

# EXTENSION SNAPSHOT

Fulton-Mason-Peoria-Tazewell



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.

# What I Do and Why It Matters



“I really enjoy teaching the young kids, but it doesn’t matter what age you are, nutrition is important to learn and there is always new information. I aim to educate people to help them increase their knowledge of nutrition and exercise.”

**Skye Mibbs**

Supplemental Nutrition Assistance Program—Education Instructor  
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In 2019, Skye became an Illinois Extension SNAP-Ed instructor focused in Mason County.

### EDUCATION

Illinois College, Bachelor’s degree in biology with focus in exercise science

### EXTENSION SNAP-ED FOCUS AREAS

- 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

### EXAMPLES OF SKYE’S PROGRAM PARTNERS

- Illini Central Grade School
- New Central Elementary School
- Coffee Club, Havana Parent Educator Group
- Havana Public Library
- Central Christian Church Food Pantry

### FAVORITE SNAP-ED RECIPE: Apple Nachos



#### Ingredients:

- 1 teaspoon lemon juice
- 2 medium apples, thinly sliced
- 2 tablespoon sunflower seeds, unsalted and shelled
- 1/4 cup dried cranberries or raisin, unsweetened
- 1 tablespoon mini chocolate chips
- 2 tablespoons creamy peanut butter
- 1 and 1/2 tablespoons honey

#### Instructions:

1. Wash hands with soap and water.
2. Gently rub apples under cool running water.
3. Add lemon juice to sliced apples to reduce browning.
4. Spread apple slices on a plate.
5. Top apple slices with sunflower seeds, dried cranberries, and mini chocolate chips.
6. Combine peanut butter and honey in a small, microwaveable safe container. Microwave 20 seconds and stir until smooth. Be careful when removing from microwave.
7. Drizzle peanut butter sauce over apple slices.