

EXTENSION
SNAPSHOT

Fulton-Mason-Peoria-Tazewell



ILLINOIS
Extension
COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCESWhat 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.

Julie Dantone is one of the newest members of our SNAP-Ed team. She works with youth and adults throughout Tazewell County and teaching them healthy eating and exercise habits.

What I Do and Why It Matters



“Teaching those of all ages healthy eating habits and physical activity is rewarding, I did not realize there was such a need for food and food education in my community. I am proud to be a part of the SNAP-Ed team. It is satisfying seeing a child eat a fruit for the first time and loving it!”

Julie Dantone

Supplemental Nutrition Assistance Program—Education Instructor
jfd@illinois.edu

Julie is one of the newest members of the Illinois Extension team in Fulton-Mason-Peoria-Tazewell Unit. She became a SNAP-Ed instructor in 2019.

EDUCATION

Illinois Central College

EXTENSION SNAP-ED FOCUS AREAS

Illinois Junior Chefs, youth cooking school
Great Garden Detective, 3rd and 4th grades
Organ Wise Guys, kindergarten, 1st and 2nd grades
EAT.MOVE.SAVE educational booths, food pantries
EatPlayGrow program, adults and their children

HONORS AND ACHIEVEMENTS

University of Illinois Extension SNAP-Ed Team Programming Award 2019
University of Illinois Extension Master Gardener

EXAMPLES OF JULIE'S PROGRAM PARTNERS

- Hensey Primary School, Washington
- First Church of God Food Pantry, Pekin
- Tazewell County Health Department
- Pekin Township Food Pantry



Photo by Anita Wilkinson | Illinois Extension

FAVORITE SNAP-ED RECIPE:

Corn Salad

Ingredients:

1 can (15 ounces) corn, drained or 1 and 3/4 cup
cooked fresh corn kernels
1/2 cup green pepper, chopped
1/4 cup onions, diced
1 cup tomato, chopped

Dressing:

1/4 cup low-fat sour cream or nonfat yogurt
2 tablespoon low-fat mayonnaise or salad
dressing
1 tablespoon vinegar
1/4 teaspoon dry mustard
1/4 teaspoon celery seed

Preparation:

1. In a large mixing bowl, combine corn, green peppers, onions, and tomatoes.
2. In a separate bowl, combine dressing ingredients. Mix well.

3. Pour dressing over vegetables and mix. Serve chilled.

Nutrition facts available on eat-move-save.extension.illinois.edu