- ► Eligible\*\* K-12 Schools
- Early Childhood Centers / Youth Centers
- Agencies / Community Centers
- Store, Markets & Emergency Food Sites

In addition, an Extension Educator works with local coalitions, qualified schools and organizations on professional development opportunities and resources to assist with environmental, system and policy changes.

"We find Extension's expertise to be invaluable, from nutrition education efforts to involvement in our community gardens," said Jane Macdonald, director of community health for Loaves and Fishes Community Services. "I am especially excited about the new nutrition environment evaluation tool for food pantries. Those assessments will help move the needle in providing healthful foods to low income families."

\*SNAP is the Supplemental Nutrition Assistance Program. Data based on the SNAP-Ed fiscal year, October 2015 to September 2016. \*\*Eligible schools are those with 50% or more of the student body receiving free or reduced price lunches.

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### **Illinois Junior Chef**

Across Illinois, more than 2,000 youth participated in the hands-on Illinois Junior Chef program in 2016. The initiative focuses on healthy food choices and positive cooking skills. In DuPage and Kane Counties, our SNAP-Education team worked with summer programs, afterschool programs and community centers to reach youth ages 8 to 14 in Aurora, Batavia, Carol Stream, Warrenville, and West Chicago.

"Our elementary students really look forward to the cooking class," said Mary Lundeen, Jubilee Neighborhood School Program Coordinator with Outreach. "Many of them are using kitchen utensils and equipment for the first time independently. This is a great boost to their confidence, and they look forward to being more helpful at home with the cooking and shopping."

During the series, youth learned how to properly prepare fun, nutritious meals such as Skillet Spaghetti, Vegetable Quesadilla, Breakfast Burrito, Breakfast Parfait and Veggie Chow Mein.

Your program is especially important in helping our students feel great about eating good food and making healthy choices. More than 100 local youth responded to before and after surveys, and reported significant positive changes in the areas of cooking self-efficacy, attitudes towards cooking, and cooking behaviors.

Both their surveys and actions in the classes showed improvements in attitudes toward healthy eating and fruit and vegetable consumption.

"I really appreciate the program helping the students develop an awareness of nutrition and giving them fun ways to eat healthy," Lundeen said. "They, of course, love to eat the food that they actually prepared. Your program is especially important in helping our students feel great about eating good food and making healthy choices."

Lundeen added that the youth bring these new skills and education home. "Your impact goes beyond our students, as they challenge their families to make changes as well."



lllinois Junior Chef teaches youth basic kitchen skills, kitchen and food safety, and nutrition.



# **SNAP-Education**

## **Direct Education Outreach**

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**29,170** Educational Contacts

**38** Schools (K-12 and Early Childhood) and Youth Centers

**6** Emergency Food Sites/Food Markets



**25** Agencies/Community Centers/ Youth Centers

INDIVIDUALS REACHED THROUGH

72%	Hispanic
14%	Caucasian (Non-Hispanic)
8%	African American
6%	Asian American, American
	Indian, or Pacific Islander

34%Adults (includes seniors)66%Youth

## SNAP Educator Outreach



**1,288** Contacts with Community Partners

82 Community Partner Groups to Promote Healthy Changes

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## Extension Helps Make Smarter Lunchrooms

It can be a struggle to get kids to eat a wellbalanced, nutritious meal at home. Imagine the challenge of encouraging 1.9 million children in schools each day to eat healthier foods. University of Illinois Extension has received \$4.5 million over three years to help by providing training and education to school food-service professionals statewide. Funding comes from the Illinois State Board of Education (ISBE), which oversees the USDA's National School Lunch Program at more than 4,000 sites in Illinois.

Extension Educators in our counties are part of this movement, and provide outreach and support to school nutrition professionals on creating healthy environments and promoting healthy eating through evidencebased best practices.

More than 30 assessments were completed in 2015–2016 locally, including schools in Addison, Aurora, Elgin, Glendale Heights and West Chicago. In addition to first time assessments, many schools were reassessed to track progress and changes implemented since first assessed.

### SECTORS OF INFLUENCE

- Assessments of Lunchrooms
- Beneficial Feedback, Follow-Up and Assistance
- Complement with Food Service Trainings

All assessed schools were provided with a summary, photos and a list of strengths and potential opportunities, and they were encouraged to select one to three items to focus on for the current school year. To complement the Smarter Lunchrooms Movement, Extension has partnered with the ISBE to provide support and training to school food service professionals.

## Health & Wellness

# Adopt Healthy Choices in Every Season of Life, Year

Extension provides research-based education on chronic disease management, proper nutritional choices, overall physical wellness, food safety, and food preservation. By partnering with communities, organizations, businesses, health groups, and schools, Extension educated 1,669 seniors, adults and children in 2016. Thousands of others were indirectly impacted by this education.

"University of Illinois Extension remains a committed partner in delivering education that improves an individual's understanding of ways to live a healthy life," said Sandy Pastore, Executive Director of the Oswego Senior Center. "In a community effort to raise awareness and encouragement, Extension continues to provide quality education that is tangible and applicable, and individuals become engaged helps in bettering their health outcomes."

On average, nearly 1 in 3 adults in DuPage, Kane and Kendall Counties is overweight or obese, increasing their risk of health issues.



Extension partners with communities, health groups, and others to reach adults and children.

Extension continues to provide quality education that is tangible and applicable, and helps individuals become engaged in bettering their health outcomes. SANDY PASTORE

To address this, Extension offers targeted programs on healthy habits and education on heart disease and diabetes management for both patients and caregivers.

Childhood obesity also has been a focus. The "I am Moving, I am Learning" education teaches childcare workers how to integrate daily physical activity and healthier food choices in their homes and day care centers.

To extend knowledge further, the "This Season in Nutrition" video series highlights food, nutrition and exercise hints for each season of the year, and in 2016, reached 7,262 people with research-based messages.

### Health & Wellness Outreach



**1,669** Educational Contacts

**7,262** Reached through Facebook videos

## Health & Wellness

## Focus on Local Food Safety, Food Insecurity

Handling donated food in a safe manner is critical for food banks because some items are donated near the end of their shelf life. Each year, Extension partners with Northern Illinois Food Bank (NIFB) to help area volunteers learn critical information to safely serve their clients.

NIFB is a non-profit organization network of 700 partners serving more than 60,000 hungry neighbors each week across northern Illinois. Outbreaks of foodborne illnesses may have serious health consequences and potential economic consequences for organizations serving this food.

Extension works to reduce these risks through a variety of educational programs, designed to efficiently and effectively inform those serving in various roles and responsibilities.

### **FOOD SAFETY EDUCATION**

- Serve it Safely for soup kitchens &
- daycare centers
- Serve it Safely for food pantries
- ▶ 15-hour Food Service Professional course
- ► 8-hour Food Service Professional course

In 2016, 661 adults completed trainings through Extension in 25 sessions. All local food safety education through Extension follows Illinois Department of Public Health protocol, and uses different learning tools to reinforce the education, including videos, worksheets, and practical activities.

Extension also shares general food safety information with the public through podcast and broadcast interviews, videos, news releases, and social media posts, targeting critical times of the year, such as holidays.



Extension provides both food safety and food preservation information and training.

### Say 'I Can' to Canning and Food Preservation

There is a growing trend for home-grown and locally grown produce, and canning is a simple, smart way to make the most of these fruits and vegetables. It also allows the consumer to control recipes and use less salt and sugar, as needed or desired.

The niche of educating for safe food preservation methods is historical with University of Illinois Extension, and it currently is a key state initiative. It is critical to follow the latest scientific methods for home food preservation, as recommendations have changed over the years. Extension is committed to sharing this knowledge through community partnerships and educational efforts.

### FOOD PRESERVATION EDUCATION

- ► 4-H Workshop Partnership
- Farmers Market Presentations
- "This Season in Nutrition" Video Tips
- Community classes

## **Council Members**

Unit Extension Council Member	County	City
Kristyn Briggs	DuPage	Downers Grove
Xen Briggs*	DuPage	Downers Grove
Tim Cramer	DuPage	Naperville
Steve Ford	DuPage	Elmhurst
Christina Heidrich	Kendall	Oswego
Julian Heidrich*	Kendall	Oswego
Belinda Hill	Kendall	Minooka
Patsy Hirsch	Kane	Elgin
Jacqueline Irizarry	Kane	Elgin
Alfred Morales	Kendall	Montgomery
Evelyn Moy	Kane	Aurora
Ken Mozingo	Kendall	Yorkville
Sandy Portincaso	Kane	Huntley
Hollyann Stanley*	Kane	St. Charles
Tahiti Weaver	DuPage	Naperville
¥		

\*youth members

### ADDITIONAL VOLUNTEER GROUPS SUPPORTING LOCAL EXTENSION

- ► DuPage County 4-H Foundation
- DuPage Co. Expansion & Review Committee
- DuPage Friends of Extension
- ▶ Kane County 4-H Foundation
- ▶ Kane Co. Expansion & Review Committee
- ▶ Kendall County 4-H Foundation
- Kendall Co. Expansion & Review Committee
- ► Kendall County Friends of Extension
- ▶ Kendall County Rainfall Monitors



\*To determine this figure, \$25.34 was utilized as the hourly value of volunteers in Illinois. This dollar value was obtained from the Independent Sector website (www.independentsector.org).



Extension volunteer groups share their voices on the local Extension Council and various committees, as well as work hard to raise funds for local programs.

# Extension Staff

Staff Directory SERVING DUPAGE, KANE & KENDALL COUNTIES



Sandra Davis County Director



Laura Barı Educator



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Lorena Reyes Community Worker







Nanette Long Office Support Assistant



Kim Olson Office Support Associate



Maria Trejo Program Coordinator



Rosie Ralston Publicity/ Promotion



Julie Jarnusz Office Support Associate

### **OFFICE INFORMATION**

Kane County 535 S. Randall Road St. Charles, Illinois (630) 584–6166 uie–dkk@illinois.edu Mon–Fri 8:30 a.m. – 4:30 p.m.

DuPage County 1100 E. Warrenville Road Naperville, Illinois (630) 955-1123 uie-dkk@illinois.edu Mon 11 a.m. - 7 p.m. Tue-Fri 8:30 a.m. - 4:30 p.m. Kendall County 7775B IL Route 47 Yorkville, Illinois (630) 553-5823 uie-dkk@illinois.edu Mon-Fri 8:30 a.m. - 4:30 p.m.



### ONLINE



facebook.com/ extensiondkk



extensiondkk/videos

A Master Gardener volunteer leads nature youth yoga during Dirt Day in Aurora.



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).

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