

EXTENSION SNAPSHOT

Fulton-Mason-Peoria-Tazewell

I ILLINOIS Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

What I Do and Why It Matters

This new Snapshot series serves as a way to re-introduce you to our unit staff. Each month a different staff member will be featured.

Cheryl Russell, EFNEP instructor, works with both youth and adults in a variety of educational settings to teach nutrition, how to buy healthy food on a budget, and tips to staying active to improve overall health.

What I do and why it matters



“I provide my homemakers with ways and ideas to improve the way they eat. I teach lessons on how to prepare healthy meals, develop healthy eating habits, and physical activities for the whole family. I like to focus on how important it is to lead a healthy lifestyle. Small steps pave the way.”

Cheryl Russell

Expanded Nutrition Education Program Instructor

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Cheryl joined the Illinois Extension team in 2001 as an instructor in Peoria County. In the last few years, she has expanded her educational programs to also include Tazewell County.

EDUCATION

Licensed Cosmetologist from Flamingo Beauty College
Certified Nursing Assistant, Heart Monitor Technologist from Methodist Hospital
Certified Food Safety Manager

HONORS AND ACHIEVEMENTS

Illinois Nutrition Education Facilitating New Group Formation Award, 2004
Illinois Nutrition Education Team Award for Face to Face Teaching, 2004

EXAMPLES OF PROGRAM PARTNERS

Tazewell County Department of Human Services
Liberty and Calvary Baptist Churches, Pekin

The Hope Chest, Pekin
Rogy's Daycare, Pekin



Photo by Anita Wilkinson | Illinois Extension

FAVORITE EFNEP RECIPE: WHITE CHILI

- 1 lb. fresh chicken breasts
- 1 onion, diced (about 1 cup)
- 2 cloves garlic, minced
- 1 can (4 oz) chopped green chilies
- 1 tablespoon cumin
- 2 can (14.5 oz each) reduced sodium chicken broth
- 2 can (14.5 oz each) great northern or cannellini beans, drained and rinsed

PREPARATION

1. Add all ingredients to slow cooker and stir.
2. Heat on high setting for one hour, then reduce heat to low setting for 4-5 hours
3. Remove cooked chicken breasts from slow cooker and shred with two forks. Add shredded chicken back to slow cooker.

Nutrition Facts and more recipes online at eat-move-save.extension.illinois.edu