

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.

Tara Agama has a passion for teaching young children and helping them learn to develop healthy eating habits. She has been a SNAP-Ed instructor for over 18 years with University of Illinois Extension.

What I Do and Why it Matters



“I teach preschoolers and early elementary students about healthy eating and how to take care of their organs. Many of my students and their parents tell me they have made healthy changes at home because of our program. I know that I am making a difference.”

Tara Agama

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

Tara has been working for University of Illinois Extension since 2001. Her role currently focuses on programs in Peoria County.

EDUCATION

Illinois Central College, Associate Early Childhood Education
Northern Michigan University, Medical Office Procedures

EXTENSION SNAP-ED FOCUS AREAS

Peoria Public Schools	Head Start	Community Agencies
Daycare Centers	Food Pantries	Libraries

HONORS AND ACHIEVEMENTS

University of Illinois Extension SNAP-Ed Team Programming Award 2007 and 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 Wilkison | Illinois Extension

EXAMPLES OF TARA'S PROGRAM PARTNERS

- Mt. Calvary Lutheran Food Pantry
- PCCEO Head Start
- Bright Futures
- Crittenton Centers