



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

**2021** Addressing Local Needs,  
Solving Global Challenges  
Bureau, LaSalle, Marshall, and Putnam Counties

## Message from the County Director

In 2021, we connected face-to-face again for our 4-H fairs and other local educational programs and services. It was so nice to see and talk with everyone in person!

We continue to provide virtual education options for some program areas and have returned, as much as possible, to in-person programming following COVID-19 Pandemic safety protocols.

A highlight of the year was the return to the fairgrounds in Henry, Princeton, and Ottawa. Our 4-H members were able to take their general projects and livestock for judging at the three 4-H shows. It was a festive atmosphere, and the 4-H members, families, volunteers, and public had a great time watching event shows, viewing creative youth projects, and visiting on the grounds and in the barns. Our 4-H youth did an outstanding job, and many represented us at the Illinois State Fair in Springfield in August.

Extension education programs in nutrition and wellness, community and economic development, and agriculture and natural resources also provided needed resources to families, schools, communities, agriculture producers, and the ag industry. Our educational partnership with Illinois Valley Community College is strong, and the ag programs and joint research and demonstration plots on the IVCC farm are providing both educational opportunities for IVCC students and unbiased, research-based information for area farmers and agri-businesses.

We invite you to get involved as a participant, volunteer, program partner, or donor. All local donations are matched with state funding and directed to support your county programs. With warmest regards,

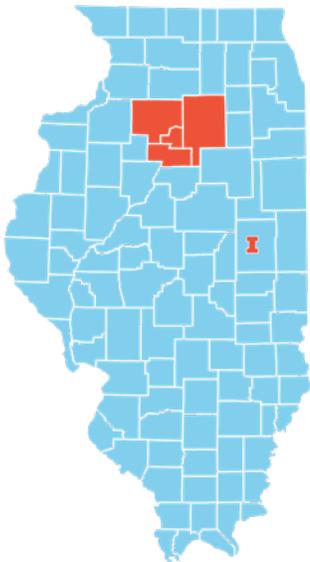


Jill Guynn  
County Extension Director



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County Extension Director

# Staff Serving Bureau, LaSalle, Marshall, and Putnam Counties



## STAFF

Jill Guynn,  
County Extension Director

Beth Dellatori, Educator, 4-H  
Youth Development

Susan Glassman, Educator,  
Nutrition & Wellness

Danielle Gapinski, Program  
Coordinator, 4-H Youth  
Development, Bureau County

Jani Kidd, Program  
Coordinator, SNAP-Ed

Toni Pienta, Program  
Coordinator, 4-H Youth  
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Anne Scheel, Program  
Coordinator, 4-H Youth  
Development, Marshall-  
Putnam Counties

Sherry Todas, Program  
Coordinator, SNAP-Ed

Leigh Ann Delaney,  
Community Worker, SNAP-Ed

Tonya Fitzpatrick, Community  
Worker, SNAP-Ed

Shasta Hladovack, Community  
Worker, SNAP-Ed

Tim McNally, Community  
Worker, SNAP-Ed

Tina Pienta, Community  
Worker, SNAP-Ed

Samantha Smoode,  
Community Worker, Ag in the  
Classroom, Marshall-Putnam  
Counties

Stacie Mertes, Office Support  
Specialist, Unit 8 Fiscal

Barb Krug, Office Support  
Associate, LaSalle County

Marilyn Smith, Office Support  
Associate, Marshall-Putnam  
Counties

Brooke Welte, Office Support  
Associate, Bureau County

Lynn Delaney, Extra-  
Help, Marketing & Fund  
Development

Aaron Lindstrom, Extra-Help,  
4-H STEM/STEAM

Meg Overocker, Extra-Help,  
Unit Extension Program  
Coordinator

Daryle Wragge, Extra-  
Help, Agriculture Program  
Coordinator

# Think Global, Act Local

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

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

 Connectedness and Inclusion

 Involvement and Leadership

 Thriving Youth

## Economy Grow a Prosperous Economy

 Economic Vitality

 Financial Wellbeing

 Workforce Preparedness/Advancement

## Environment Sustain Natural Resources in Home and Public Spaces

 Enhancing and Preserving Natural Resources

 Engagement with Home and Community Landscape

## Food Maintain a Safe and Accessible Food Supply

 Food Access

 Food Production

 Food Safety

## Health Maximize Physical and Emotional Health for All

 Chronic Disease Prevention and Management

 Social and Emotional Health

 Healthy and Safe Environments

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

## Illinois Extension 2021 Statewide Highlights

### Outreach Provided

<b>565</b> Illinois Communities Served	<b>335</b> Educational Sessions Per Week	<b>84</b> Online Courses
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### Partnerships Supported

<b>6,445</b> Adult Volunteers	<b>278</b> Community Gardens	<b>1,000</b> School Partnerships
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### Learners Engaged

<b>8,000,000</b> Website Users	<b>14,450</b> Online Course Users	<b>500,000</b> Educational Program Attendees
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### Resources Generated

<b>\$14,000,000</b> Value of Volunteer Contributions	<b>\$242,000</b> Value of Donated Garden Produce
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Extension leaders meet with local stakeholders to define annual priorities that allow us to respond to evolving and emerging needs and make meaningful progress toward important long-term outcomes. This blend of long-range focus and local accountability is a powerful strategy that ensures we stay true to our mission as we serve communities across the state.



## Bureau County 4-H Fair 2021

The culminating activity of the 4-H year took place July 15-17, when 4-H community clubs across Bureau County came together at the Bureau County Fairgrounds to showcase their projects. 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.



This year's Bureau County 4-H Fair was a great success with entries from numerous project areas shown and judged over this 3-day fun event. The exhibit followed Illinois Department of Public Health and Extension COVID-19 guidelines to make it a safe, fun, and an exciting experience for all of our 4-H members.





## Terrarium fairy garden workshop

Master Gardener volunteers assisted the Bureau County 4-H program by hosting a terrarium fairy garden workshop. The workshop taught youth how a terrarium works and the proper steps in creating one. Youth attendees used their terrariums as entries in horticulture for the 4-H Fair.

Bureau Valley Brainstorm participants learned about symmetry and snowflakes. They created their own symmetrical snowflakes using materials, such as Q-tips and cotton balls.



STEM participants at LaMoille and Manlius created wings that were able to extend and close properly, creating a flapping motion. This Cupid's Flapping Wing challenge had youth finding ways to create their flapping wings with a pulling mechanism using straws, string, tape, paper, feathers, a toilet paper roll, markers, ruler, scissors, and glue.



## Congratulations, Jill Frueh: Bureau County's Illinois 4-H Hall of Fame Inductee



Jill Frueh is an instrumental leader for Bureau County's 4-H Program, serving as a 4-H leader, 4-H parent, and strong community partner. Jill served as 4-H leader for Open Doors 4-H Cloverbud Club and as co-leader of Open Door 4-H Community Club. As executive director of the Bureau County Farm Bureau, she has partnered with Extension for 4-H opportunities, including organization of the Master Showmanship contest, Olympic style games during the 4-H Fair, and "Beyond the Banners" livestock clinic to prepare youth for showing during the 4-H Fair. Jill is always willing to help. She is positive, knowledgeable, and an excellent advocate for 4-H!

## Bureau County 4-H Federation

Bureau County 4-H Federation members held their annual Easter basket collection to assist families in need during Easter. 4-H clubs donated non-perishable items to complete an Easter meal. Hams and additional baskets were supplemented by the 4-H Federation and distributed to agencies throughout the area.



## Top Hippology Finishers

Congratulations to Bureau County's Payton Frueh on her first place finish at the State Junior Hippology Contest. The primary objective of the Hippology Contest is to provide, in a friendly but competitive setting, an opportunity for youth enrolled in 4-H to demonstrate the breadth of their knowledge and understanding of equine science.

- 1st Payton Frueh (Bureau)
- 2nd Emma Steiger (Rock Island)
- 3rd Alexis Modaff (Kendall)
- 4th Sawyer Stockton (Ogle)
- 5th Paige Koch (Monroe)



## Congratulations, Heather Arbet: LaSalle County's 4-H Hall of Fame Inductee

Heather Arbet is a true passionate and supportive leader to the LaSalle County 4-H youth development program and to Extension. Heather exemplifies the heart of 4-H! In addition to being an outstanding and very involved club leader, Heather has been a true resource to help improve the 4-H program, as well as providing support of our 4-H show and Junior Fair through her role as a Junior Fair board member. Heather is always willing to take the time to help. We appreciate Heather so much!

## Visual Arts workshop

The first workshop of the fall season offered participants instruction on creating their own ribbon wreath. Participants learned special cutting techniques, design arrangement and pre-planning, and many beautiful creations were made. What a great way to welcome the fall season!



Paint and Pour Workshop participants sipped a fruit sparkle punch while creating their llamas. There was a great group of artists, and everyone had a Visual Arts project ready for the 4-H fair!



Monster Mayhem made their own pine cone spiders, mixed some monster munch trail mix, played a spider web game, and listened to a pumpkin story. They were some of the cutest spiders around!



Trim the Tree Cloverbud Ornament workshop was a wonderful time where participants created three ornaments: a fabric scrap tree, reindeer, and a sled.



The poultry workshop took place in June and provided exhibitors showing poultry with proper showmanship and general poultry care tips, in addition to administering the required Pullorium testing.



## LaSalle County 2021 4-H Show and Junior Fair: The Power of YOUth!

The 2021 4-H Show took place July 7-11. An extra day of exhibitor judging was added to accommodate volume.

Exhibitors were happy to have an in person 4-H show this year! From livestock shows to exhibits and added activities and games, the fairground was a busy place.



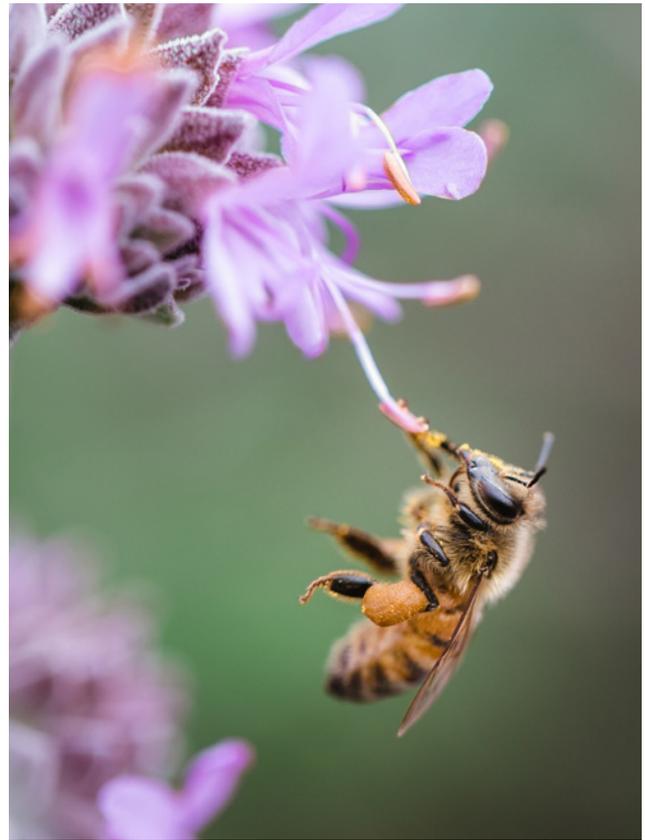


## Shooting Sports

Even though LaSalle County Shooting Sports participants were unable to hold its annual Fall Kick Off event in 2020, that didn't stop them from growing their enrollment in archery, air rifle, shotgun and .22. air rifle. The first discipline took place in January 2021, with all other disciplines beginning in April. Shooting Sports member Cole Haynes was recognized as an Illinois mentor and participated with his 2021 Illinois 4-H Shooting Sports team. He also competed at the National 4-H Shooting Sports Championships in Grand Island, Neb. The Illinois team placed 10th out of 30 participating states. Youth represented LaSalle County 4-H Shooting Sports at the State 4-H Archery Shoot. All three participants placed in the top 10. Winners include: Landon Sawin, tenth; Tate Sundberg, sixth; and Ian Sundberg, third. Ian is eligible to shoot in the national shoot in Nebraska. The LaSalle County team placed first in the state with 1,535 team points. Shooting Sports celebrated its 10th Anniversary in Fall of 2021.



LaSalle County Cloverbuds discovered that April weather is perfect for making creative nature activities. Cloverbuds created earth friendly bird feeders and an Illinois 4-H statewide program allowed Cloverbud age youth to experience gardening at home.



## 4-H Honey Bee Challenge

First grade students at Wallace Grade School participated in the 4-H Honey Bee Challenge. Teacher Toni Edgcomb shared much excitement for the many interesting bee facts the students learned, including pollination, bee body parts, and how to become more aware of the importance of bees. Students built their own "beebot" and created a pollination path on a pollinator map.



Find your Spark in the Park with 4-H was offered to area youth in third through fifth grades at Rotary Park June 7-11. Youth took nature walks, learned about aerospace, and built and launched stomp rockets, in

addition to learning about animal sciences, including poultry, dogs, and cats. Volunteers from Illinois Valley Animal Rescue shared information on dog care and brought some friendly



visitors. The LaSalle County 4-H poultry superintendent, Kayla Diss, provided a presentation on poultry care and types of poultry. Participants even received a sports health and nutrition activity, learned about active heart rates, and learned the benefits of staying active.



The Marshall-Putnam 4-H Show was held July 19-21 at the Marshall-Putnam Fairgrounds in Henry. This event is the highlight of the year for 4-H youth. They exhibited their 4-H projects, volunteered time in the food stand, and had fun on the fairgrounds with their 4-H friends and family! It is a great opportunity for 4-H'ers to showcase their projects and have the chance to be chosen to take them to the State Fair in August! Here are a few of the outstanding projects brought by 4-H'ers to the 2021 Marshall-Putnam 4-H Show!





## STEM Days Day Camp

During June, the Marshall-Putnam 4-H STEM program held its first STEM Days Day Camp. Youth participated for two and a half hours every afternoon throughout the third week in June and learned electronics, electricity, aerospace, design engineering, and wind energy. This was an inaugural year for this activity, and based on the feedback, the program will continue.

## Congratulations, Lisa Palm: Marshall-Putnam Counties, 4-H Hall of Fame Inductee

Lisa Palm was inducted into the 4-H Hall of Fame. Lisa is an active Marshall-Putnam 4-H volunteer as the leader of the Wenona



Highlighters, superintendent for our 4-H Show, secretary of the Marshall-Putnam 4-H Association, and member of our Multi County Unit Council. She also helps with the county fundraiser each year. She always goes above and beyond what is expected of a 4-H volunteer. Her commitment to 4-H and her kind spirit have made Lisa a valuable volunteer for Marshall-Putnam 4-H.

## Crawl into 'Creepn It Real with Spiders'

In October, Cloverbuds learned the parts of a spider, made spider snacks, made a craft and listened to a story. The workshop was held in small groups to accommodate the safety protocols of COVID 19.



## RiverWatch programming and activities

Marshall-Putnam 4-H STEM was able to reengage with the National Great Rivers Research & Education Center RiverWatch program during the spring of 2021. The RiverWatch program engages citizen scientists in a program that samples macro-invertebrates from local streams and uses these samples to determine overall stream health. Youth experience methods of scientific research they would not usually get exposed to in regular school curriculum.



## 4-H Shooting Sports

Archery, shotgun, air pistol, and hunting and outdoor skills started again in 2021. Shooting Sports continues to be one of the most popular 4-H projects!





## Lettuce bed gardening grows seeds to harvest

Even though the air was cool that Monday in April, the Marshall-Putnam Master Gardeners and 4-H youth development coordinator found it heartwarming to see the enthusiasm of the Fieldcrest Intermediate School third graders. The students enjoyed getting their hands dirty in the soil as they each took turns leveling the garden beds, planting, and labeling both plants and seeds. Even the remote learners came out on the teacher's laptop to be a part of the gardens that day! The Master Gardeners not only teach how to plant, they also teach about the layers of soil, the different parts of the plant, the edible parts of the plant, and more. On the last day of the program, the students harvested some of the produce. After the harvest, they replanted it as a community garden. Members of the community help weed, water, and harvest the garden throughout the summer.

## Marshall-Putnam 4-H Federation

Marshall-Putnam 4-H Federation Club members had a very busy spring! Federation members helped the Henry Community Character Counts fill eggs for the Henry Easter event. They also worked to get a new flag pole installed at the Marshall-Putnam Extension office in Henry by Memorial Day.



## Help provided for parents

Parenting At Our Best families were included in the monthly Kids in the Kitchen program.

While cooking in our kitchen has been put on hold this year, we continued to serve our partner in a different way with a new series: EatPlayGrow. This series brings together nutrition and activity lessons through art, stories, and music.



## Canal gets a clean up from Extension

University of Illinois Extension partnered with the Perfectly Flawed Foundation's 5th Annual Canal Clean-Up event for Earth Day in April. Families from LaSalle and Ogleby counties attended to learn the importance of physical activity. Participants walked to the canal where many families were cleaning up. Extension promoted walking and encouraged families to be more active together. Families participated in Extension's Get Active scavenger hunt and took a walk along the towpath.





## 2021 agronomy research and demonstration projects

### Cover Crops in Soybean/Planting Depth in Corn/Leaf Disease Susceptibility

In 2021, the acreage at Illinois Valley Community College campus farm used for demonstration and research projects expanded (in cooperation with Luke Holly). In addition to the 10-acre plot dedicated to corn research projects, 56 acres of soybeans were planted in cover crops.



### Fall Field Day hosts 30 ag students

About 30 IVCC ag students and college officials attended the Ag Fall Field Day. The day included an agronomy presentation by University of Illinois Extension Educator Russ Higgins and field demonstrations by IVCC instructors Caitlinn Hubbell and Willard Mott.

### Private Pesticide Applicator Training and Testing Sessions

Private Pesticide Applicator testing sessions were offered in Bureau and Marshall-Putnam counties in January and April. Private Applicator manuals and workbooks could be purchased online or at Extension offices located in Princeton, Ottawa, Henry, and Oglesby.

### Extension expands online training opportunities

The following online agriculture and natural resource webinars, courses, and trainings were offered.

- Illinois Specialty Crop Virtual Conference
- Midwinter Grain Management Session
- 2021 Certified Livestock Manager Online Training and Webinars
- 2021 Northwest Illinois Grazing Conference
- Driftless Region Beef Conference
- Dudley Smith Virtual Farm Winter Meeting
- 2021 Northwest Illinois Grazing Conference
- Wee Naturalist

- Waste to Renewable Energy
- Severe Weather
- Urban Tree Conference
- Naturalists Virtual Seminar
- Four Seasons Gardening Webinar Series
- Gardening in the Air Virtual Series
- Natural Resources Education
- Master Gardener/Master Naturalist Online Training
- Everyday Environment Series

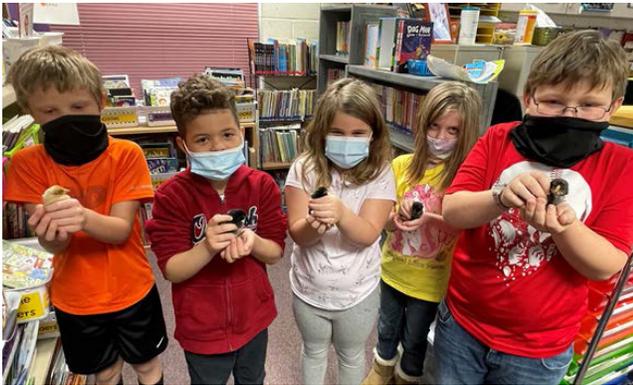
### Busy-Bee Bag

Ag in the Classroom partnered with Putnam County libraries in Hennepin and Granville to keep kids involved in agriculture for the summer. Kids learn the importance bees have on the movement of pollen between plants and how they are necessary for plants to fertilize and reproduce. Both farmed and wild bees control the growth and quality of vegetation.



## Embryology Kits

Detailed information on the stages of embryonic development and the preservation of embryos were included in kits distributed to 10 different classrooms in Henry and Putnam County schools. Along with eggs and incubators, the teachers were provided lectures, discussions, demonstrations, and visual aids. Students hatched chicks on their own. During the 21-day incubation period, students learned how to prepare eggs, set up an incubator, record progress, turn eggs, and test eggs for fertility. In learning to care for these chicks before and after they hatch, students are learning to respect and be held accountable for care and kindness to these animals.



## Water Cycle

Ag in the Classroom delivered water cycle kits and hands-on activities to schools. Students created terrariums and water cycle bracelets to help represent this important process and how it enables water for all living organisms. They also learned the four major parts of the water cycle. Building and observing the terrariums helped show the naturally recycled path of water which is essential to life.



## Imagination Acres

Marshall-Putnam Farm Bureau and Ag in the Classroom partnered to host activities for kids at the Marshall-Putnam County Fair. Activities included silhouette painting with watercolors and seed mosaics where kids could decorate a key chain, necklace, or magnet. They also created their own slime to take home. Youth made bubbles, tie-dyed socks, and terrariums. A scavenger hunt was held across the fairgrounds to find clues. Additional activities included string art and building their own insects. All of these activities allowed kids to be creative, meet new people, and have fun while at the fair.





Master Gardener and community volunteers help with spring clean up at the Princeton Pollinator Garden.



## More than \$91,000 of volunteer service provided by Master Gardeners, Master Naturalists

The Master Gardener programs in Bureau, LaSalle, Marshall, and Putnam counties contributed a total of 1,950 hours of service in 2021, with 64 volunteers working at community service project sites throughout the counties.

Twenty-eight Master Naturalists in Bureau, LaSalle, Marshall and Putnam Counties volunteered at community service project sites, contributing 1,659 hours of service units in 2021.



**3,609**

Volunteer hours provided by local Master Gardeners and Master Naturalists



**\$91,177**

Value of Volunteer Time



The Ottawa Extension Office Native Plant Garden received a clean up from Master Gardener volunteers.



Master Gardener volunteers taught gardening to students at Fieldcrest Middle School in Toluca during the Seeds to Harvest Program.



University of Illinois Extension 4-H and Master Gardener/Master Naturalist programs were part of Bureau County Soil and Water Conservation Day in May. Participants learned about vegetable gardening and pollinators.



Marshall-Putnam Master Gardener volunteers pose together during a live event for healthy gardening at Henry Hardware in Marshall County in May.



As COVID-19 continued to impact governments, businesses, and communities, Illinois Extension’s Local Government Education program increased its outreach aimed at economic investment and community vitality, workforce development, leadership, policy, equity, and resiliency. By partnering with state leadership and organizations in Illinois, the Illinois Extension Community and Economic Development team has provided outreach aimed to help local governments and residents build capacity to strengthen their communities and organizations and improve public services.

 Access past and future programs  
<https://go.illinois.edu/LGE>

### Statewide Webinar Reach

-  60  
Webinars in 2021
-  2,003  
Individuals Learned about Leadership, Public Service, and Community Involvement
-  1,094  
Individuals Learned about Meeting Needs of Diverse or Vulnerable Populations
-  3,955  
Individuals Reached in Economic and Financial Stability Webinars
-  1,043  
Reached in Economic Vitality and Community Resiliency Webinars

### Community-Driven Broadband Reach

-  1,228  
Community Leaders Educated on Broadband Expansion Opportunities
-  714  
Participants Educated on Obtaining Funding and Needs Assessment
-  416  
Individuals Reached on Broadband Project Management

*The University of Illinois Extension’s community and economic development team helps communities build capacity for creative and informed decision-making to enhance their quality of life.*



### Extension provides educational programming to Bureau, LaSalle County Home & Community Education Associations



HCE Boards partner with University of Illinois Extension to support local 4-H youth development programs. A variety of research-based educational programs are provided by Extension educators to members of the HCE associations in both Bureau and LaSalle Counties. The members then teach the lessons in their local communities.

The Bureau County and LaSalle County HCE are part of an international organization where members meet with friends and neighbors to share skills and educational programs on a wide variety of topics.



LaSalle County Home Community Education



Bureau County Home & Community Education



Jill Guynn, University of Illinois Extension County Director for Bureau, LaSalle, Marshall, and Putnam counties, retired in early 2022. Here, she is presented with a plaque by Council chairperson Chris Dvorak, on behalf of the Unit Council, for her leadership to Extension.



Chris Dvorak, unit Council chairperson, receives a certificate for service and leadership of Illinois Extension local council. Other council members completing their 4-year terms were Mike Kasap (LaSalle County) and Brandy Sandburg (Putnam County).

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. Members represent their county and serve as a catalyst providing input on local issues, needs, and concerns that can be addressed through Extension's unbiased and research-based educational programs and services.



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice. Through classes, workshops and collaboration with community partners, SNAP-Education positively affect families and communities by using research-based solutions to encourage healthier nutrition and physical activity choices.

### Reach and Impact of SNAP-Education



4,461  
Total Estimated Reach



245  
Number of Nutrition Education Classes Provided

#### TYPE OF CLASSES

- 63% Face-to-face
- 34% Virtual or online

Due to COVID-19 restrictions at a local food pantry, SNAP-Ed was unable to provide in-person education. SNAP-Ed recorded a video on how to prepare dried beans in two ways, along with a popular recipe, and gave the video link along with educational handouts to share with pantry clients.

### SNAP-Education Community Partnerships



15  
K-12 Schools



5  
Food Banks and Food Pantries



16  
Other Agencies or Community Centers



Streator Salvation Army Director Judy Booze, along with Steve Soulsby, were recognized for excellence in leadership, local impact, and hunger relief for Streator and surrounding communities. The Streator Salvation Army was presented the Gold Certificate of Achievement for its outstanding work with Illinois Extension staff, making sustainable changes to its food pantry environment using the Nutrition Environment Food Pantry Toolkit. The toolkit is a policy, systems, and environmental change intervention which helps create pantry spaces where *the healthy choice is the easy choice*.



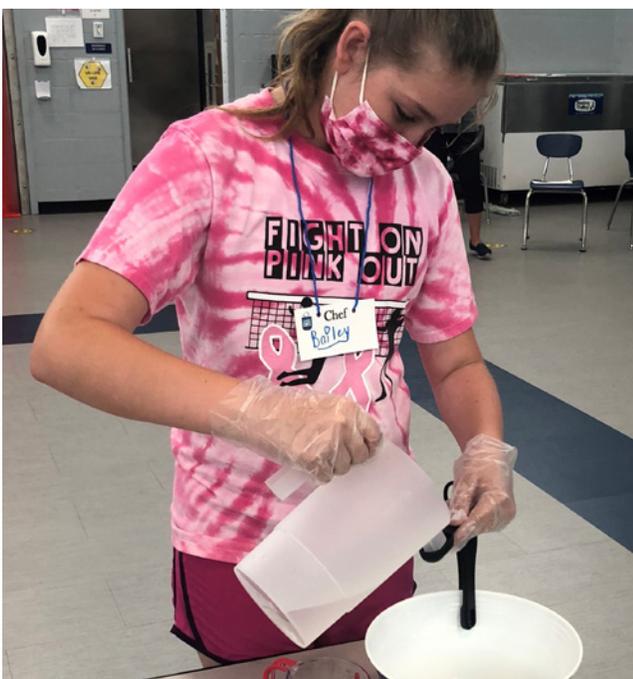
Children attended Healthy Kids Camp activities at the Illinois and Michigan Canal, Hegeler & Pulaski Park in LaSalle, Oglesby's Fun & Fitness Camp, Mendota YMCA Summer camp at Lake Mendota, and University of Illinois Extension Education Center & Community Teaching Kitchen in LaSalle.





## Illinois Junior Chefs cooked up success at Bureau Valley BrainStorm

Learning cooking skills is an important way to foster a more nutritious lifestyle. University of Illinois Extension nutrition education staff teach cooking skills in fun and memorable ways when leading the Jr. Chef School program. During the 5-day cooking camp, the students learned the food groups, basic kitchen safety and skills, and how to make recipes and try new foods. They also learned proper hand washing techniques. By the end of the week, they could measure both liquid and dry ingredients, mix, use knives safely, cut, grate, peel, juice, and understand cooking terms.



## Learn to cook the slow cooker way

Extension Educator Susan Glassman taught a slower cooker class at the Raymond A. Sapp Memorial Library in Wyandot in March. A sample of slow cooker lasagna was served. Participants learned about model features and how to cook foods safely in a slow cooker. They also received recipes to take home and try.



## Webinar stresses diabetes prevention strategies



Extension hosted a series of workshops to help participants identify signs and symptoms of diabetes, as well as how to lower their risk through wellness strategies. Each webinar included a cooking demonstration and recipes. The series was offered virtually and promoted by the Putnam County Community Center.



## Learn to eat fresh

Eat Fresh/Eat Local helps community members learn how to source and prepare local foods. Susan Glassman and Jenna Smith, Extension nutrition and wellness educators taught several lessons that covered tips for shopping at farmers markets and CSAs, storing produce, and sampling seasonal foods.



## Yes, You Can Hands gives hands-on food preservation lessons

Some of the favorite recipes taught during the Yes, You Can food preservation workshop were peach apple salsa and apple pie filling. The workshop was held at the new Extension Education Center and Community Teaching Kitchen by Susan Glassman, Extension educator. Participants processed the recipes together in groups and learned about canning safely using research-based trusted recipes and procedures.



## Heart-healthy meals are easy to prepare

To promote heart health locally, Susan Glassman, Extension educator, broadcasted from the Extension Education Center and Community Teaching Kitchen, presenting a research-based statewide curricula. In her presentations, participants learned to cook cauliflower rainbow rice and chicken creole. Both recipes met guidelines for low-fat and low-sodium.



## Every Step Counts: Getting The Most Out of Activity Trackers webinars



Susan Glassman, Extension educator, facilitated the Health at Home webinar series during the pandemic. She offered current research on activity trackers and the importance of daily activity to reduce the risk of chronic disease and promote lifelong health.



In 2021, University of Illinois Extension brought in grants and funding sources totaling \$960,599 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 the local University of Illinois Extension presence.



- \$823,131 Grants and Other Funds
- \$75,000 Federal Smith-Lever Funds
- \$9,801 Computer Technology Support
- \$52,667 General Revenue Funds



- 41% Local Donations
- 3% State 4-H Premiums
- 22% Local Non-Matching Sources
- 27% State Matching Funds
- 1% Grants in Budget
- 6% State General Revenue Funds



- 4% Travel
- 23% Program
- 11% Rent
- 62% Wages

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## OFFICE INFORMATION

### Bureau, LaSalle, Marshall, Putnam Unit Office

815 North Orlando Smith Road  
Oglesby, IL 61348  
(815) 224-0889  
Monday - Friday, 8 AM - 4:30 PM

### Bureau County Extension Office

850 Thompson Street  
Princeton, IL 61356  
(815) 875-2878  
Fax: (815) 875-2870  
Monday - Friday, 8 AM - 4:30 PM

### LaSalle County Extension Office

1689 North 31st Road  
Ottawa, IL 61350  
(815) 433-0707  
Fax: (815) 433-5454  
Monday - Friday, 8 AM - 4:30 PM

### Marshall-Putnam Extension Office

509 Front Street  
Henry, IL 61537  
(309) 364-2356  
Fax: (309) 364-2804  
Monday - Friday, 8 AM - 4:30 PM

### University of Illinois Extension Education & Community Teaching Kitchen

944 First Street  
LaSalle, IL 61301  
(815) 250-0372

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## ONLINE



[facebook.com/bureaucounty4H](https://facebook.com/bureaucounty4H)  
[facebook.com/lasalleCounty4H](https://facebook.com/lasalleCounty4H)  
[facebook.com/MarshallPutnam4H](https://facebook.com/MarshallPutnam4H)



[extension.illinois.edu/blmp](https://extension.illinois.edu/blmp)

Cover photos: (top left) Bureau County 4-H Fair Fashion Revue (l-r) Lydia Edlefson, Natalie Edlefson, Karlie Schultz, (Back l-r) Katrina Wahl, Haven Pierson & Josie Edlefson; (top right) LaSalle County 's Keira McNelis shows her 4-H Fair Dairy Project, (bottom left) Marshall-Putnam 4-H members l-r Samantha Nauman & Lillian Lindstrom display their Geology projects in Natural Resources & Environment judging at the 4-H Fair; (bottom right) SNAP-Ed staff taught CATCH curriculum to youth in LaMoille, Oglesby, LaSalle, Mendota, Streator, and DePue.

# Illinois Extension

### College of Agricultural, Consumer & Environmental Sciences

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.  
University of Illinois Extension provides equal opportunities in programs and employment.



If you need a reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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