

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.

Illinois Junior Chef Schools are one of many programs Krista Gray enjoys doing in her role as SNAP-Education instructor.

What I Do and Why It Matters



“One aspect of my job is to teach young children about healthy foods and exercise in order to keep their bodies healthy and strong. Early education with these young kids helps to start them on a path of making good eating choices while having fun and being active.”

Krista Gray

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

Krista has been a SNAP-Ed instructor serving Fulton, Mason, Peoria, and Tazewell Counties since 2017. The majority of her work is done serving Fulton County.

EDUCATION

B.S.— Agriculture Science— Illinois State University

EXAMPLES OF KRISTA'S EXTENSION EFFORTS

- Teach Pre-K, Head Start, Kindergarten, First, and Second Grade students
- Offer tastings of fruits and vegetables in school lunchrooms
- Direct Illinois Junior Chef Cooking Schools
- Host nutrition displays and educational activities at local food pantries
- Teach classes to WIC participants at the Health Department
- Teach classes to adults at Fulton County Rehabilitation Center



Photo by Anita Wilkinson | Illinois Extension

FAVORITE MEMORY IN EXTENSION

“Since I have been with Extension, one of things that brings me joy is when I am out in the community and kids run up to me calling ‘Mrs. Gray! Mrs. Gray! I have been eating more “GO” foods and not so many “WHOA” foods!’ I thoroughly enjoy working with people and it is so rewarding when I see these same people when I am shopping or at any other activity outside of my job, comfortable enough to approach me and visit with me. Children are particularly happy to see me and introduce me to their family members. I say it often to my family and friends, I love my job!”