

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.

Kellie Roecker, SNAP-Ed instructor teaches youth and adults, in school and community settings, how eating the right foods and being active lead to a healthy body.

What I Do and Why it Matters



“I visit classrooms, housing communities, early childhood centers, lunchrooms, and food pantries to provide nutrition education that teaches youth and adults the importance of keeping our bodies healthy from the inside out. My work has a positive effect on the entire family. Kids are excited to share what they have learned with their families and ask for healthy foods.”

Kellie Roecker

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

Since 2016, Kellie has been a part of the U of I Extension team. Her work is focused in Tazewell County.

EDUCATION

Certified Nursing Assistant
Certified Food Safety Manager
Extension Master Gardener course

HONORS AND ACHIEVEMENTS

University of Illinois Extension SNAP-Ed Team of the Year 2019

FAVORITE SNAP-Ed RECIPE: Hamburger Skillet Dinner

1 lb. ground beef, lean	1/2 cup water
1 small onion, chopped	1/4 cup low-sodium soy sauce
1 potato, peeled and sliced	1 large green pepper, cut into thin strips
1 cup celery, diced	2 cup cabbage, chopped
2 tomatoes, diced, or 1 can (15 oz.) diced tomatoes, drained	1 teaspoon garlic powder
1/2 teaspoon black pepper	

Preparation

1) In a large skillet or pot, brown beef and onion. Drain excess fat. 2) Add rest of ingredients to skillet or pot. 3) Cover and cook on high for 1-2 minutes. 4) Reduce heat and cook slowly (simmer) for 15 minutes. Nutrition facts available on eat-move-save.extension.illinois.edu



Photo by Anita Wilkinson, U of I Extension

EXAMPLES OF KELLIE'S PROGRAM PARTNERS

- Tazewell County Health Department
- JL Hensley Elementary School, Washington
- Headstart Family Center, East Peoria
- Pekin Housing Authority
- The Hope Chest, Pekin