



LaSalle County Cloverbuds having fun at the 4-H Fair!

2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING BUREAU, LASALLE, MARSHALL &
PUTNAM COUNTIES



Marshall-Putnam Junior Robotic Team competing at State.

Bureau County's Manlius Boys & Girls 4-H Club proudly display their projects at the 4-H Fair.



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A Note from Jill Guynn

University of Illinois Extension has had a busy and productive year providing meaningful programming to local citizens across Bureau, LaSalle, Marshall and Putnam Counties.

We are very grateful to our annual funders, stakeholders, volunteers and participants for the wonderful and dedicated support provided to our local program partnerships. These partnerships allow us to connect with youth and adults in schools, agencies, communities, businesses, farms, agriculture industries, local governments and citizens' groups across our four county area.

We thank everyone for the tremendous ongoing and increased commitment to provide local funding support to keep our vital programs in place during this past year and one-half of uncertainty due to the suspended State of Illinois matching funds since July 2015.

Because of your support, we have been able to continue to provide unbiased and research-based information and strong educational programming outreach from the University of Illinois campus in Urbana-Champaign. Broad program areas include: Agriculture and Natural Resources, 4-H Youth Development, Family, Nutrition and Consumer Sciences and Community and Economic Development.

In addition, we bring specialized services through Extension's partnerships with the Illinois State Board of Education, Illinois Nutrition Education Program (SNAP-Ed) and Ag in the Classroom grant programs.

Extension provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future. Please take a look at our program highlights for 2016 and contact me if Extension can be of service to you!

With warm regards,

Jill Guynn, County Director

A handwritten signature in purple ink, appearing to read 'Jill Guynn'.



University of Illinois Extension is a public outreach program administered by the University's College of Agricultural, Consumer, and Environmental Sciences. For over 100 years, Extension has ensured that everyone can access the University's research and services where they live and work.

Through local partnerships and connections to the vast resources of the University of Illinois, University of Illinois Extension helps people and communities meet their most pressing needs. Extension provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future. Take a look at just a few of the educational programs and services Extension provides for our local residents.



Extending Knowledge

Changing Lives

**Serving Bureau, LaSalle,
Marshall & Putnam Counties**

Bureau County 4-H & Youth Development



Bureau County has a total of 9 Community Clubs.

- Bureau County Open Door 4-H Club
- Clarion Comets 4-H Club
- Dover-Berlin 4-H Club
- Liberty 4-H Club
- Manlius Boys & Girls 4-H Club
- Ohio Windmillers 4-H Club
- Walnut Winners 4-H Club
- Western Winning Wonders 4-H Club
- Zearing 4-H Club

Bureau County 4-H Fair

Our most visible 4-H event occurred the week of July 21-24, 2016 at the Bureau County Fairgrounds, Princeton. This event allows 4-H club members the opportunity to showcase the results of their project work in areas they studied throughout the 4-H year. 4-H provides over 200 projects possibilities.



Illinois State Fair

Bureau County 4-H members who received State Fair honors at the local fair had the opportunity to showcase their project work at the Illinois State Fair in Springfield on Saturday, August 13.



Bureau County 4-H & Youth Development



4-H Afterschool Programming “After-School Science, STEM”

Cultivating excitement for Science, Technology, Engineering, Math” through 4-H planned curriculum. The Program Coordinator for 4-H & Youth Development visits with the youth enrolled in the Ohio Afterschool program once per month. At each meeting the youth explore theme-based learning opportunities to help promote and develop their understanding, appreciation and application of Science through a variety of hands-on STEM based activities. In addition, Youth Development Educator and Nutrition and Wellness Educator are working together to provide STEM and Healthy Eating programming to students in the 21st Century Grant program at LaMoille School.

Illinois Junior Chefs

The University of Illinois Extension provided cooking classes for youth in several communities this summer through the Illinois Junior Chefs Program. The Illinois Junior Chefs program is a collaboration between Illinois Nutrition Education programs and 4-H. The programs were taught by 4-H teen teachers who have received extensive training in the content, positive youth development, leadership, teaching strategies, and youth and adult partnerships.

day



Bureau County 4-H & Youth Development



4-H Latino Pilot Program

Bureau County has been selected, due to their population, to participate in the 4-H Latino Families Pilot through a grant made possible through the State 4-H Office. A part-time Program Coordinator will be hired to provide outreach to young people and families in the community of DePue. The Program Coordinator will work to provide 4-H events and activities in the community that focus on the needs, concerns and interest of the youth and families. Bureau County also hosted a state-wide training on the Juntos program. Juntos is a 4-H program that helps Latino students achieve high school graduation and attend higher education. The program will be offered to local youth and their families.

4-H Horsebowl & Hippology

Bureau County Junior Horse Bowl & Hippology Team competed in the Regional Contest in Dixon on April 2. This young team worked well together under the direction of Coach Christina Christensen.

The Horsebowl and Hippology program gives 4-H members an opportunity to learn advanced information about horses, and to display their knowledge through competing with other youth in regional and state contests. In addition, it promotes the essential elements of positive youth development, and encourages development of life skills such as communication, teamwork, self-discipline, and learning to learn.

Raised-Bed Cold Weather Garden: Junior Master Gardener

Gardening – From Seeds to Harvest, was led and taught by Master Gardener volunteers. It was open to all youth enrolled in the fifth grade at LaMoille Junior High School. This program will return annually to reach each fifth grade class for the academic year. This is a new 4-H program reaching new youth with horticulture education.



Planned Club Activities

The JMG Youth Gardening Club meets in September through October with a total a six sessions. The club activities are taken from the Junior Master Gardening curriculum Gardening – From Seeds to Harvest.



Youth compete as individuals in a written exam, a set of stations where they must identify pictures or label diagrams, horse judging, and an optional oral question. Later, the teams compete in Horsebowl- a quiz bowl where all of the questions are equine-related.

Bureau County 4-H & Youth Development



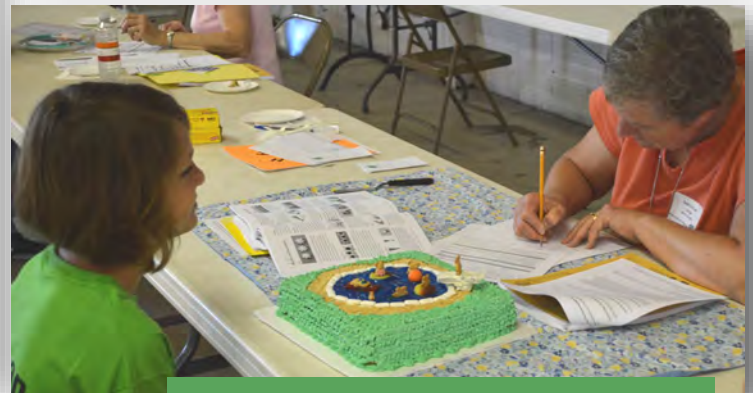
Bureau County 4-H Fair Fashion Review



Bureau County 4-H Federation leads the pledge at the 4-H Fair awards ceremony.



Sue Brooker, Bureau County 4-H Program Coordinator, presents a trophy for Modeling to Kierra Tieman at the Awards Ceremony following the Bureau County 4-H Fair.



Cake Decorating Judging

Bureau County 4-H & Youth Development

STEPS to a Healthy Teen



STEPS to a Healthy Teen is a three part program delivered at Princeton High School during Health class. The purpose of the curriculum is to help teens develop knowledge and practices in the importance of daily physical activities and healthy nutrition.

4-H Beef Weigh-In



Youth who will be showing market steers at the Bureau County and/or State Fair will participate in the Beef Weigh-In in February.

4-H Community Clubs



Bureau County 9 community clubs throughout the county. These clubs meet a minimum of six times, have elected officers who practice parliamentary procedure, complete community service activities and complete project work to help explore their interests and skills. A new club will be added next year in Neponset!

4-H Officer Training



4-H Officer Training was provided to all 4-H members in our Unit, in December, who are currently holding an officer position or would like to serve as an officer in the future.

4-H Awards Program

Standards of Excellence 4-H Awards Program is open to all 4-H members and their families. This is a wonderful opportunity for University of Illinois Extension to recognize youth for their participation and accomplishments in the Illinois 4-H program.



WZOE Ag Expo



Bureau County 4-H shared a booth at WZOE's Annual Agricultural Expo at the Bureau County Fairgrounds. The booth provided information on our 4-H & Youth Development programming opportunities for youth in the Bureau County area.

LaSalle County 4-H & Youth Development

LaSalle County has a total of 15 Community Clubs.

- Awesome Owls
- Corn Belt Kids
- Fox River Warriors
- Leland Ribbon Winners
- Pacesetters
- Bailey Creek Kids
- Dayton Dynamites
- Hoe Down Kids



- Pouncing Panthers
- Brookfield Indians
- Dimmick Braves
- Hustling Hoppers
- North Stars
- South Prairie Pioneers
- Mendota Agri Kids



157 LaSalle County 4-H members qualified for State Fair as delegates/ alternates in 2016 with 57 members showing projects at the State Fair!

LaSalle County 4-H Fair

“Adventures Await at the Fair Gate” was the theme for this year’s LaSalle County’s 4-H fair held July 6-10, 2016! Youth from 4-H clubs across LaSalle County showed over 2000 projects at this year’s fair. From Livestock to decorated cakes and rockets, the fair was not short of variety!



LaSalle County 4-H & Youth Development



Polite is Right

First grade students at Marseilles Elementary School recently completed the Polite is Right program. Polite is Right teaches children social skills and encourages them to practice consideration behavior. Some of the activities students completed through the program were a STEM teambuilding activity, table manners and how to properly set a table, and reading “Squiggly the Square Pumpkin” to learn about accepting each others’ differences. Upon completion of the program, students earned a certificate. This program is also delivered to students at Henry-Senachwine Grade School in the fall and Midland Grade School in the spring.



Mendota Mentors 4-H Club

The Mendota Mentors 4-H Club continues to meet as part of the 4-H Latino Pilot program. The bilingual 4-H club is planning a community service focus this year. In addition, they would like to focus on leadership and partake in 4-H Teen Teacher activities. The club is in partnership with Mendota High School and is led by Aurora Medina. The Mendota Mentors 4-H Club is open to all high-school aged youth, with Latino students strongly encouraged to join. The members are looking forward to participating in Mendota’s annual holiday activity.

LaSalle County 4-H & Youth



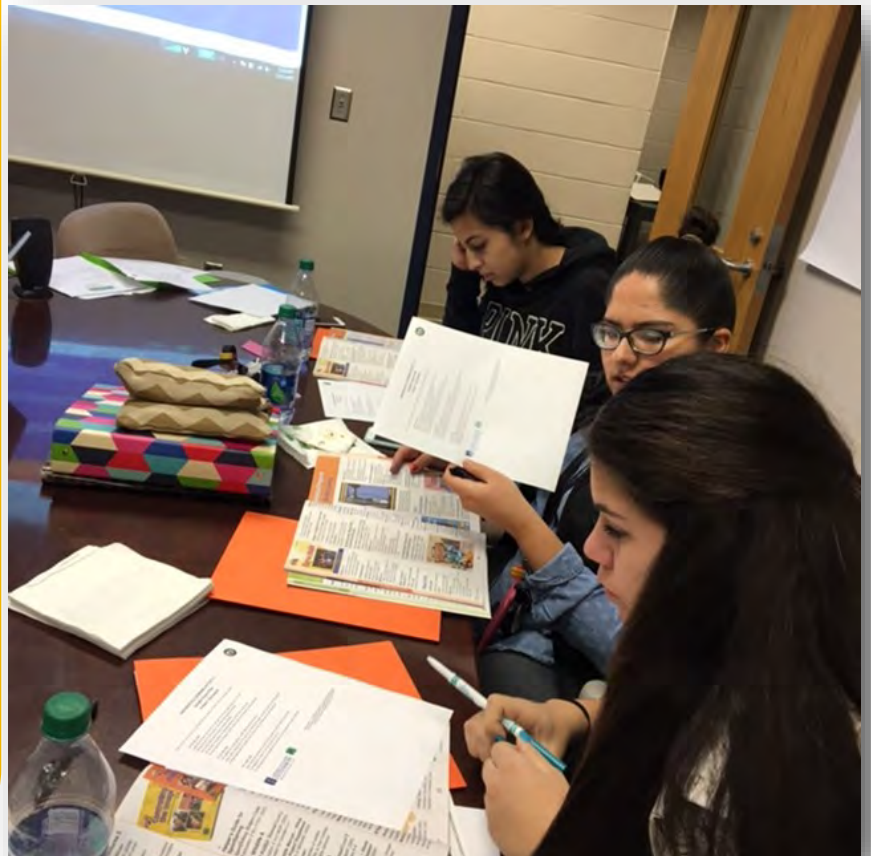
Growing Futures in Agriculture

59 8th grade students from Streator Northlawn Junior High participated in the Growing Futures in Agriculture program through their science classroom in Spring 2016. Four enthusiastic 4-H Teen Teachers, who are also FFA members from Streator High School, taught these participants about setting goals, the importance of being in a compatible career, and all the opportunities in the agriculture industry. The 4-H Teens as Teachers program teaches young people how to develop, plan, and lead lessons for younger youth. Through the teen teaching process, they learn how to collaborate, reflect and debrief with their fellow teen teachers and adult mentors. Together, they are practicing active listening, decision making, and communication skills. The teen teacher is growing in their subject matter knowledge, in their career awareness and skills as an educator, and in self-esteem to meet new challenges. After the conclusion of the program, one of the Teen Teachers commented, "It's a great way to educate kids our age. It's always positive to see them learn."



4-H Teens as Teachers Trainings

Breanne Suarez, 4-H & Youth Development Educator held 4-H Teens as Teacher trainings at Streator High School and Mendota High School. The training in Mendota was given to the "Mendota Mentor" group that was formed as part of the 4-H Latino Pilot. The group has been working to provide outreach and community service at 4-H Latino activities. Their next role will be teaching programs this summer and fall to younger youth in their community. The training in Streator was for the "Growing Futures in Agriculture" program. This program trains FFA members to teach a series of lessons that investigate careers in agriculture, prepare a resume and learning job search skills, create and cultivate skills in teamwork and leadership and create bonds with area 4-H and FFA members. Teen as Teachers trainings teach young people about positive youth development, experiential learning, ages and stages, and teaching techniques and strategies.



LaSalle County 4-H & Youth Development



Illinois Junior Chefss

The University of Illinois Extension provided cooking classes for youth in several communities this summer through the Illinois Junior Chefss Program. The Illinois Junior Chefss program is a collaboration between Illinois Nutrition Education programs and 4-H. The programs were taught by 4-H teen teachers who have received extensive training in the content, positive youth development, leadership, teaching strategies, and youth and adult partnerships. Each day participants learned a new recipe and cooking skill. In addition, youth also learn about food safety, MyPlate, and participate in physical fitness activities led by their teen teachers. At the conclusion of the program, each participant was presented with a cookbook as well as kitchen utensils to enjoy as they put their cooking skills to use.



The Illinois Junior Chefss program was delivered in the communities of LaSalle, Oglesby, Mendota and Streator for LaSalle County.



LaSalle County 4-H & Youth Development

University of Illinois at Champaign-Urbana Community Fab Lab

As part of the Digital Innovation Leadership Grant, University of Illinois Extension's 4-H program was able to utilize the Champaign-Urbana Community Fab Lab locally, free of charge. The Road Show traveled to Dimmick School's STEM Lab on May 2nd. The 5th-8th grade students were able to view a project showcase where several products of the Makerspace were demonstrated including digital embroidery, 3-D printing and electronics. In addition, students were able to make vinyl stickers or fab lights as part of their learning experience.



LaSalle County Livestock Judging Team



The La Salle County 4-H Livestock Judging Team is a youth development program that focuses on providing experiential learning. Research shows that students who participate in livestock judging improve their critical thinking, decision making and communication skills. The judging experience also fosters team building skills, while expanding horizons and networking opportunities for students. The Livestock Judging team consists of junior and senior groups of youth interested in competitive livestock evaluation. Students who want to join the team also participate in other animal science related projects. The team travels to many competitions in the Midwest area, competing from February through June. The first contest of 2017 will be the Iowa Beef Expo in February. Additional competitions scheduled for the year will take place at the Illinois Beef Expo, Black Hawk East, Lakeland, JJC, ICC and at the Illinois State competition in June.

Marshall-Putnam County 4-H & Youth Development

Marshall-Putnam Counties have a total of 9 Community Clubs.

- Bell Plain Hustlers—Varna
- Bennington Go-Getters—Toluca
- Henry Guys & Gals
- L-W Achievers—Washburn
- Lostant Leaders
- P.C. Progressors—Granville/McNabb
- Saratoga Leadaways—Henry
- Steuben Rangers—Sparland
- Wenona Highlighters



The
Marshall-
Putnam
Counties
4-H Show
was held
July 18-21,
2016

734
projects
were shown
with 36
showing at
State Fair
on August
14th!



Illinois State Fair

We are proud that Marshall-Putnam County was represented by such amazing youth who received the delegate/alternate award at the county fair. These youth traveled to the State Fair showing their livestock and presenting projects. It was an exciting time and a very wet experience for many youth showing livestock. Unfortunate high levels of rain cancelled and delayed some shows, but our youth endured and kept a positive attitude. The Marshall-Putnam County Project day was August 14.



I pledge my HEAD to clearer thinking
My HEART to greater loyalty,
My HANDS to larger service, and
My HEALTH to better living,
for my club, my community, my country and my world.

Marshall-Putnam County 4-H & Youth Development



Polite is Right

Polite is Right teaches social skills and encourages the use of considerate behavior. It helps youth gain respect for others and helps prevent bullying. The program is delivered in 6 sessions in each classroom to Henry in the Fall and Midland in the Spring.



Conservation Camp

On June 21st, the Marshall-Putnam River Conservancy District, the Marshall-Putnam SWCD and the Marshall-Putnam University of Illinois Extension office, held the annual Conservation Camp at Lake Thunderbird. 40

grade school aged kids, along with 10 volunteers and presenters offered a day of fun and learning. Topics included: Entomology, reptiles, first aid, and cooking on the grill. After lunch all the participants made ice cream then went on to the afternoon activity of either swimming, fishing or crafts.



Fieldcrest Education Day

Marshall-Putnam 4-H participated in the Fieldcrest Education day again this year. The third and fourth graders from Toluca and Wenona participate in this activity. This year the students learned about propulsion: Newton's Third Law of Motion.

Marshall-Putnam County 4-H & Youth Development



Seeds To Harvest

Marshall-Putnam Master Gardeners have presented this program at the Putnam County Elementary school for the past 4 years.



Lettuce Bed Gardening

The lettuce bed gardening SPIN Club program just finished their 3rd year at Putnam County Elementary school. The program explores gardens from seeds to harvest. The program was presented to all 5th grade classes participating this fall. Eight sessions in total were held: Planting a Raised Bed; Weed Mats & Importance of Good Soil Combination; Plant ID/ Zone Discussion; Good Bugs/Bad Bugs; Mud Pies; Insect and Plant Interactions; Fruit and Veggie Lab and Harvesting.



The "Art of Crochet" has returned to Marshall-Putnam 4-H! The club meets at the Wenona Library with the help of Tina Griffin. Members learn basic crochet stitches and were able to make a granny square blanket!



Sewing Club

The Sewing SPIN Club is offered to youth ages 8-18 as of January 2017. The club will focus on learning sewing skills as well as a service project. They will earn their "sewing machine driver's license" and start working on projects for the 4-H Show.

Marshall-Putnam County 4-H & Youth Development



Health Rocks

4-H Teen Teachers received training on the 4-H Health Rocks program this August. Students from Henry-Senachwine High School were trained on positive youth development, ages and stages of child development, public speaking, behavior management, and other teaching strategies to prepare them for their role as 4-H Teen Teachers. These 4-H Teen Teachers will be responsible for delivering the 4-H Health Rocks program to 6th & 7th grade students at Henry-Senachwine Grade School. 8th graders will receive the “Tackling the Tough Skills for Teens” soft skills program delivered by the Youth Development Educator.



Healthy Living Summit

Heidi Harrison of the Marshall-Putnam County 4-H program attended the National Youth Summit on Healthy Living in Chevy Chase, Maryland this past month. Heidi is a 4-H Teen Teacher who is a part of the 4-H Health Rocks program at Henry-Senachwine School. At the National Youth Summit on Healthy Living high school students developed the knowledge and skills to address today's issues including nutrition education, physical fitness, wellness, and emotional well-being. National 4-H Council and National 4-H Conference Center partnered with professionals in family consumer science and healthy living to host the National Youth Summit on Healthy Living. Students were trained to create action plans to implement in their communities and teach other youth about what they have learned. Heidi had a great time meeting other high school students from all over the United States. There were 165 youth in attendance from 26 different states. She would like to see the Healthy Living Summit held here in Illinois. She feels it is important topic for all youth.



Marshall-Putnam County 4-H & Youth Development



Horse Committee

Marshall-Putnam horse members organized a Horse committee this year. The goal of this new committee is to raise interest in horses and to update the equipment for our 4-H Horse Show. They have also held several Horse clinics for our

Dog SPIN Club

This fall a Dog Spin Club was started for Marshall-Putnam 4-H'ers. Members of the spin club were taught the fundamentals of showing their dog at the annual 4-H Show. They also gained knowledge of the importance of their relationship was with their dog.



Marshall Putnam Robotics

Members of the Marshall-Putnam 4-H Robotics Club recently finished the EV3 Platform curriculum consisting of a mixture of construction, programming, and engineering of robots. Next up, members will begin gearing up for the State 4-H Robotics competition in the spring. In addition, the club is hosting a Cloverbud Robotics activity day. Activities will include a Robot obstacle course, "real world" programming activities, a giant tinker toy set, and other teamwork activities to give younger members an idea of what the 4-H Robotics Club is all about.



Achievement Ceremonies

Achievement Night is held every November. The 4-H members are recognized for their accomplishment from the previous year. The Recognition of Excellence awards are the largest group of awards handed out. A 4-H'er earns that honor through the work they do in their 4-H club and additional service and leadership work at the county level. The award areas are Project, Service and Leadership. Other recognitions awarded are Jr. Leaders, Outstanding Secretary, Best Kept record book, Extreme Exhibit, and our leaders.

2016 4-H Youth Development Program Highlights



Young Researchers

The group of local teens and two researchers from University of Illinois Urbana-Champaign are meeting and focusing on STEM research skills. The researchers feel it is important to have teens' perspectives inform their research and have decided to create an opportunity to do just that. Thus far the group has learned and discussed various kinds of scientific and social research and how to design research studies. The teens will design and conduct their own research study. The group will conclude their project next year with a presentation at the UIUC campus.

The Young Researchers program kicked off October 2016

4-H International Night

4-H clubs from all over Bureau, LaSalle, Marshall and Putnam counties gathered together on March 10, 2016 in the IVCC gymnasium to celebrate International Night. The event was sponsored by University of Illinois Extension, IVCC, Lincoln College and the IV Hispanic Partnership Council. High School foreign language clubs, IVCC students, and LaSalle County HCE joined in on the event. Visitors were given a passport and learned about the geography, culture and food of many different nations. They also enjoyed homemade desserts from the different countries and were able to enter their names into a drawing for gift card prizes to multi-cultural restaurants in the area. Through the Passport to the World project, youth not only learn about another country and cultures, but gain skills in presenting that information both visually and verbally to the community. The 4-H community clubs participating in the International Night event spent months studying and preparing their displays for the event. The event was a great success and will be held again in 2018 as a partnership between IVCC and University of Illinois Extension.



2016 4-H Youth Development Program Highlights



All students in Mrs. Harrison's Physical Science class at Hall High School have been participating in the 4-H Robotics study. This learning opportunity involves Lego Mindstorm EV3 kits which were purchased through a grant from the Illinois 4-H Foundation. This is yet another way in which 4-H strives to reach youth through exceptional learning opportunities. Ladd Junior High School will be using this curriculum in December as well. Both groups will have the opportunity to compete in the Illinois 4-H State Robotics Competition in April 2017.

4-H State Robotics Competition

On Saturday, April 23rd, the University of Illinois Extension 4-H program hosted a robotics showcase and competition. While parents did help with a little coaching, by and large the bulk of the work was done by the kids themselves. The competition of the day was to have a robot run through a course that resembled a dog agility run, complete with weaves, ramps, and tunnels. Each team had three 3-minute runs to complete the course, with 15 minutes in between each run to head back to their pit area and try to work out any kinks in the computer programming that caused them to miss points. The Marshall-Putnam County Robotics Team did very well with the Senior Team taking home the Level 1 Programming Award. The club has resumed meeting this fall.



2016 4-H Youth Development Program Highlights

Illinois 4-H Foundation Hall of Fame

The Illinois 4-H Foundation annually recognizes one 4-H volunteer per county for exemplary service to the Illinois 4-H program as a Hall of Fame winner. This year, 74 new members were inducted into the Illinois 4-H Hall of Fame, the largest inductee class to date. This year celebrated the 12-year anniversary of the award, said Angie Barnard, director of the Illinois 4-H Foundation. The ceremony was held Saturday, August 20 in the Orr Building on the Illinois State Fairgrounds. The Illinois 4-H Foundation established the statewide Hall of Fame in 2004 to honor and celebrate extraordinary 4-H alumni, volunteers, and former 4-H staff. Each inductee received a commemorative Hall of Fame medallion.



Kendra Ross
Bureau County



Jim & Deb Arbett
LaSalle County



Susan Knapp
Marshall-Putnam County

4-H Federation

4-H Federation is a county-wide opportunity for 4-H members in 8th-12th grade. The group is the central representative body for the improvement of the 4-H club program. The group supports and leads county-wide events.



2016 4-H Youth Development Program Highlights

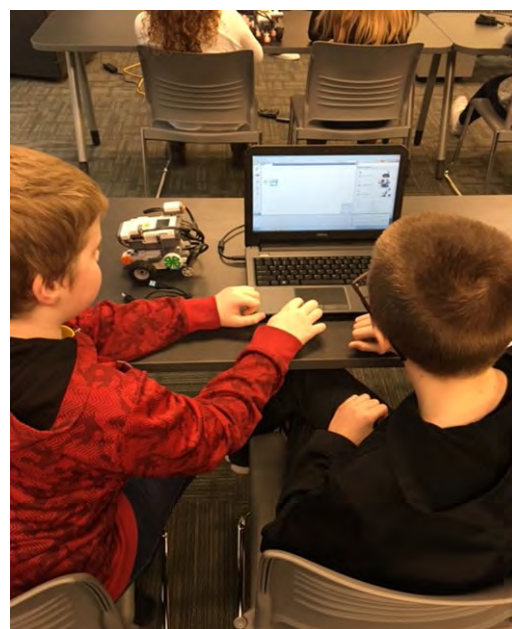
Video Production Club (Multi-County)

Hugo Heredia, of Imagine U Studio held a Video Production SPIN Club at his studio in Spring Valley. This multi-county opportunity was open to youth ages 10-18. During the six week program, participants learned about the pre-production process and brainstorming, techniques and editing basics, graphics and special effects, composting and final editing preparation, and post production and final edits. In addition, Hugo held one-on-one sessions with the participants to work on their videos. He will continue to offer this SPIN Club opportunity in 2017.



IVCC Career Expo

Youth Development Educators Megan Walsh (Unit 6) and Breanne Suarez hosted two sessions on Robotics and Engineering during IVCC's Career Expo. Every year IVCC hosts a Career Expo for over 800 8th and 9th grade students giving them the opportunity to explore a variety of careers. During our presentation students learned how robots are used in everyday life, the different kinds of robots and their function, and were given the opportunity to practice programming robots using Lego Mindstorms kits. Students learned how to program their robots to move in a square and also had fun programming their robots to do a victory dance. We had 42 students from Streator, Ladd, Lamoille, LaSalle, and Ottawa join our session.



IVCIL's Teen Summit

University of Illinois Extension's 4-H program provided a Budgeting and Smart Shopping Lesson to participant during IVCIL's Teen Summit program this past June. The program was targeted to differently-abled teens and prepared them to conquer life after high school. The learning objectives covered were employment, educator, training and independent living.



UNIVERSITY OF ILLINOIS
EXTENSION
Extending Knowledge Changing Lives



2016 4-H Youth Development Program Highlights

Healthcare 101

University of Illinois Extension's 4-H program and the North Central Regional Betterment Coalition, St. Margaret's Health, Starved Rock Association for Vocational and Technical Education, and IVCC partnered to bring the "Healthcare 101" program to local high school and junior students. The health care grant obtained by NCRBC provided students an up-close, interactive experience learning about careers in the medical field. The University of Illinois Extension offered it's resources in career readiness and soft skill development for the event. 100 high schoolers and 75 junior high students participated in the program.



Illini Summer Academies

Youth from Bureau, LaSalle, Marshall & Putnam Counties attended University of Illinois Summer Academics.

The event, sponsored by University of Illinois Extension 4-H, brings more than 300 teens to campus to work in 15 different academic fields of study with elite university professors and graduate students. During the day, teens do what college students do, such as conduct experiments in one of the campus' hundreds of labs. Some academies will tour industry job sites to see research in action. During the evening, teens will explore campus, stay in college dorms, enjoy the campus recreation areas, and order late-night pizza. "This conference shows youth what is possible through higher education in their field of interest," said Alvarez Dixon, University of Illinois Extension 4-H youth development



2016 4-H Youth Development Program Highlights



Bureau County 4-H Shooting Sports

Bureau County 4-H Shooting Sports instructor John Gorman offered shotgun instruction to local youth this May – July, 2015. John worked with the young shooting enthusiast to help them further engage in and explore shooting sports. He accompanied shotgun participant Luke S. to the Summer Sizzle Shoot in June to encourage his participation and monitor his progress in competitions. John looks forward to helping the Bureau County 4-H Shooting Sports program grow. In addition to Shotgun, youth also have the opportunity to participate in Archery and Air Rifle sessions led by certified instructors.

Summer Sizzle Shoot

The Summer Sizzle Shoot was held on Saturday June 4, 2016 at the Chillicothe Sportsmen's Club in Chillicothe. 4-H members from across the state came to compete in this shoot. Over 100 youth in total registered to participate in either archery, .22 rifle, air rifle, and shotgun. The University of Illinois Extension, Bureau, LaSalle and Marshall-Putnam have hosted this event for 5 years. The interest and skill level has definitely increased over the last 5 years.



2016 4-H Youth Development Program Highlights

4-H Leadership Training

4-H Youth Development Educator, Breanne Suarez has begun working with the Juniors and Seniors involved in the mentoring program at DePue High School. They have requested training to enhance their leadership skills as they provide guidance and mentoring to underclassmen that includes problem solving, decision making, time management, homework help and making the transition from junior high to high school an easier process. In April, Breanne met with the students to provide a personality assessment to help them identify their leadership strengths and areas for improvement followed by a hands-on activity that taught the importance of working together as a team.



STEM and Workforce Development Task Force

The STEM & Workforce Development Task Force is a group of individuals who are invested in using Extension's 4-H programming for a better prepared community and workforce tomorrow. The group met on March 31st at IVCC with a special guest, Rachel Magee, from the University of Illinois. Rachel Magee is a youth advocate and Assistant Professor at the University of Illinois Urbana-Champaign, working in the Graduate School of Library and Information Science. She will be working on a program with local youth tech researchers, incorporating youth perspectives into technology research. The group also looked at 4-H Workforce

Development and STEM programming, discussed conducting an upcoming needs assessment and set goals and objectives for the future.



STEM
Science·Technology
Engineering·Math

An Artifact Speaks

“An Artifact Speaks” is a University of Illinois cross-campus initiative developed by the staff of the Spurlock Museum of World Cultures at the University of Illinois. It is a history program that examines a variety of ancient cultures through artifacts, games, folktales, and hands-on activities. Through this program, students are able to see and handle reproductions of everyday objects like toys, kitchen items, and small statues. These artifacts and hands-on lessons can help youth understand that people who lived in ancient times are really a lot like families today. The six boxes of historical/cultural material are available for loan through University of Illinois Extension. Students from Ladd School enjoyed using these resources this past Spring.





PSEP



Regional Beef Cattle Meeting



Agronomy Night



Ag Expo

2016 Farm Outlook and Ag Leasing Seminar. Dr. Gary Schnitkey, University of Illinois Professor and Extension



**BUREAU, LASALLE, MARSHALL & PUTNAM
2016 IMPACT REPORT 3**



Ag Beef

2016 Commercial Agriculture, Local Food Systems and Small Farms Program Highlights

Private Pesticide Applicator Training and Testing Sessions were held with the Department of Agriculture to teach applicators to safely handle and apply restricted use pesticides.

Training and testing: Thursday, December 3, 2015 at Celebrations 150 in Utica

Testing: Wednesday, January 20, 2016, 10am-12pm at the LaSalle County Extension office in Ottawa

Testing: Friday, January 29, 2016, 12pm-3pm at the Marshall-Putnam Counties Extension office in Henry

Testing: Thursday, February 18, 2016, 10am-12pm at the Bureau County Extension office in Princeton

Farm Management: Outlook & Ag Leasing Seminar, January 14, 2016, 6:30 p.m. – 8:30 p.m., Illinois Valley Community College/Room CTC 124, Oglesby, IL. Presentation by Dr. Gary Schnitkey, University of Illinois Professor/ Agricultural and Consumer Economics and Extension Specialist/Farm



Management. This program is for both landowners and operators who want to learn more about crop-share, cash rent, and flexible leases, farm economic outlook and cost centers, price projections and returns to land.

Regional Beef Cattle Meeting, February 3, 2016, 5:00 p.m. – 8:30 p.m., Illinois Valley Community College/Room CTC 124, Oglesby, IL. Presentations were by Dr. Paul Peterson, University of Illinois, and Travis Meter, Extension Specialist/Commercial Agriculture Beef Educator; beef industry representatives also presented topics.

Webinar for Certified Crop Advisors, February 25, 2016, 9:00 a.m. to 2:30 p.m. CCAs (farm managers, chemical, fertilizer and seed dealers) earn up to 4.5 CEU's in Soil and Water Management. Speakers included:

- Dr. Anthony Yannarell, UIUC
- Dennis Bowman, UIUC Extension
- Kevin Erb, UW Extension
- Dr. Laura Gentry, Illinois Corn Growers Assn. and UIUC
- Ron Collman, Illinois NRCS State Soil Scientist
- Dr. Jim Angel, Illinois State Climatologist



2016 Commercial Agriculture, Local Food Systems & Small Farms



University of Illinois Extension Agronomy Night, Tuesday, February 23, 2016, 6:30 p.m.-8:30 p.m., Illinois Valley Community College, Oglesby, IL. Topics: important agronomic/crop production issues that affect our area, troubleshooting problem areas that are directly linked to our soils, how we get the most from our inputs and update summary of 2014 Northern Research Farm results. Russ Higgins, *Extension Educator, Commercial Agriculture*, Northern Illinois Agronomy Research Center, was the speaker, along with Daryle Wragge, Ag Program Coordinator, Bureau, LaSalle, Marshall & Putnam Counties Extension.

2016 University of Illinois Extension Farm Bill Update and Marketing Meeting, January 26, 6:30 p.m. – 8:30 p.m., Illinois Valley Community College, Oglesby, IL, Jonathan Coppess, University of Illinois Clinical Assistant Professor of Law & Policy/Director of Bock Agricultural Law & Policy Program & Extension Specialist from the Department of Agricultural & Consumer Economics, presented an update on the Farm Bill, looking at farm programs (ARC & PLC), crop insurance and conservation programs & issues.

Conservation Reserve/Wildlife Habitat Program: “A Night of Conservation”, Thursday, March 3, 2016, 6:30 p.m. - 8:30 p.m., at the Marshall-Putnam Extension Office. Attendees learned about updates with CRP, improving wildlife habitat, prescribed burning, conservation mowing, wildlife releases and more.

Lady Landowners Conservation, Cover Crops, Sustainability and Specialty Crops Seminar, “Passing on a Legacy”, March 22, 2016, 1:00 – 3:00 p.m., Co-sponsored with Bureau County Farm Bureau and Farm Service Agencies.

Local Agriculture Classes at IVCC with University of Illinois College of ACES Credit:

IVCC has partnered with University of Illinois College of ACES (Agricultural, Consumer and Environmental Sciences) to bolster its agriculture program and offer students a seamless transition to one of the world’s top agricultural institutions. Courses offered:

- ◇ **Intro to Ag Mechanics (AGR-1002-01) at IVCC, 1-3:10 p.m. Tuesday and Thursday, starting January 14, 2016**
- ◇ **Intro to Crop Sciences offered online by ACES, beginning January 19, 2016, dual enrollment option open to high school students with a strong science background.**

2016 Marshall-Putnam Ag in the Classroom



Marshall Putnam Ag in the Classroom serves the schools and communities throughout Marshall and Putnam Counties. The program provides classroom presentations and resources for students in Grades PreK through 8th grade on agricultural topics, coordinates High School FFA teaching experiences in the elementary schools, provides free loan of resources and kits, distributes newsletters for educators, organizes teacher workshops and participates in education opportunities for community events.

During the school year AITC reached 950 unduplicated students and 130 teachers. Over 216 classroom programs were presented in M-P schools. A Fall and Early Spring newsletter were distributed to all PreK-8th grade teachers. Ag Mags, resource materials and equipment including kits were distributed 169 times. Eight classrooms participated in the chick hatching unit.

AITC programs take on a wide variety of curriculum topics ranging from math and language arts to social studies and science. Samples of programs for this year's programs and activities are as follows:

- Fifth graders learned about Ag research that takes place at USDA Ag Research labs. Their follow up activity was to use scientific procedure to determine the absorbency of 5 different unknowns.
- Fourth graders participated in a interactive lesson on the parts of a tree. They made replicas of tree cookies reflecting their own age as the age of the tree.
- Third graders discussed how everything on a pizza is either grown or raised on a farm. They made healthy snack pizzas.
- Second graders made lip balm from soy oil. This activity introduced them to soybeans and the many things that include soy as an ingredient.
- First graders wrote with real turkey quills as was done in the early years of our country. This lesson covered both wild and farm raised turkeys and explored their similarities and differences.
- Kindergarten students “dissected” a giant hamburger to determine the farm source of each layer.
- PreK students started the school year with a lesson on the many varieties of apples. They listened closely to guest puppet, “Farmer Mac”, as he shared his knowledge about the apple life cycle.
- AITC worked cooperatively with M-P Farm Bureau to bring ImAGination Acres to the Marshall-Putnam Fair for the fourth year. New activities this year were a water table, Barnyard obstacle course, and a scheduled egg hunt.



These first grade students are creating new structures with packing peanuts. Their George Washington Carver lesson explained how Dr. Carver invented many uses for peanuts and soybeans.

2016 Marshall-Putnam Ag in the Classroom

- “A Morning of Outdoor Ed” was provided to Fieldcrest East and West third and fourth grades again this year. Students rotated between 4 stations staffed by AITC, 4-H, Master Gardeners, and M-P Farm Bureau Women’s Committee. Students made ice cream, engineered a balloon car to learn about Newton’s Third Law of motion, made bird feeders, and participated in popcorn experiments while exploring the Illinois popcorn industry.
- Thirteen Midland FFA students taught two lessons (Illinois Topography and Ice Cream Experiments) in Midland and Henry Senachwine fifth grade classrooms. Fifth grade students made 3-dimensional topography maps of Illinois using play dough. Ice Cream experiments had them use different types of milk in their experiment and compare the end products.
- In March, twenty two FFA high school students from Putnam County and Midland high schools toured Case IH’s Goodfield, IL plant. Here tillage and fertilizer equipment are manufactured. This fieldtrip is sponsored by M-P Farm Bureau with the assistance of Marshall Putnam AITC .
- In early June “Connecting Food to the Core”, a 3 hour workshop for K-8 teachers, was held at the M-P Farm Bureau meeting room. This workshop featured numerous lessons and resources that teachers could use to connect food and Common Core standards. Nine teachers attended and received 3 CPDUs.



Putnam County fifth grade students tested the flight of different sizes of O wings during the “Agriculture and Airplanes” lesson.



First grade students practiced writing words associated with turkeys during the November lesson.



“A Community Beneath My Feet” is presented to Midland third grade students by Midland FFA students. This skit involved the students in identifying beneficial insects. They were introduced to the term “Integrated Pest Management.”



Teachers participated in a variety of educational activities during the summer AITC workshop. Here they are brainstorming ways they can incorporate food lessons into their curriculum.

2016 Nutrition & Wellness Program Highlights

Serving youth, adult and senior residents in Bureau, LaSalle, Marshall and Putnam Counties, with evidence based education in nutrition topic programs, food safety and preservation, and chronic disease management. Susan Glassman is the Nutrition & Wellness Educator for the unit, and has facilitated programs in each county.

“I on Diabetes” was offered in the Culinary Kitchen at IVCC on January 7, 14, 28 and February 4, 2016 to a total of 7 participants. After this program, 100% of participants reported they...

- liked trying new recipes.
- increased their knowledge of meal planning and reading food labels.
- became aware of simple changes they could make to manage their medical plan.
- increased their knowledge of risk factors associated with diabetes.
- learned “a lot” about artificial sweeteners.
- gained insight to planning a doctor’s visit.
- improved their meal planning skills for eating away from home to manage their diabetes.



“Meals for a Healthy Heart” was presented on February 18 and 25, 2016, in the Culinary Kitchen at IVCC promoting National Heart Health Month to 9 participants from LaSalle County.

“Meals for a Healthy Heart” was presented again in March 2016 at First Presbyterian Church in Henry. 11 residents joined the class from the Henry, McNabb, Magnolia, Hennepin and Varna communities. Participants learned about the DASH Diet, cutting sodium, choosing healthy fats and eating out, allowing them to make healthier choices with our Statewide Curriculum.



2016 Nutrition & Wellness Program Highlights

Nutrition Topics: Tasty Tuesdays at

Peru Public Library



According to the Center for Disease Control, one-third of adults in the United States are considered obese. This translates into approximately 79 million individuals. Many Americans begin the New Year with quick-fix weight loss methods or diet fads that promise weight loss without the work, an easy fix! Offering programs Diet Dilemmas, Fad vs. Fact, Portion Distortion and Label Detectives, January—March, 18 residents were able to get back on track from the holidays.

Princeton High School—STEPS to a Healthy Teen Program

25 Students at Princeton High School are currently receiving the 4-H STEPS to a Healthy Teen curriculum through Nutrition and Wellness Educator, Susan Glassman.

Students have enjoyed learning about ChooseMyPlate and reading labels. They will finish in March with the Chopped themed class that was very popular the first semester. Students have provided feedback that indicates they are using the hands-on information.

- 100% learned new information about reading labels
- 100% of students were surprised to see so much information was available from ChooseMyPlate
- 100% of students are learning valuable information to make healthier choices.

Interestingly, 40% of students raised their hand when the question was asked “do you cook your own meals”.

“I on Diabetes” was held again at Perry Memorial Hospital with Susan Glassman and Ashley Schwind, RD, in February 2016. Evaluations indicated the evidence based educational information reinforced individual action to make healthier lifestyle changes, 100% of participants reported increased knowledge and skill development in caring, preventing and/or managing diabetes.



Graduates of the February 2016 “I on Diabetes” Program held at Perry Memorial Hospital

2016 Nutrition & Wellness Program Highlights

“Are you Smarter than a Food Label” classes Offered to local schools:

Nutrition and Wellness presented “Are you Smarter than a Food Label” to 280 youth at Putnam County Junior High School; Fieldcrest School, Toluca; Holy Family School, Oglesby.



Current statistics forecast future health disparities. Providing youth with valuable skills to decrease the obesity rate and prevent diabetes and cardiovascular disease through learning to read nutrition labels. Youth learned to identify portion sizes, servings per package and sugar, salt and fat. **Two of the schools did not meet the requirement for SNAP Programming. This program was**

the only nutrition education program that youth received all year . They also learned to drink more water through a demonstration on how to make cucumber water. Students enjoyed the cool crisp water while watching a the Food Smasher game from Choose MyPlate to finish the class.

Teacher evaluations indicated they found the program to provide useful skill building activities to keep youth engaged while learning.

“One in Five” Poverty Awareness Presentation LaSalle County Health Department, Ottawa LEASE School Health Officials Workshop

Family Life Extension Educator, Karla Belzer and Susan Glassman presented “One in Five” for LaSalle County Health Department and Ottawa LEASE. A snapshot of poverty specifically in LaSalle County was presented with current statistical information of poverty and food insecurity. Resources were provided. **Our message “one person can make a difference”** gave staff motivation to work more closely with families. Highlights of the presentation through research-based information from current data for LaSalle County and included:

- 11,058 residents in LaSalle County are uninsured.
- **Over 2/3 of families living in poverty work more than one job.**
- Only 66% of persons living in poverty have access to transportation to shop for food leaving the option of purchasing their food at convenience stores.
- LaSalle County has almost twice the amount of convenience stores compared to other counties in Illinois.
- LaSalle county has more than the state average of youth who are food insecure.

Evaluations indicated:

- 100% of participants left with a different understanding of the nature of poverty and economic hardship in the United States.
- 100% of participants increased their knowledge of the effects of poverty on children and families.
- 100% of participants reported awareness was increased for effective ways to work with children and families experiencing poverty.

2016 Nutrition & Wellness Program Highlights

Illinois State Board of Education (ISBE) Grant

Smarter Lunchrooms Movement

- Food service staff from Putnam County Schools joined the grant University of Illinois Extension is offering for schools to participate in training for food staff continuing education hours which are mandatory for the 2016/2017 school year.
- Food service staff finished the 2015/2016 school year by participating in our specially designed webinar series, Rethink your Drink and our No Time to Train module, Make Milk #1. The trainings offered food staff their continuing education hours.
- In the Fall, we will begin monthly training till staff have met their hour requirements as mandated by the Illinois State Board of Education. Putnam County Schools is also participating in another part of the grant, Smarter Lunchrooms Movement. I will be making several observational visits to lunchrooms and then choose a couple things to highlight to increase healthier choices and fruit and vegetable consumption in school lunches. This program is available through University of Illinois Extension, Illinois State Board of Education (ISBE) and Smarter Lunchrooms Movement Grant.

Program Sites, January—March, 2016

- Bureau County Home and Community Education Association
- Bureau Valley Schools, Wyanet
- First Presbyterian Church
- LaSalle County L.E.A.S.E
- Ladd School
- Illinois Valley Community College, Culinary Kitchen
- Illinois Valley Community College, Spring Garden Conference, 2016, presenter
- Ohio Public Library
- Peru Library, Peru
- Perry Memorial Hospital
- Putnam County Junior High School
- Princeton High School, Princeton

Lake Thunderbird Ladies' Club, Putnam

The class “Uncommon Uses for Common Vegetables” provided options to increase vegetables, helping to decrease the obesity rate and manage diabetes and cardiovascular disease by following some simple suggestions to incorporate more vegetables into meals.

Participant feedback indicated that from the class they learned new ideas for adding more vegetables to their diets, increasing the serving size to ChooseMyPlate guidelines.



2016 Nutrition & Wellness Program Highlights

Nutrition and Wellness at Hall Township Food Pantry

A food demonstration video was filmed at Hall Township Food Pantry for their Easter food basket distribution for clients. While clients waited for their basket pick-up the video was projected on the waiting room wall. Approximately 236 clients viewed the video which taught them how to make a jello salad using ingredients in their baskets. Client feedback was positive, many commenting they would make the recipe for their holiday dinner.

Eat Well, Spend Less, Money Smart Week

According to the USDA Center for Nutrition Policy and Promotion, the average family of four spends as much as \$1,301.50, and a household of 2 spends approximately \$780.50 a month on groceries and food costs. Residents that participated in the Money Smart Week Classes learned how to maximize food dollars, stock a healthy pantry, plan for healthy meals and use leftovers! Classes were offered at LaSalle Public Library and Richard A. Mautino Memorial Library.

Illinois Valley Herb Guild

Growing and Cooking with Herbs, Standard

Nutrition topic curriculum, Growing and Cooking with Herbs was presented to the Illinois Valley Herb Guild on

May 17 at the Putnam County Community Center in Standard. Information on growing herbs in the Midwest was provided with harvest methods. Culinary herbs were covered and uses for fresh or dried herbs. A food demonstration was provided using fresh dill and served as a sample for participants.



Program Sites, April—May, 2016

- Fieldcrest School, Toluca
- Henry Presbyterian Church, Henry
- Holy Family School, Oglesby
- Home Depot, Peru
- Lake Thunderbird, Putnam
- LaSalle County LEASE Office, Ottawa
- Perry Memorial Hospital, Princeton
- Putnam County Elementary School, Hennepin
- Putnam County Junior High School, McNabb
- Putnam County High School, Granville
- Putnam County Community Center, Standard
- Richard A Mautino Memorial Library, Spring Valley
- Toluca Public Library, Toluca

2016 Nutrition & Wellness Program Highlights

Farmers Market Fresh, Oglesby Public Library. Participants learned the highlights of shopping locally for seasonal foods. Farmers Market Fresh was a popular topic and evaluations indicated that participants increased their knowledge of shopping for fresh fruits and vegetables. Interest was generated for visiting a farmers market and the University of Illinois Extension website.

Senator Sue Rezin Senior Health Fair was attended by over 300 seniors. Nutrition and Wellness provided an interdisciplinary table with the Illinois Nutrition Education Program. Seniors participated in our interactive healthy snack display and learned about upcoming programs.

Fiesta of Flavors Class was provided to Bureau County which has the highest percentage of persons with diabetes in our Unit, 11.3% (from CDC) and the top community that self-identifies as Hispanic, DePue which is 68.4% Hispanic. Nutrition and Wellness started the program using Fiesta of Flavors recipes to offer a hands-on cooking class and research based education from I on Diabetes. A translator assists at our classes and evaluation comments.



DePue's "I on Diabetes" program participants taking part in trying recipes prepared in class.



Illinois State Board of Education, Smarter Lunchrooms Food Staff Training was held at Ladd School. Offering the grant from the Illinois State Board of Education, a four-hour training was provided to food service staff to begin the 2016/2017 school year. The ISBE grant provides free in-person and web-based trainings that can satisfy state and USDA educational requirements.

Program Sites, June—August, 2016

- Putnam County Community Center, Standard
- University of Illinois Extension, Henry
- MSW Projects, Henry
- University of Illinois Extension, Princeton
- Spring Valley Farmers Market, Spring Valley
- University of Illinois Extension, Ottawa
- Princeton Farmers Market, Princeton
- Cornerstone Community Wellness, Sheffield
- Marshall/Putnam County 4-H Fair, Fair Judge
- St. Mary's Church, DePue
- American Legion, Toluca
- Streator Farmers Market, Streator
- Oglesby Public Library, Oglesby
- Putnam County Public Library, Hennepin
- Richard A .Mautino Library, Spring Valley
- Robert Rowe Public Library, Sheridan
- Peru Eagles, Peru
- Putnam County Public Library, McNabb
- Lacon Community Center, Lacon

2016 Nutrition & Wellness Program Highlights

Summertime Freezer Meals in a Flash was a class requested by Kim Shute, reporter from the News Tribune. Kim called on a Thursday and a class was put together and offered on Monday. With help from a partnership at Cornerstone Community Wellness in Sheffield. *From the class, Kim Shute wrote an article featuring the Nutrition and Wellness Program in the News Tribune Illinois Valley Parent.* The article included information on food safety, preparing and freezing family meals from University of Illinois Extension.



Grilling and

Summertime Salads was a class in the Summertime Nutrition Series at Richard A. Mautino Memorial Library in Spring Valley. University of Illinois Extension collaborated with the Spring Valley Booster Club securing a donation from the club for gift certificates for class participants to shop at the Spring Valley

Farmers Market. Participants received \$10.00 in free produce from the Boosters Club for attending the class series. The picture at the right are participants holding their gift certificates to the farmers markets.



Pickle Making Class was a hit this summer. Classes were offered in Marshall and Putnam Counties with a total of 16 participants. The class included beginners and experts but everyone shared in the fun of food preservation. Using curriculum from "Put it Up" education on pickling and food safety was shared

during processing. Each participant took home a jar of dill and sweet pickles to enjoy. Evaluations were positive and highlighted the class was worth attending; they liked all the steps of pickle making and the most favorite was filling the jars with the liquid.



2016 Nutrition & Wellness Program Highlights

Hearty Soups and Stews was offered at the Raymond A. Sapp Memorial Library to a full house. Curriculum handouts were provided highlighting the many different soups and stews, ideas for healthier preparation were suggested mainly watching sodium. Our recipe for Harvest Soup was prepared and sampled. Evaluations indicated that participants were going to try making their own stock, use canned evaporated milk instead of heavy cream, remember to freeze leftovers for later use in soup making.

Through networking, Tri-County Opportunities requested staff training on Food budgeting for families from Nutrition and Wellness. LaSalle County stats were shared from the Illinois Poverty Report. Curriculum from our Money Smarts program was shared including the 3P's which is Plan, Purchase and Prepare. Information added from local foods, commodity foods, food pantry resources and information on shopping on a budget. Staff completed an exercise to develop a meal plan and shop for items to complete one meal using inventory from what was in their cupboards and sale promo flyers from local grocery stores. The staff evaluations included comments for "more training", "how much of a difference budgeting makes for families" and "I liked the stats you presented from LaSalle County". Staff also indicated they would like this training provided to parents. Staff left with a higher understanding of poverty and economic hardship in LaSalle County, knowledge of how to provide families resources and an awareness of effective practice to work with families to assist them with food budgeting information.

Illinois State Board of Education/Smarter Lunchrooms Grant

Principals and Superintendents were provided with information on how to participate in our Smarter Lunchrooms and Illinois State Board of Education School Nutrition Staff training grant. Training was provided to LaSalle, Marshall & Putnam Regional Office of Education Food Staff Training in October 2016. Over 56 food staff received training from Educators, Susan Glassman and Amber Noll.

Further follow-up was provided to ROE Superintendents during their October meeting. Susan and Amber spoke about Smarter Lunchrooms and Illinois State Board of Education School Nutrition Staff training. Resources were provided to contact our staff for scheduling trainings. And, a list was generated of schools that wanted training and lunchroom assessments. From the meeting, LaSalle Peru Township High School scheduled a lunchroom assessment.



2016 Nutrition & Wellness Program Highlights

Healthy Aging Summit

Nutrition and Wellness has been working to develop a relationship with our local Alzheimer's Association. The goal was to include the local chapter in our Healthy Aging Summit. As a result, at their local event we were able to provide an information table with our Healthy Aging Summit flyers as well as U of I Extension materials and answer questions from the public. We also enjoyed their event which featured speaker, Tepa Snow who spoke about the disease progression of Alzheimer's. Together, we can both offer resources to families in Bureau, LaSalle, Marshall and Putnam Counties who are to try to increase their own brain health or taking care of loved ones.



University of Illinois Extension presented our first Healthy Aging Summit at Illinois Valley Community College. Featuring three dynamic speakers, the summit topics included Alzheimer's Disease 101; Hold That Thought; and Eating Well as You Age. The program was for individuals, caregivers, and agency staff and responses were extremely positive. Some participants commented that they wished they had known the information earlier on Alzheimer's Disease and Brain Health. Other were excited to learn that small changes at any age make quality of life better when focusing on healthier diets. In general, participants felt that this program gave them a new awareness of how to watch for changes in friends and family members. Evaluations indicated that participants increased knowledge in the difference between dementia and Alzheimer's, the importance of making healthy food choices and how lifestyle choices contribute to brain healthy function. They left with knowledge of how nutritional needs change with age, different types of memories you brain stores and how to watch for changes in ability. They worked on skills to increase awareness of memory strategies, keeping a nutrition journal and how to connect to friends and family with Alzheimer's resources. Together the three topics provided a unique set of tools to use for participants themselves, and with family and friends. They all left with resources and evaluation comments were positive.



2016 Nutrition & Wellness Program Highlights

The Art of Salsa class was provided to MSW Projects, Senior Nutrition Site in Henry. A review of salsa history was included. Participants also learned to make salsa from both fresh and canned ingredients. Participants indicated they received an understanding of how to use different ingredients to create new flavors, they also all indicated they increased their knowledge of food safety in preparing fresh salsa. And, they agreed that this class provided them the ability and awareness of how to prepare salsa at home. The class included salsa tasting. Evaluations included “Knowledge gained, salsa tasted, it was a great class”.

Hearty Soups and Stews was offered at the Raymond A. Sapp Memorial Library to a full house. Curriculum handouts were provided highlighting the many different soups and stews, ideas for healthier preparation were suggested mainly watching sodium. Our recipe for Harvest Soup was prepared and sampled. Evaluations indicated that participants were going to try making their own stock, use canned evaporated milk instead of heavy cream, remember to freeze leftovers for later use in soup making.

LaMoille Afterschool Program, over 28 youth participating in afterschool received a class on pumpkins with interactive activities. Pumpkin Peanut Butter Dip was served as a snack. Recipes and handouts were provided.

Program Sites, September—November, 2016

- Putnam County Community Center, Standard
- MSW Projects, Henry
- St. Mary’s Church, DePue
- Lacon Community Center, Lacon
- Putnam County Library, Granville
- Princeton, Pork Days
- Peru Catholic School
- Healthy Aging Summit, Lee County
- LaMoille Afterschool Program
- Shepherd Middle School, Ottawa
- Regional Office of Education, LaSalle County
- Princeton Public Library, Princeton
- Mendota Civic Center, Mendota
- St. Mary’s Church Hall, DePue
- Princeton High School, Princeton
- St. Margaret’s Hospital, Spring Valley
- Illinois Valley Community College, Oglesby
- LaSalle County HCE, Ottawa
- Raymond A. Sapp Memorial Library, Wyanet

2016 Extension Master Gardener & Master Naturalist Volunteer Programs

Extension Master Gardener and Master Naturalist Volunteer Programs

- Extension conducted the Master Gardener Training Program in Spring 2016 with **12 new graduates!**
- We have 19 Master Naturalists in the Bureau, LaSalle, Marshall, Putnam Unit. They volunteered at 25 different community service projects for a total of 1,860 hours of service in 2016.
- We have 33 Master Gardeners in the Bureau, LaSalle, Marshall, Putnam Unit. They volunteered at 58 different community service projects for a total of 2,198 hours of service.
- The reach of the programs are significant with the many community service projects across Bureau, LaSalle, Marshall and Putnam Counties. In addition, the trained and screened volunteers provide hotline answers for the public, fresh produce food donations to the local food pantries and gardening education for school youth and communities.

Total number of volunteer hours provided by local Master Gardeners and Master Naturalists: **4,059 hours**

The value of the volunteer time is worth \$22.77 an hour (set by the Federal Government).

Total volunteer hours in Bureau-LaSalle-Marshall-Putnam Counties: 4,059 hours X \$22.77/hour= \$92,423.

A value of \$92,423.43 of volunteer time benefitting our counties, communities and residents.

Spring Garden Conference 2016



Master Naturalist, Doug Gift gave a demonstration on sharpening garden tools. He provided a hands-on demonstration to a group of participants that just kept growing!



On April 9, University of Illinois Extension Master Gardeners provided hands-on education providing live demonstrations, answered gardening questions, and staffed an information table at Home Depot in Peru. Master Gardeners kicked off their container garden project which serves more than 469 residents in Marshall and Putnam Counties.

2016 Community & Economic Programs

Community and Economic Development: Marshall, Putnam, Stark S.E.T. (Stronger Economies Together) Grant Program

* ***Stronger Economies Together (S.E.T.)***

University of Illinois Extension continues to work with the S.E.T. Local Leadership Team from Marshall, Putnam and Stark Counties and USDA Rural Development for the Marshall, Putnam, Stark S.E.T. (Stronger Economies Together) Grant Program. The purpose of the program is to enable communities and counties to work together in developing and implementing an economic development plan for their multi-county region that strategically builds on the current and emerging economic strengths of the region. Creating, attracting and retaining jobs, are a focus of the program plan. Several planning sessions were held throughout the year and a regional plan document was developed which will be used to secure funding to meet identified goals. The grant is provided and spearheaded by USDA Rural Development with support from their land-grant university partner, University of Illinois Extension.

* **Bureau County Community and Economic Development Partnership**

University of Illinois Extension works with the City of Princeton, City of Spring Valley and the Bureau County Board to provide a county-wide economic development effort. The group provides county support via website and is working to help promote the new vision for extending services to the local communities through the new regional economic development council, “Economic Development Corporation of North Central Illinois”, serving the counties of Bureau, LaSalle and Putnam.

* **Local Government Officials Provided with Free Webinar Series in 2016. Topics Offered were:**

* **Extension provides educational programming to Bureau County and LaSalle County Home and**

- ◆ 2015 Legislative Update, January 21 & 22, 2016
- ◆ Illinois State Budget Crisis & the Impact on Local Government, February 18, 2016
- ◆ Strategic Priorities for Local Governments Dealing with the Current Fiscal Climate, March 17, 2016
- ◆ Summary: Task Force on Consolidation and Unfunded Mandates Part 1, April 26, 2016
- ◆ Illinois Local Government: How do you make essential services more effective and efficient, May 19, 2016
- ◆ Comprehensive Economic Development Strategies at Work in Illinois, September 15, 2016
- ◆ Summary: Illinois Demographic Snapshot and Review, October 20, 2016
- ◆ LOIS: State of Illinois Site Development Tool, November 11, 2016
- ◆ How to Connect your Site to the Prospective Business, December 6, 2016

Community Education (H.C.E.) Associations: a variety of research-based educational programs were provided by Extension Educators to members of the HCE Associations in both Bureau and LaSalle Counties; the members then re-teach the lessons in their local communities. Topics included: healthy lifestyles/nutrition, family life, consumer education and more.

2016 Community & Economic Programs

Community and Economic Development: Marshall, Putnam, Stark S.E.T. (Stronger Economies Together) Grant Program

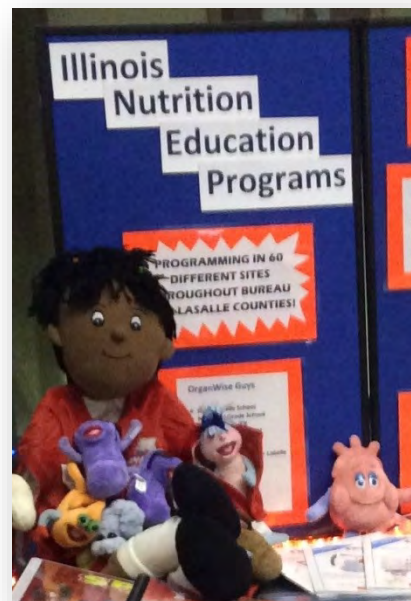
- * **Stronger Economies Together (S.E.T.)**
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 - ◆ How to Connect your Site to the Prospective Business, December 6, 2016
- * **Extension provides educational programming to Bureau County and LaSalle County Home and Community Education (H.C.E.) Associations:** a variety of research-based educational programs were provided by Extension Educators to members of the HCE Associations in both Bureau and LaSalle Counties; the members then re-teach the lessons in their local communities. Topics included: healthy lifestyles/nutrition, family life, consumer education and more.

2016 Illinois Nutrition Education Programs

INEP is funded through the SNAP-Ed Grant awarded to the Unit

Illinois Nutrition Education Program Staff in Bureau, LaSalle and Marshall Counties provided direct education to 14,894 youth, and 4,914 income eligible adults from January 1, 2016 to December 31, 2016. INEP Staff assist low-income families by partnering with community agencies to help them achieve healthier lifestyles, including eating balanced meals, and more physical fitness.

These partnerships include local schools such as John F. Kennedy in Spring Valley; Bureau Valley Elementary in Wyanet; DePue Grade School; Neponset Grade School; Bureau County Special School in Cherry; Blackstone and Lincoln Elementary in Mendota; Centennial Elementary, Kimes Elementary, and Sherman Elementary in Streator; Earlville Elementary; Jefferson Elementary and Lincoln Elementary in Ottawa; Marseilles Elementary; Lincoln Elementary in Oglesby; Northview Elementary in Peru; Fieldcrest Elementary East in Toluca; and Fieldcrest Elementary West in Wenona. Food Stamp Eligible Schools (<50%) receive OrganWise Guys classes in kindergarten through second grades. Students meet characters such as Hardy Heart, Madame Muscle, and Calci M. Bone. These characters teach students how to be healthy and choose more fruits and vegetables through stories and videos. 18 sites received 562 visits with 11,242 direct contacts.



Early Childhood and Head Start programs across our Unit receive one of two curriculums, It's Fun To Be Healthy or Color Me Healthy. These stories teach the students about Go and Whoa Foods, and how to choose more fruits and vegetables for snacks instead of less healthier foods. These 14 sites include Calvary Baptist Church, Epworth United Church, and First Baptist Church in Ottawa; Christ Family FourSquare and Jackson School in LaSalle; Earlville Elementary; First Congregational Church in Peru; Mendota Head Start; Lincoln

Elementary in Oglesby; Marseilles Elementary; Head Start and Oakland Park Elementary in Streator; United Church of Christ and John F. Kennedy Elementary in Spring Valley. 212 visits included 2,922 direct contacts.

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Who says kids won't eat veggies? This little trouser ate a helping or two of the Zucchini and Tomatoes being served up at the Community Food Basket!

Fall Highlights

September

- September 21: Health Fair at DePue Schools– DePue, IL
- September 28: ABCs of School Nutrition, in-person training with food service staff at Streator Elementary School District 44– Streator, IL

October

- October 7: ABCs of School Nutrition, in-person training and information session with food service staff of ROE #35– Ottawa, IL
- October 13: Healthy Food Donation Press Release distributed to local news sources
- October 17: ABCs of School Nutrition presentation to Superintendents of ROE #35– Ottawa, IL
- October 28: ABCs of School Nutrition, in-person training with food service staff at Regional Safe School– Peru, IL



Upcoming Programming

“Food Free Classrooms and Celebrations” Professional Development Opportunity with Marseilles Elementary School District 150– Marseilles, IL

- SNAP-Education Policy, System, and Environment initiatives:
 - Implementing SNAP Benefit acceptance at local farmer's markets
 - Assisting Regional Safe School in applying for the Backpack Program with River Bend Food Bank
 - Assisting Second Story Teen Center in applying to be a Summer Meals site through the USDA
 - Working with local food pantries to encourage adaptation of best practices to increase consumption of nutritious options among patrons
 - Assisting local schools in updating and implementing wellness policies
- Continue to connect with local schools, hospitals, and organizations to create sustainable and effective changes that impact large amounts of people by making healthy choices practical and feasible to all community members

2016 Illinois Nutrition Education Programs



University of Illinois
Extension
SNAP-Education:
Bureau, LaSalle, Marshall,
and Putnam Counties

2016 Impact

SNAP-Education helps those in need make healthier choices by reaching people where they are in their communities with interactive classes and activity stations, and by working towards policy, systems, and environmental changes to encourage healthier behaviors.

Program Reach



5,872 total
individuals
reached

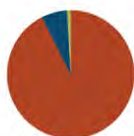


1,147 (20%)
participants
identify as
Hispanic

33%
Adults



67%
Youth



91% Caucasian (5363)

7% African American (408)

2% Asian American, American Indian,
or Pacific Islander (101)

Reaching Families Through Community Partnerships

Education Provided at the Following Site Types:



3 Partnerships Focused on Healthier Policies,
Systems, and Environmental Changes



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Other partnerships include local food pantries and farmers markets. These sites include First United Methodist Church in Seneca; Community Food Basket in Ottawa; Grace Community Church in Streator; Mendota Area Christian Food Pantry; St. Joseph's Church in Marseilles; Hall Township Food Pantry in Spring Valley, and Tri-County Opportunities Council and Princeton Farmers Market in Princeton. In these sites, activity stations are set up with food samples and nutrition information for the clients to take home. 556 direct contacts and 2,465 indirect contacts were reached in these 7 sites in 86 visits.

Women, Infants, and Children (WIC) programs in LaSalle County receive nutrition education in LaSalle, Ottawa, and Mendota WIC offices. Eating Smart, Being Active curriculum or MyPlate for MyFamily is used in these sites. A total of 878 direct contacts were made in 335 visits. Mother's with Children ages birth to 5 years learn how to budget, shop for healthy food & prepare healthy meals for their families.



Family Community Resource Centers in LaSalle and Bureau County host classes for their Temporary Assistance for Needy Families once a month. Nutrition education in these two sites is given from the Eating Smart, Being Active curriculum, and always includes food samples of

the healthy recipes found on the Illinois Nutrition Education Program website. 14 visits between the two counties resulted in 150 direct contacts.

2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—Buda Neponset

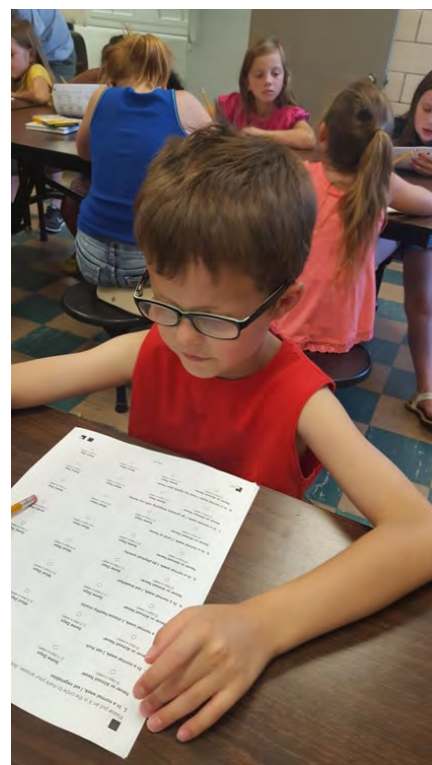
At the Illinois Junior Chefs Cooking School at Bureau Valley South 21st Century Grant Summer Program in Buda, 20 students received nutrition education, basic cooking skills instruction, and they learned how to make simple recipes including Fruit Salsa, Veggie Chow Mein, Pita Pocket Veggie Breakfast, and pudding shakes. They loved their Teen Teachers and were also very excited about the fitness activities from SPARK.



At the Illinois Junior Chefs Cooking School in Neponset at the 21st Century Grant Program, 27 youth learned team building skills, healthy recipes, and MyPlate from the Teen Teachers.

On the left, a student completes the Illinois Junior Chefs survey that was given at the beginning of each cooking school, and again at the end to assess how much the students learned during their sessions with the Teen Teachers.

Physical activity was taught using the SPARK curriculum. These students were especially enthusiastic about trying new foods!



2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—Mendota



Two separate Illinois Junior Chefs Cooking Schools were taught by the Teen Teachers in Mendota at Lincoln Elementary. 46 students enjoyed learning how to make Veggie Chow Mein, Fruit Salsa, and Pita Pocket Veggie Breakfast. The students engaged in basic cooking skills and nutrition education.

Physical fitness was also emphasized using the SPARK curriculum. The students loved fitness time with the teens! These back-to-back camps were jam-packed with cooking and fitness activities!



2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—LaSalle



Teen Teachers taught an Illinois Junior Chefs Cooking School to 12 youth in LaSalle at Lincoln Junior High. The students learned how to safely crack and scramble eggs while making Pita Pocket Veggie Breakfast. After cooking the eggs, they added peppers, green onions and cheese to their pitas. The youth also tried new vegetables such as fennel, kohlrabi, and fresh ginger. Fitness is also a focus at the Illinois Junior Chefs Cooking Schools, using the SPARK curriculum for instruction and activities. School staff couldn't believe how excited the kids were to cook!



2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—Spring Valley



Every summer for the last 7 years, Bureau-LaSalle-Marshall-Putnam Unit INEP staff has partnered with St. Margaret's Hospital to bring Healthy Kids Camp to local youth. This year,

75 campers participated in three consecutively running Illinois Junior Chefs programs at Kirby Park in Spring Valley, for one week in July. Campers learned basic cooking skills from the Teen Teachers, such as chopping vegetables and fruits, sautéing, mixing and folding. They also learned about MyPlate, and got plenty of physical activity from the SPARK curriculum along the way. The campers loved having teens as teachers!



2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—Streator



The students at the Illinois Junior Chefs School at Evans Heights Housing in Streator learned healthy recipes and basic cooking techniques. They received nutrition education from the Teen Teachers and also participated in physical activities from the SPARK curriculum. The 11 students also toured the community garden at the housing and picked vegetables that were used in several of the recipes from the Illinois Junior Chefss cookbook. They loved the variety of the garden vegetables and being able to pick their own fresh vegetables which were immediately put to use. They were also excited about having teens as teachers!



2016 Illinois Nutrition Education Programs

Illinois Junior Chefs Cooking Schools—Oglesby



At Dickinson House in Oglesby, 28 youth participated in an Illinois Junior Chefs Cooking School with Teen Teachers. They learned basic cooking skills, healthy recipes, and received nutrition education including MyPlate. They sampled exotic fruit such as kiwano (horned) melon, dragon fruit, and fresh pineapple. The students received physical fitness instruction daily using the SPARK curriculum. Bowling on Friday was a special addition to their physical activity lineup. They loved trying new fruits and vegetables and having teens as teachers!

6,532 Local youth participating in our 4-H Youth Development Programs in 2015

33 4-H Community Clubs

185 Extension Master Gardener & Master Gardener Volunteers serving local communities

12 NEW volunteers graduating in the Illinois Master Gardener Training Class

26,210 Number of personal direct contacts through Illinois Nutrition Education Program SNAP-Ed Grant in 2015

48,186 Number of service contacts, University of Illinois Extension-Bureau, LaSalle, Marshall, Putnam Counties

Outreach to new groups including:

- Streator Township High School
- Fieldcrest Elementary—Wenona
- Fieldcrest Elementary—Toluca
- Mendota High School
- Illinois Valley Cyclist Association
- FFA Groups: Streator High School, Putnam County High School, LaMoille High School, Seneca High School and Midland High School
- Echo Bluff
- LaMoille's Allen Junior High
- Prairie Arts Council
- Condit's Ranch, Putnam
- Painted Oaks Boarding Stable, Hennepin
- Cornerstone Community Wellness, Sheffield
- Ohio Public Library
- Holy Cross School, Mendota
- MSW Projects, Senior Meal Site