

EXTENSION
SNAPSHOT

Fulton-Mason-Peoria-Tazewell



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.

A special treat for SNAP-Ed Instructor Kathy Ellis was when she got to teach in her grandson's preschool class at Valeska Hinton Early Childhood Center. The majority of Kathy's nutrition programs are with young children, including classrooms for hearing impaired students and students with special needs. Many of her classes include Hispanic youth.

What I Do and Why It Matters



“I teach young children in preschool, kindergarten, 1st and 2nd grades about healthy eating and taking care of themselves. Some of my classes are underserved audiences such as Hispanic, hearing impaired, and special needs. I love working with all of the students and seeing them try new healthy foods.”

Kathy Ellis

Supplemental Nutrition Assistance Program—Education Instructor
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Kathy began her career with University of Illinois Extension in 2002. Her work is focused on SNAP-Ed programs in Peoria County.

EXTENSION SNAP-ED FOCUS AREAS

Illinois Junior Chefs, youth cooking school
EAT.MOVE.SAVE educational booths, food pantries
Lunchroom Tastings
Organwise Guys, K—2 grades
It's Fun To Be Healthy, Preschools

EXAMPLES OF KATHY'S PROGRAM PARTNERS

- St. John Lutheran Church Food Pantry, Bartonville
- Bartonville Grade School, Bartonville
- Valeska Hinton Early Childhood Center, Peoria
- Charter Oak Primary School, Peoria
- Dr. Maude A. Sanders Primary School, Peoria
- Lincoln School, Peoria



FAVORITE SNAP-ED RECIPE: Confetti Bean Salsa

Ingredients:

- 1 can black or red beans (15.5 ounce)
- 1 can corn (11 ounce) or 1 and 1/4 cup fresh corn, cooked
- 1 cup salsa
- 1 jalapeno pepper, seeds removed and chopped
- 1/4 cup green bell pepper, chopped

Preparation:

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Drain and rinse the beans.
4. Drain the corn
5. Combine beans, corn, salsa, jalapeno, and green pepper in a medium-size bowl and mix.
6. Serve with corn chips, or as a topping for cooked chicken, pork, or tacos.

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