

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.

Our EFNEP team has benefited from Irene Edwards' work for the past 20 years. She teaches youth and adults of all ages about health eating and living.

# What I Do and Why it Matters



**“I deliver programming on a level that youth and other audiences can engage, understand, and participate in an exciting and fun setting. We promote eating fresh produce, being wise consumers, and having a healthy mind, body, and environment.”**

**Irene Edwards**

Expanded Food and Nutrition Education Program Instructor  
iedwards@illinois.edu

Since 1999, Irene has been a part of the U of I Extension team. Her work is focused in Peoria County.

**PARTNER SPOTLIGHT: Common Place**

Throughout Irene's entire career with U of I Extension she has partnered with Common Place in Peoria. She has been a consistent mentor and educator to the youth and adults who came through the doors at Common Place. Over the years she taught nutrition education, food preparation lessons, and shopping/budgeting skills. The food pantry and youth gardening project also benefited from Irene's work.

“I would be at Common Place 3 or 4 times every week,” Irene stated. “I tried to be a blessing to them but they always blessed me.”

**FAVORITE EFNEP RECIPE: Hamburger Vegetable Soup**

**Ingredients:**

- |  |                         |
|--|-------------------------|
| 1 pound (more or less) ground beef       | 1/2 teaspoon salt       |
| 3 Tablespoons chopped onion              | 3 1/2 cups tomato juice |
| 1 (15 oz.) can mixed vegetables & liquid | 2 cups beef broth       |
| Pepper, if desired                       |                         |

**Instructions:**

1. Cook ground beef. Drain accumulated fat.
2. Add beef broth, tomato juice, and salt.
3. Simmer for about 15 minutes.
4. Add canned vegetables and liquid.
5. Adjust seasoning to suit taste, and simmer for additional 30 minutes.
6. Serve with crackers.



Photo by Anita Wilkinson | Illinois Extension

**EXAMPLES OF IRENE'S PROGRAM PARTNERS**

- Proctor Center
- Bethel Missionary
- Manna From Heaven Food Pantry
- Kitty's Korner
- New Testament Church
- Mickey's Kiddy Corner
- Dream Center
- Salvation Army