

Boone, DeKalb, Ogle Extension Unit 2



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Extension Council Meeting

Health & Local Foods Subcommittee

Tuesday, November 28, 2023, 6:00pm

Zoom Meeting

Boone: Mark Schuth

DeKalb: Rylie Kues

Ogle: Candie Fore Sarah Hackbarth

Staff: Bruce Black Cindy Jankiewicz Connie Handel Judy Hodge

Kara Schweitzer

Public Comment:

Agenda

1. **Welcome/Introductions** _____ 6:02 _____

Ice Breaker Question: What is your favorite tradition? (Childhood, family, other)

Everyone introduced themselves and answered the Ice Breaker Question.

2. **Description & Vision of the Committee**

The Health & Local Foods Committee has been formed to address the issues in our communities with a more informed scope from our partner council members. Our partners will help in informing us of the current and future needs in our communities relating to health and local foods. This will allow us to provide program opportunities to address these needs as they arise.

Judy reviewed the description and vision of this committee.

3. **Minutes**

Review minutes from May meeting. Any questions?

No questions or comments on the May meeting minutes.

4. **Committee/Staff Changes**

Looking for three more committee members. Any suggestions?

Kara Schweitzer is the new Family Life Educator

Judy introduced Kara, our new Family Life Educator; committee members were asked for thoughts and suggestions for growing our committee. We'd like to add 3 more members.

An idea was presented at the Extension State Conference that each county keeps a binder of names of possible committee members to draw on when a vacancy occurs. "Local Foods" can be anyone who has an interest in the topic at a local level, including someone at a food pantry.

5. Program Reports (What we've done and what we are working on for the year)

• Local Foods

Some of the results from the "Stop" "Start" "Continue" brainstorming activity in September include making sure our resources get out there, thus the following resources:

Resources: <https://extension.illinois.edu/plants/info-sheets> (educational handouts)

www.youtube.com/@IllinoisExtensionHorticulture (gardening and local foods videos)

Boone County (Judy Hodge)

Boone County Farm Stroll – 250+ people attended, 7 participating farms

MG Speakers Bureau - ended with 25 presentations for the year

-working on a new series for next year

Master Gardener Hybrid Training in Boone County (February 29-May 30)

Thursday nights from 5-8:30 p.m.

Cost: \$175

In the new year, continue the work with NASR in their garden and Buchanan Street Garden.

Boone's MGs offered a variety of programming in the community on how to grow your own food.

The hybrid training will be in person with some speakers being zoomed in. The evening time is new for us

DeKalb County (Connie Handel)

Eng Farm Garden is located at the DeKalb County History Center; (produce donated to DeKalb Salvation Army Food Pantry – 2,150 pounds

St. Paul's Garden located at St. Paul Episcopal church (produce donated to area food pantries, church members, neighbors, and students in need) – 795 pounds

In the new year, continue to reach through our Gardener's Pathway gardening workshop and Garden Walk. Will be incorporating a plant sale into the Gardener's Pathway event next year.

Up until August, a third garden, Dolce Vita Northwestern Medicine Community Garden is no longer a part of the MG program, and the DeKalb County Community Gardens will continue their cooperation with them.

Looking for ways to do programs with other organizations and get some education out there

Ogle County (Cindy Jankiewicz)

Seed Library at the Flagg-Rochelle Public Library – Family friendly educational programs; 2024 kick-off; cooperation with Library and MGs on a 4-H spin club

Ogle County also had a successful Farm Stroll with more farms lined up for the coming year.

We had a field trip for the Master Gardeners and are planning to do this regularly for the MGs and MNs

Future plans include organizing a pumpkin smash, creating a list of food pantries in Ogle County which accept food donations from home gardens, and the annual Ready, Set, Grow! Program which will be on Saturday, March 23

- **SNAP-Ed**

Resources: <https://eat-move-save.extension.illinois.edu/> (Recipes, Find Illinois Food Illinois food pantries are listed, Healthy Text Program, which helps with advertising their programs)

Boone County (Jan Saglier)

CREATE Better Health is an adult nutrition curriculum that provides ways to "CREATE" a meal with what you have on hand in your kitchen. Twelve seniors signed up the series, held at the St. John's Church where many of them come for a monthly community meal. Lesson one is an introduction to MyPlate and physical activity. The recipe we made together was a stir-fry. I used tofu for the protein source. One person in the group had previously eaten tofu. I discussed how to prepare and marinades. Most of the group were surprised to find they liked the tofu and how inexpensive it is. I was informed at the following month get together that two sisters had made it for dinner and were planning to try other tofu recipes.

DeKalb and Ogle Counties (Brienne Gugerty)

- **Family Life**

Family Life Programming covers a variety of topics such as healthy aging, living well, stress management/mindfulness, social and emotional health, brain health, caregiving for adults, and parenting/ caregiving for children.

Fall 2023 Programming:

- The following programs were held at the Rock River Center (**Oregon**): The Value of Humor, Don't Go It Alone- Improving Your Social Connections
- The following programs were held at Hub City Senior Center (**Rochelle**): Penning Your Past, Wits Fitness

Upcoming 2024 programming:

- Wits Fitness monthly brain health program will be offered at Hub City Senior Center and Rock River Center in 2024.
- Kara will be trained in early 2024 to lead Chronic Disease Self-Management Programs and Chronic Pain Self-Management Programs.
- The Lessons for Living 2024 Webinar Series which features monthly webinars (February – November) on a variety of topics related to family, food, and finance can be accessed here: <https://extension.illinois.edu/health/lessons-living>
- Family Files Blog is a great resource for timely topics related to families, health, and well-being and can be accessed here: <https://extension.illinois.edu/blogs/family-files>

- Kara says she will reach out to the other counties and Mark's Keen Age center was mentioned as a place to offer programs

6. Program Planning Discussion

What do you think would make our meetings feel more beneficial? How can we make your time well spent? We want to make sure it's quality time for all of us

What are you hearing in the community as potential programming needs for this year? We encourage you to listen to the community, bring feedback you hear.

What have we addressed from our last meeting?

Is there a common goal/project that we can work on for the coming year? Farm stroll was mentioned as a positive; and perhaps an opportunity to marry up our work to have a synergistic effect

Stop, Start and Continue activity results from our Annual Meeting were shared with the group with explanations on a few topics which stood out

What stands out to you? What should be added? Some have to do with 4-H, the ones we are focusing on have to do with the MG program points (farm strolls and community gardens). Create awareness for U of I Extension resources. We are one of the agencies who can offer teacher training and professional development. MG training can offer potentially 24 hours of CE credit. CEUs are also possible through family life programs. The hyperlinks we've included offer information that you might be able to provide to the community. Perhaps not only a food drive, how about a personal care drive. The Poverty Simulator will be offered at Rock Valley College with Boone County as a partner.

7. Next Meeting:

February 27, 2024 (6 p.m. Zoom)

*May 21, 2024 (6 p.m. Zoom) (3rd Tuesday to avoid the Tues after Memorial Day)

September 24, 2024 (6 p.m. In-Person - TBD)

November 26, 2024 (6 p.m. Zoom)

Think about the above topics, and if you have a suggestion for people to add to our committee, or ideas on how to make our meetings more beneficial, please let us know. Have wonderful holidays, see you in the new year!

8. Adjourn 6:55

Council Roles Summarized: * Linking University of Illinois Extension with local leadership, communities, agencies and organizations.

* Supporting and advocating for Extension programs. Identifying needs and potential resources (human, financial, physical).

* Advise the program planning and implementation processes. * Assuring council membership represents all segments in counties served.

* Assuring program outreach meets equal opportunity and program access guidelines.

If you need a reasonable accommodation to participate in this meeting, please contact the Boone County Extension office at 815-544-3710. Early requests are strongly encouraged to allow time to meet your needs.