

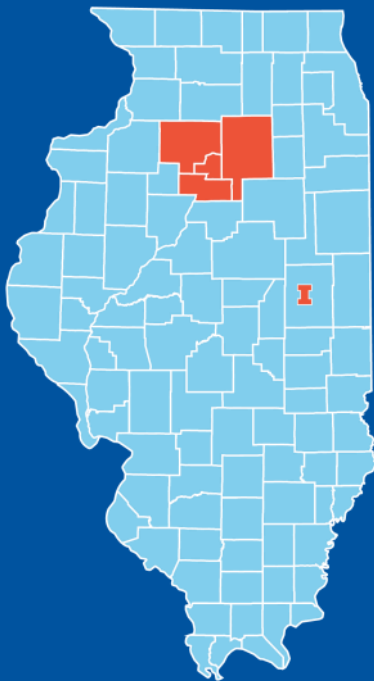


## 2019 IMPACT REPORT

University of Illinois Extension  
Bureau, LaSalle, Marshall, and Putnam Counties



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



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## A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation, deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

Robert J. Jones  
Chancellor, University of Illinois



## A Note from the County Director

We are very grateful to our annual funders, stakeholders, volunteers, and participants for the 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 Bureau, LaSalle, Marshall and Putnam counties.

Because of your support, we have been able to continue to provide unbiased, research-based information and strong educational programming outreach from the University of Illinois at 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 grant services to local people and schools through Extension's partnerships with the Illinois State Board of Education, Illinois Nutrition Education Program, Ag in the Classroom, and our 4-H Latino Program.

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 2019 program highlights and contact me if Extension can be of service to you!

With warm regards,  
Jill Guynn  
County Director



## Bureau County 4-H Fair 2019

The culminating activity of the 4-H year took place July 18-20, where 4-H community clubs across Bureau County came together at the Bureau County Fairgrounds. Projects were presented for conference-style judging to receive blue, red, or white ribbons and consideration for state fair promotion and special awards. Those selected for state fair honors participated in August at the state fair in Springfield.



## Illinois 4-H Hall of Fame



The Illinois 4-H Foundation annually recognizes 4-H volunteers for exemplary service to the Illinois 4-H program. This year, 80 new members were inducted into the Illinois 4-H Hall of Fame during a celebration at

the Illinois State Fair in Springfield. This year, Monica Nunez was recognized for her long time dedication and service to Bureau County 4-H.



## Conservation Day

Bureau County Soil and Water Conservation District included University of Illinois Extension in their program for the annual Conservation Day in Princeton. Fifth grade students in Bureau County learned the importance of milkweed plants to the survival of monarch butterflies through the Monarchs on the Move curriculum.



## Bureau County Youth Learn Bird Sleuth: Nature Detective Curriculum

Bureau County youth spent two days at the Bureau County Metro Center summer camp learning the Bird Sleuth: Nature Detective curriculum. Youth learned about habitats, different bird seed, and how birds use their beaks to eat. They also made bird houses and went on a scavenger hunt.





## Code Your World Curriculum Offered at Area Schools and Public Library



April's monthly STEM lesson was an introduction to the Code Your World curriculum. After school participants worked on coding the Chicken Dance by writing step-by-step instructions to simulate how coding works.



4-H Federation members led their annual Easter basket collection to assist families in need during Easter. 4-H Clubs were asked to donate non-perishable items to complete an Easter meal. Hams and additional baskets were supplemented by the 4-H Federation. Completed baskets were distributed to agencies throughout the area.



(left to right) Sierra Spohn, Brinley Kloepping, Beth Rachel Freeman, Payton Frueh, Kendall Forth, Sara Freeman, and team leader Christina Christiansen.

## Bureau County Horse and Hippology Compete at Regional Competition

Bureau County's Horsebowl and Hippology members competed at a regional competition in Knoxville in April. The team had several successes, including a third place finish by the Junior Horse Bowl team. Additionally, Junior Hippology members Payton Frueh (7th) and Brinley Kloepping (9th), and Junior Horse Bowl member Beth Rachel Freeman (4th) took home honors.

## Bicycle Workshop



Through a partnership with the Princeton Bicycle and Pedestrian Commission, University of Illinois Extension, Princeton Police Department, and Perry Memorial

Hospital, the second annual youth bike workshop was held in May. This event promotes the importance of safety. Youth were led through stations to learn proper hand signaling, maneuvering, and basic maintenance.



## Monarchs on the Move

As part of Neponset's summer reading program, Bureau County 4-H Program Coordinator Danielle Gapinski brought Monarchs on the Move to the library. Participants created their own butterfly life cycle, participated in a simulation of life as a butterfly, and learned about the monarch butterfly.





The 2019 4-H Recognition of Excellence was hosted by the Bureau County 4-H Federation in November at the Metro Center in Princeton. 4-H Club members were awarded certificates of achievement in several areas.

## DePue Little Giants After School 4-H Club

Tina Pienta, Illinois Nutrition Education Program (INEP) community worker, spoke with students about health and nutrition, then introduced a healthy snack. Students learned about “Go,” “Slow,” and “Whoa” foods: foods that give you energy, make you tired, and foods that one should only eat occasionally as a treat.



## Farm Bureau Ag Fair

During the annual Farm Bureau Ag Fair, 4-H delivered the importance of farm safety to fourth grade students utilizing a farm display. Students were asked to point out unsafe scenarios to open discussion about why this was unsafe and how to correct the situation.



The LaSalle County 4-H Show in July reflected the 4-Hers focus and hard work on their project exhibit preparation, and also represented the many service learning and community activities the 4-H members participate in. Livestock shows were well represented. 4-H members shared their knowledge and skills through many general project exhibits and livestock showings.





## LaSalle County 4-H Shooting Sports

The LaSalle County 4-H Shooting Sports program completed their disciplinary schedules for shotgun, rifle, and archery. New this year, the shooting sports program formed a Youth Council to provide input and representation from the youth perspective. Youth Council members attend monthly meetings and assist with communications, planning, and various other assigned tasks.



## Illinois 4-H Hall of Fame



Karen Pillion, a LaSalle County 4-H volunteer, was one of 80 volunteers recognized by the Illinois 4-H Foundation as a 4-H Hall of Fame inductee during a ceremony held in August at the Illinois State Fair in

Springfield. Karen has represented exceptional commitment and support to the 4-H program and Extension services. She wears many hats as a 4-H volunteer. As the 4-H Federation co-advisor, Karen assists with meetings and events, and donates much of her time and many treats to this great group. Karen is also a member of the Friends of Extension and 4-H fundraising committee. Karen's service doesn't stop with committees; she is active throughout the year volunteering her time and donating to a variety of 4-H activities. Illinois Extension supporting LaSalle County is extremely fortunate to have her support.

## 4-H Tech Changemakers

The 4-H program is currently participating in the 4-H Tech Changemakers digital training initiative. The project empowers teens to bring technology access and digital skills to their communities. Teens will work as digital ambassadors to provide technology training to adult audiences. The 4-H Tech Changemakers recently attended training provided by Microsoft and 4-H National Council in Chicago. Training included instruction in leadership, public speaking, and teaching technology skills in community workshops to help close the digital gap and introduce more people to the opportunities that broadband internet can provide.



## Illinois Team Competes in Scotland

LaSalle County Livestock Judging Team member Clay Sundberg competed in the World Livestock Judging Contest in Scotland. Illinois had a higher score in oral reasons, thus earning the national championship.



(from left to right) Coach Gracia Ramp, Mason Engnell, Clay Sundberg, Nicole Haverback, and Jenna Wheeler.





## 4-H Entrepreneurship SPIN Club

Dimmick seventh grade students participated in the Entrepreneurship Special Interest (SPIN) Club. Youth enjoyed Welcome to the Real World, an activity designed to help junior high and high school students learn more about life on their own after graduation. Youth were challenged to try their hands at making tough choices, such as what career to pursue, what car to buy, where to live, and how to pay their bills based on the life decisions they made.



## LaSalle County 4-H Federation

4-H Federation youth hold regular business meetings, in addition to enjoying some fun team-building games. Members have been busy the past few months sponsoring and assisting with the 4-H Awards Banquet and Holiday Workshop for 4-H youth and Cloverbud groups.



## 4-H Robotics SPIN Club

Team Machination #6994, the LaSalle County 4-H Advanced Robotics Club, sponsored the First Tech State Competition at Illinois Valley Community College (IVCC) in Oglesby in January. A total of 16 teams attended, participating in five different matches throughout the day. Team Machination #6994 ended their season by placing fifth overall.

## 4-H Dog Workshop

Members met at the LaSalle County Fairgrounds for a six-week series of sessions. In addition to learning about dog care, participants received instruction on how to improve their dog's obedience and agility skills. Members also learned tips and techniques for participating in the dog show at the upcoming LaSalle County 4-H Show and Junior Fair.







## Marshall-Putnam 4-H Show

The 2019 4-H Show was held July 15-18, at the Marshall-Putnam Fairgrounds in Henry. This event is the highlight of the year for 4-H youth. They have the opportunity to exhibit their 4-H projects, work in the food stand, have fun on the fairgrounds with their 4-H friends, and lots of other family-friendly activities.



## Illinois 4-H Hall of Fame Inductee DiAnn Kuehn



The Illinois 4-H Foundation annually recognizes 4-H volunteers for exemplary service. The 2019 Hall of Fame class includes 80 new inductees, who were honored during a celebration on August 13, at the Illinois

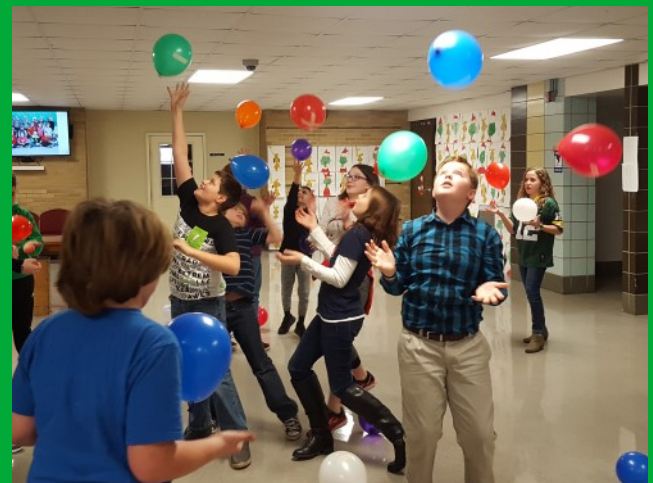
State Fair in Springfield. One of the new inductees was DiAnn Kuehn of Marshall County. "These volunteers fully embody what 4-H strives to instill in youth. They are caring, dedicated, generous leaders," said Angie Barnard, Illinois 4-H Foundation executive director.



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 to Henry in the fall and Midland in the spring.

## Health Rocks

4-H Teen Teachers from Henry-Senachwine High School delivered the Health Rocks program to junior high students in sixth through eighth grade. 4-H Health Rocks is all about building life skills that lead to healthy lifestyle choices. The program helps young people understand the consequences of tobacco, drugs, and alcohol, so they have all the information they need to make wise choices.







## Seeds to Harvest Lettuce Bed Gardening

Marshall-Putnam Master Gardeners have been presenting Seeds to Harvest at Putnam County Elementary school for six years. Fieldcrest Intermediate School has planted in the spring for two years. The Master Gardeners helped students convert the lettuce beds into a community garden over the summer months. The program explores gardens "from seeds to harvest." The program is presented to all fifth grade classes in the fall over eight sessions: Planting a Raised Bed, Weeds 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. On the final day, youth were able to reap the reward of gardening by eating a salad from their own garden.



## Monarchs on the Move

The 4-H Ag Innovators Experience (4-H AIE) is an annual program that challenges young people to apply critical thinking and STEM skills to a real-world agriculture challenge. Developed by the National 4-H Council and Monsanto, the program helps develop critical workforce skills in young people, and demonstrates how agriculture can be fun! This year's activity is the Monarchs on the Move Challenge, created by Iowa State University. More than 5,000 youth across five states will be challenged to learn about monarch butterflies, pollination, and the need to work together to be good stewards of the land.



## Know More Grow More Grant

4-H Teen Teachers presented this Healthy Living program to youth in Toluca, Magnolia, Wenona, and Henry. Participants learned about healthy snacks and they each made their own quesadilla. The teens participated in a Teen Teacher training prior to presenting to the youth. The grant to fund the program was obtained by Marshall-Putnam Master Gardeners.

## Horse Committee

The Marshall-Putnam Horse Committee held several clinics for 4-H Show prep. The goal of this new committee is to raise interest in horses and to update the equipment for our 4-H Horse Show.



## Unit-Wide 4-H Leader Training

During Volunteer Appreciation Week in April, 4-H programs in Bureau, LaSalle, and Marshall-Putnam counties held a training program for volunteers. Amy Leman from the State 4-H Office presented Unlock Your 4-H Potential, and each club left with an activity or two to help make their club meetings more fun.



## 4-H Officer Training

Officer training was held in the fall for all 4-H members who are, or want to be an officer. The youth participated in several hands-on activities to learn the different officer roles. They also learned about parliamentary procedure. This multi-county event was held at Illinois Valley Community College.







## 4-H Wind Energy & STEM

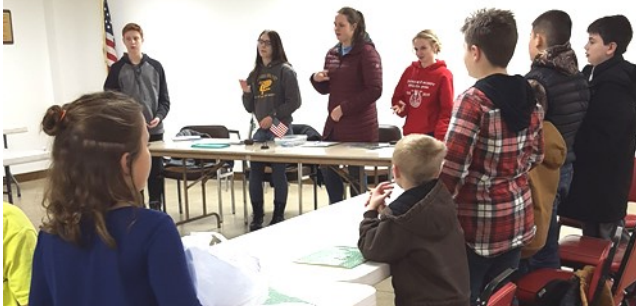
June, July, and August were busy months for the Marshall-Putnam 4-H STEM clubs. The Marshall-Putnam/Henry-Senachwine 4-H Wind Energy & STEM club took part in a Citizen Scientist project, in addition to working on their ag science garden at the Henry-Senachwine Grade School. The Marshall-Putnam Aerospace SPIN Club hosted the annual 4-H Show Launch at the Marshall-Putnam Fairgrounds and created an informational display at the 4-H Show.



Preparations are underway for our new Wind & STEM program. The program will be presented in Fieldcrest Intermediate School during the 2019-20 school year. There will also be a community and after school club using the 4-H Wind Energy curriculum.

## Marshall-Putnam 4-H Federation

The Federation is a county-wide opportunity for Marshall-Putnam 4-H members in eighth through twelfth grades. 4-H Federation meets monthly to plan events in which all area youth are welcome to participate. In October, they planned a Welcome to Federation event to encourage club membership.



## Bread Making for Kids

Bread Making for Kids was enjoyed by youth from LaSalle and Putnam counties. Youth made their own loaves of challah and twisted breadsticks on a cold Saturday morning. They learned to proof yeast, knead, and let the dough rise. Each participant went home with a loaf of warm, fresh-out-of-the-oven challah and breadsticks to share with friends and family.

## Nutrition Education

The Real Colors personality test was offered at Ohio School for their 21st Century Student Orientation Day. The program provided insight into human behavior through an interactive workshop. Students learned to get along and respect those who complete tasks in different ways. Students learn about their colors — blue, green, orange, and gold — to better understand human behavior.



## Master Gardener Mini-Grant Healthy Snacking for Youth

In partnership with the 4-H and Master Gardener programs, our nutrition and wellness team trained 4-H Teen Teachers to educate youth about healthy snacking. At the end of the class, youth prepared a recipe for quesadillas using fresh garden vegetables.







## Agriculture

University of Illinois Extension, Bureau-LaSalle-Marshall-Putnam Unit offered the following programs and certification opportunities to area ag communities and certified crop advisors:

### **Private Pesticide Applicator Training and Testing**

sessions were held to teach applicants to safely handle and apply restricted use pesticides. The Illinois Department of Agriculture provided testing at each of the sessions in 2019.

**Ag Management Night**, January 2019

**Regional Beef Cattle Meeting**, January 2019

**Agricultural Energy Program:** Introducing Wind and Solar Energy into a Rural Environment (co-sponsored with Bureau County Farm Bureau), March 2019

**2019 Small Farms Winter Webinar Series**, January through April 2019

**Soil Testing Workshop** (co-sponsored with Marshall-Putnam Farm Bureau), February 2019

**Soil Health Seminar**, February 2019

**Soil Fertility Webinar** for Certified Crop Advisors, February 2019:

- › Managing Phosphorus Loss in Tile Systems
- › Cover Crops and Soil N Availability in Corn and Soybean Systems
- › Long Term Crop Rotation and Tillage Effects on Soil GHG Emissions and Crop Production in Illinois
- › S.T.A.R.: a Farmer-Led Program to Reduce Nutrient and Soil Losses and Improve Soil Health
- › Understanding and Extending Organic Nutrient Management Concepts

**Agronomy Night** (Bureau, LaSalle, Marshall, Putnam Counties), March 2019

**Bee Production Management Night** (co-sponsored with LaSalle County Farm Bureau), March 2019

**Lady Landowner Seminar** (co-sponsored with Bureau County Farm Bureau), March 2019

Programs are planned and held in cooperation with local Farm Service agencies and the ag industry. Local partners include area Farm Bureaus, NRCS, SWCD, Soil Health Partnership, Illinois Valley Community College, and other partners. We are grateful for the collaboration that serves our area farmers and producers.



## 2019 Agriculture Programming

The 2019 Regional Beef Cattle Meeting was held in January. Speakers were Dr. Dan Shike, University of Illinois professor, and Travis Meteer (pictured above), University of Illinois Extension specialist/commercial agriculture beef educator. Evaluation of heifer development systems, controlling costs in a beef operation, the effects of extended drylot housing of beef cows, and an update of the Illinois Performance Tested Bull Sale were discussed. The meeting also covered various topics that will help beef cattle producers make profit-driven decisions.



Willard Mott, IVCC Ag; Russ Higgins and Daryle Wragge, University of Illinois Extension.

## Partnership for Agriculture Education

University of Illinois Extension continue to provide strong support to Illinois Valley Community College (IVCC) Agriculture. A joint research and demonstration plot was established with 153 acres of campus farmland. The soil and research partnerships with IVCC and Extension provides a unique agronomy education opportunity for students, farmers, agri-businesses, and the ag industry. The 2019 Ag Field Day was held on September 18. At another program, Russ Higgins, Extension commercial ag educator, also discussed the research projects of the IVCC/Extension research plots with members of the Marshall-Putnam and Bureau County Farm Bureaus' Boards of Directors.







## Ag in the Classroom

Fifth grade students observed a surfactant, soy lecithin, in action during the What Makes NesQuick™ Quick? lesson. When compared with ordinary cocoa, they observed the soy lecithin found in NesQuick™ breaking down the surface tension and allowing the cocoa flavored powder to easily mix into the water. Fourth grade students built topographical maps of Illinois using play dough. We discussed how glaciers shaped the terrain found in Illinois, and how the terrain determines land use. Third grade students tried their hand at solving the Turkey Escape Box activity. Working in groups of three, they solved clues to unlock the escape box and pardon Tom Turkey from his Thanksgiving fate.



Second grade students learned that George Washington's main occupation was farming. His invention of the round barn simplified threshing wheat for that time period. Students made butter to taste with samples of whole wheat bread.



College Open House

College Open House was held on November 7, for area high school students interested in pursuing a career in agriculture. Representatives from University of Illinois, Illinois State University, Western Illinois University, and Southern Illinois University, as well as Illinois Central College, Illinois Valley Community College, Joliet Junior College, Black Hawk College, Sauk Valley College, and Birkey's Case IH scholarship program were on hand to highlight their programs and talk with students. This event is sponsored by M-P Farm Bureau with the assistance of M-P Ag in the Classroom.

Ag in the Classroom worked cooperatively with M-P Farm Bureau to bring ImAGination Acres to the Marshall-Putnam Fair for the sixth year. This year, we added attractions that took us back into the mid-1800s. There was a miniature covered wagon to ride on the westward-bound trail. Children could also load up with supplies at the General Store. Along the trail, children saw prairie dogs, foxes, hawks, and howling coyotes. Midway through the journey, there was a lake teeming with fish to catch and "cook."







## Master Gardener & Master Naturalist Program Highlights

Twenty-eight Master Naturalists in Bureau, LaSalle, Marshall, and Putnam counties volunteered at community service project sites, contributing 896 hours of service in 2019.

Forty-five Master Gardeners in Bureau, LaSalle, Marshall, and Putnam counties volunteered at community service project sites, contributing a total of 2,333 hours of service in 2019. This is a total value of \$82,108.



3,229

Volunteer hours provided by local Master Gardeners and Master Naturalists



\$82,108

Value of volunteer time benefiting our counties, communities and residents

## Master Naturalist Training Held



Master Naturalist interns of the 2019 training class pose at Starved Rock State Park following graduation.

Master Naturalist training was held in September at Starved Rock State Park. Training included ten sessions covering an introduction, plus 18 topics such as botany, environmental ethics, archaeology, forestry, and geology, to name a few. The classroom training was supplemented with field trips and hands-on activities. This training recruited 13 new volunteers from Bureau, LaSalle, and Putnam counties.

## Master Gardener Online Training

In 2018, University of Illinois Extension began offering the online Master Gardener training program. This training was held three times during 2019 (spring, summer, and fall/winter), and recruited nine new Master Gardener volunteers for the Bureau, LaSalle, Marshall, and Putnam Unit.



Students at Putnam County Elementary School plant a raised bed garden.

## Community Impacts

- Delivery of 29 educational programs to youth and adults
- 2,000 pounds of produce donated to local food pantries through the Plant-A-Row Project
- 323 families in Marshall and Putnam counties served through the Healthy Gardening Project
- “Seeds to Harvest” 4-H curriculum delivered to four locations
- 97 call-in questions from the public addressed
- Stewardship projects conducted with six area partners
- 115 participants received educational programming during the 2019 Growing Together spring seminar

## Master Gardener Wins Award



Master Gardener volunteer, Barb Dahlbach was selected to receive the Sustained Master Gardener state award for 2019.





## ABC's of School Nutrition



Nutrition and Wellness offered the ABC's of School Nutrition Summer Institute in August 2019. Extension Educators Susan Glassman, Carol Erikson, Veronica Strazinski, and Kristin Bogdonas presented six hours of education to school nutrition staff. Training included a variety of topics, such as Serve it Safe food handler training and making bento boxes for the school lunch options.

## Regional Office of Education Food Cooperative & Food Handler Training



Nutrition and Wellness offered several events for the LaSalle, Marshall, and Putnam Regional Office of Education (ROE) and the Henry, Stark ROE. At the ROE Coop Training, Extension provided an information table and alerted school nutrition staff about the services offered to schools through the ABC's of School Nutrition. School nutrition staff completed food handler training in August, providing them with certification for the next three years.



## Made with Love, Freezer Meals

Adults at Ohio Public Library filled the room for Glassman's class Made with Love, Freezer Meals. Through a PowerPoint presentation, hands-on activities, and a food demonstration, participants learned how to prepare freezer meals for families of two or more. Guidelines for freezing safely were presented with evidence-based materials. Participants enjoyed tasting a chicken with apples freezer meal recipe, and everyone took home recipes and Extension materials.



## Local Judging, County 4-H Fairs

Nutrition and wellness staff worked with 4-H this summer to judge food projects in all county 4-H fairs. Pictured left and below are judges and superintendents from Bureau, LaSalle, and Marshall-Putnam.

## Farmers Market Cottage Food Law Legislative Update Class

The nutrition and wellness team partnered with the City of LaSalle to connect farmers market vendors with current resources for cottage foods. In 2018, Extension worked with the Illinois Department of Public Health and the Illinois Stewardship Alliance to update Cottage Food Law #SB457.







Each year elected and appointed local government officials and administrators from across the state improve their knowledge and skills through professional development webinars provided by U of I Extension. Community and Economic Development Educators work with their statewide colleagues to plan and market these monthly webinars. Over the past year, webinars have reached more than 1,589 participants through live and recorded sessions. The most popular topics included *adapting to and understanding increases to the minimum wage in Illinois, economic diversification for communities dependent on coal revenue, developing energy from renewable sources for communities transitioning from coal*, and more. These webinars are available for view at <https://go.illinois.edu/LGEarchives>.

## Statewide Webinar Reach



390

Reached in Community Involvement and Leadership Webinars



86

Reached in Food Access Webinars



191

Reached in Economic and Financial Well-being Webinars



922

Reached in Economic Vitality and Community Resiliency

*The mission of University of Illinois Extension Community and Economic Development is to help communities build capacity for creative and informed decision-making to enhance the quality of life.*

## Extension Provides Educational Programming to Bureau County and LaSalle County Home & Community Education Associations



The Bureau County Home and Community Education (HCE) Association attended the ribbon-cutting and open house at the new Extension Education Center Community Teaching Kitchen. Members plan educational programs for Bureau County.

HCE Boards partner with University of Illinois Extension to support local 4-H youth development programming.



The LaSalle County Home & Community Education (HCE) Association Board discussed county-wide programs offered to LaSalle County HCE units. Topics included: what's new in the kitchen, food and drug interactions, communicating with individuals with dementia, caregiver self care, saving money on food costs, and senior credit scores.





## University of Illinois Extension Multi-County Unit Council Provides Leadership to Educational Programming for Bureau, LaSalle, Marshall, and Putnam Counties



Chris Dvorak (left), chairman of the University of Illinois Extension Multi-County Unit Council, presents a certificate of service to Dr. John Ehrhardt for four years of dedicated service representing Marshall County on the Extension Advisory Council. The volunteer council oversees programs and finances.

The Extension Council is authorized by the University of Illinois Board of Trustees, in accordance with state law, to be actively involved in the operation of University of Illinois Extension. Extension councils cooperate with Extension staff in planning, promoting, developing, implementing, evaluating, and financing an Extension program designed to meet the needs, interests, and resources of the local communities served.

Community and economic development programming was provided by Pam Schallhorn, Extension educator. Developing a Creative Economy was presented to local economic development leaders in LaSalle in April 2019.



## Extension Provides Educational Programming to Bureau County and LaSalle County Home & Community Education Associations



A variety of research-based, educational programs were provided by Extension educators to members of the Home & Community Education (HCE) Associations in both Bureau and LaSalle counties. The members then re-teach the lessons in their local communities. Topics offered to Bureau County HCE units included:

- ▶ Inflammation and Arthritis
- ▶ How Much Does That Interest Matter
- ▶ Understanding the Impact of Adverse Childhood Experiences
- ▶ Medicare Identity Theft
- ▶ Impact of Substance Abuse on Family
- ▶ Gateway to Health





## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

### Serving Local Families



4,146

Total SNAP-Education Participants

19%  
Adults81%  
Youth

14% Identified as Hispanic  
50% Identified as Non-Hispanic  
36% Unknown

#### RACE OF PARTICIPANTS

92%	White (3,268)
6%	Black (218)
1%	American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (42)

### Our Community Partners

18  
K-12 Schools6  
Youth Centers19  
Early Childhood15  
Community Centers3  
Food Pantries and Food Banks

## Illinois Junior Chefs Cooking Schools

Illinois Junior Chefs Cooking Schools, for ages 8-13, were held in Neponset, Buda, Oglesby, DePue, Mendota, Spring Valley, and LaSalle. Teen teachers from 4-H and Extension staff worked together to provide a fun, engaging program that allows youth to learn about nutrition, take home healthy recipes, and gain new kitchen skills.



## Extension Education Center & Community Teaching Kitchen Ribbon Cutting and Open House



Photo contributed from LaSalle NewsTribune.

County Extension Director Jill Guynn welcomed everyone to the ribbon-cutting and open house for the Extension Education Center in February. It was an amazing day that showcased the Center's Community Teaching Kitchen! Staff presented programs through interactive information tables. Local media, community organizations, legislative representatives, campus administrators, and Extension friends attended to get a peek at the new kitchen and classroom facility.





## Healthy Desserts



The Healthy Desserts class was presented at the Utica Senior Center, emphasizing moderation and healthy substitutions. Participants ended the class by tasting a modified brownie recipe. Each person received two samples, one regular brownie and another modified with applesauce instead of oil. After tasting both, participants voted the modified recipe as the best tasting!



Participants complete a group activity to identify food and drug interactions after research-based information was delivered.

## Food and Drug Interaction Class Offered at Putnam County Community Center

Nutrition and wellness staff presented current research using the USDA Food and Drug Interaction Guide. Participants gained knowledge and awareness of interactions in foods, fortification, and supplements that can cause reactions with over-the-counter and prescribed medications. Class attendance resulted in 100% increased understanding and awareness of food and drug interactions.



Families gather from the LaMoille Community School District, Century 21 After School Program. Staff member Monico Nunez coordinated the trip to the Extension Education Center & Community Teaching Kitchen.

## Yes, You CAN Preserving Practice—Pickles

In August, participants gathered at the Extension Education Center Community Teaching Kitchen to process approximately 20 pounds of pickling cucumbers. Using Extension recipes, the group made sweet bread'n'butter and kosher dill pickles. University of Illinois Master Gardeners donated the cucumbers for the class. Participants learned the latest scientific methods for preserving food safely, gained hands-on canning experience, and took home recipes and pickle products.



## I on Diabetes Support Group Back on Track

The I on Diabetes support group met in April, before the Easter holiday. Members discussed difficulty with managing their diabetes during the winter months, with many agreeing that it was more challenging to stay on track during that time of year. At the meeting, Nutrition and Wellness Educator Susan Glassman presented the importance of portion size and daily activity. Resources were provided and members set goals to get back on track! Participant evaluations indicated that 100% found that connecting to a support group helped keep them more accountable.





In 2019, University of Illinois Extension brought grants and funding sources totaling **\$1,214,031** to provide additional services to residents of Bureau, LaSalle, Marshall, and Putnam counties. These programs and services are only available to our area because of local University of Illinois Extension presence.

FISCAL YEAR 2019/2020  
TOTAL DOLLARS LEVERAGED \$1,214,031

\$859,670	Grants & Other Funds
\$325,000	Federal Smith-Lever Funds
\$3,539	Computer Technology Support
\$25,822	General Revenue Funds

FY 19/20  
INCOME (PERCENT)

44%	Local Donations
3%	State 4-H Premiums
13%	Local Non-Matching Sources
29%	State Matching Funds
3%	Grants in Budget
8%	State General Revenue Funds/IDOA

FY 19/20  
EXPENSE (PERCENT)

4%	Travel
20%	Program
12%	Rent
64%	Wages

Note: Extension's State Matching Funds were suspended by the State effective July 1, 2015. Emergency funds, local fundraising and support from State Extension are keeping core programs in place. Partial match payments have been made for some years.

### County Extension Director

Jill Guynn

### Educators

Susan Glassman, Nutrition and Wellness Educator

### Program Coordinators

Danielle Gapinski,  
4-H and Youth Development, Bureau County

Jani Kidd, Illinois Nutrition Education Program

Diana Lopez, 4-H Latino Program Coordinator

Toni Pienta, 4-H and Youth Development, LaSalle County

Anne Scheel, 4-H and Youth Development,  
Marshall-Putnam Counties

Sherry Todas, Illinois Nutrition Education Program

### Community Workers

Leigh Ann Delaney, Illinois Nutrition Education Program

Dawn Dove, Illinois Nutrition Education Program

Shasta Hladovcak, Illinois Nutrition Education Program

Tim McNally, Illinois Nutrition Education Program

Tina Pienta, Illinois Nutrition Education Program

Julie Read, Ag in the Classroom,  
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Nikki Van Nielen, Unit 8 Fiscal

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Marilyn Smith, Marshall-Putnam Counties

Brooke Welte, Bureau County

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Lynn Delaney, Marketing & Fund Development

Aaron Lindstrom, Wind Energy  
& STEM Program Coordinator

Meg Overocker, Unit Extension Program Coordinator

Daryle Wragge, Agriculture Program Coordinator

### Multi-County Unit Council Members

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Laurie Delgado  
Chris Dvorak  
John Ehrhardt  
Hugo Heredia  
Luke Holly  
Jeremy Jenkins  
Mike Kasap  
Alicia Lopez  
Francis Morse

Monico Nunez  
Lisa Palm  
Kindra Pottinger  
Teri Rossman  
Brandy Sandberg  
Carla Schaer  
Steve Tuftie  
Lynne Weber  
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## ONLINE



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Cover photos: (Top left) Healthy Kids Camp in Spring Valley. Kids learn basic cooking skills in this outdoor summer camp. Eggs are being prepared safely during a protein lesson. (Top right) Putnam County Elementary 5th grade students participated in Health Jam with a trip to Perry Memorial Hospital where they were able to do hands-on activities in the hospital lab using microscopes. (Bottom left) Bureau County 4-Hers pay close attention to instructors at the bicycle safety workshop held in Princeton. (Bottom right) LaSalle County 4-Hers have fun and compete in the livestock shows during the 4-H Show.

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If you need a reasonable accommodation to participate in any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.