



UNIVERSITY OF ILLINOIS
EXTENSION

Extending Knowledge Changing Lives

4-H & YOUTH PROGRAM

**ALEXANDER, JOHNSON, MASSAC,
PULASKI & UNION COUNTIES
SPOTLIGHT
JULY, AUGUST, & SEPTEMBER
2016**



Union County General Show

Over 70 projects were exhibited and 18 members were chosen as delegates and two members were chosen as alternates to represent Union County 4-H at the State



Unit #27 4-H Teens as Teachers Recognition Night held July 20th at the Massac County Youth Fairgrounds. Awards were presented to our Honeybee Challenge State Leadership Team and Teens as Teachers as a thank you for their hard work and dedication to the 4-H program.



**4-H Coronation -Tractors and Tiaras
Miss Cloverbud- Kenzie Miller
Mr. Cloverbud-Jackson Carter
Princess-Madilyn Turner
Prince-Brock Clover
Queen-Hannah Miller
King-Jacob Ellis**



**Massac County
4-H Champions**



July 15th AJMPU Horse Show At Massac County Fairgrounds



ILLINOIS NUTRITION EDUCATION PROGRAM



Interagency Meeting—

University of Illinois Extension hosted an Interagency Meeting on August 11th at Shawnee College as part of the Nutrition Education Center for Excellence Grant we have been a part of since September of 2015.

Jennifer McCaffrey thanked everyone for their participation in the survey, presented the findings from the survey, and discussed next steps.

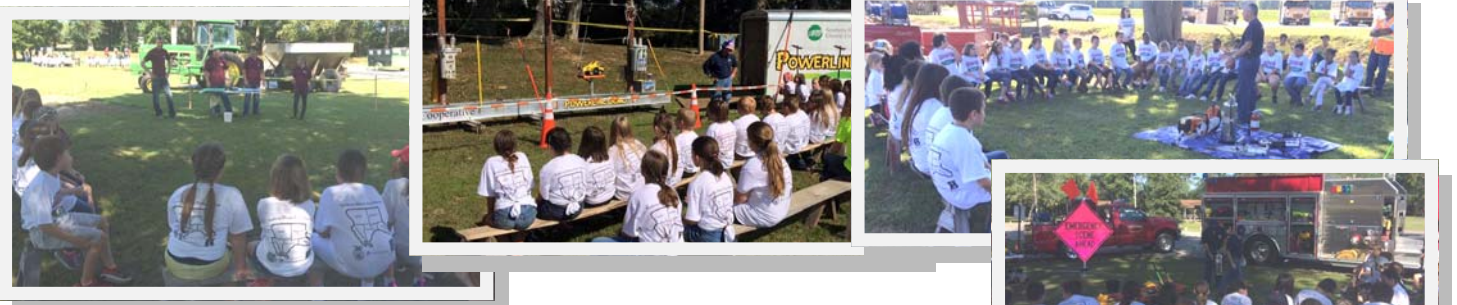
Attendance was low, but the conversations were great! Many were shocked at the findings of the survey due to how low it showed the collaboration and communication among agencies in our area was. This fostered a rich discussion on how to make changes to strengthen the network which in return will benefit the limited resource population that we all serve. Some suggestions were continuing to host interagency meetings, create a new resource book that all agencies and the community have access to, and to create a contact sheet that agencies have access to. Ware in the process of getting those suggestions started.

Jennifer McCaffrey announced that Extension was awarded a 2nd round of funding for the NECE Grant and explained this would include sending the survey out again to gather more data. The 2nd round of funding also includes an additional three weigh ins for participants. They will receive a \$30 Amazon gift card for every weigh in and phone call completed. August began the 4th weigh ins and as of September, we have 31 participants still in the study.



OTHER PROGRAMMING IN THE UNIT

Safety Day Camp – Every year in September, we partner with Farm Bureau and other agencies to provide a great day of safety education. This year 390—4th graders with the help of 70 volunteers, learned about safety at the Vienna park. A variety of safety stations were provided with topics such as: fire, farm, lawn equipment, ATV and firearm safety, plus first aid/911, poison control, electrical safety, bites/stings and the importance of physical activity.



School Foodservice Training—In October 2015, University of Illinois Extension partnered with the Illinois State Board of Education to provide local schools with foodservice professional development that is now required of all foodservice staff. A new website portal was created “ABCs of School Nutrition” as a way to offer schools free on-site training and a few online training opportunities. Egyptian School District was the first school district in the region to partner with University of Illinois Extension for on-site training. All Egyptian School Foodservice Staff received 4 ½ hours of professional development training prior to the start of the school year. Staff was trained on menu planning and meal requirements, food production records, and portion sizes. Maple Grove Elementary, Joppa High, and Egyptian School District food service staff attended the regional School Lunch Rocks! Workshop hosted by the CATCH onto Health Consortium and Southern Illinois Healthcare that featured Smarter Lunchroom Movement and Team Up for School Nutrition Success workshops presented by one of University of Illinois Extension’s SNAP-Ed Educator.

Smarter Lunchroom Movement—University of Illinois Extension is helping bring the Smarter Lunchroom Movement to local schools. The Smarter Lunchroom Movement has an evidence-based Scorecard to evaluate lunchrooms which consists of 100 simple, low and no-cost strategies for lunchrooms to consider which have been proven to improve student participation in school meals and decrease the amount of food being thrown out. Smarter Lunchroom Scorecards have been completed in the following schools: Brookport Elementary Cairo Elementary, Cairo Junior/Senior High, Century Elementary, Century Junior/Senior High, Egyptian Elementary, Egyptian Junior/Senior High, Joppa Junior/Senior High, Maple Grove Elementary, Meridian Community Unit, Metropolis Elementary. Staff are continuing to work with these schools to create and implement action plans for each of the lunchroom scorecards as well as providing training and technical assistance. Staff will soon be reaching out to additional schools in the area.

Early Child Care

The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is an obesity prevention program that helps child care facilities improve their nutrition and physical activity environment by changing policies and practices. The NAP SACC instrument provides centers with an opportunity to celebrate program strengths as well as develop and implement plans for improvement. The instrument was used to assess the environment of six of Southern Seven Head Start’s center-based programs. The instrument allows centers to identify best practices to work toward in creating a healthier environment for children, families, and staff. Centers will create goals and work on strategies to accomplish those goals. Some of the items that centers are assessed on include: Menu Development, Foods Offered Outside of Regular Meals and Snacks, Supporting Healthy Eating & Physical Activity, Active and Inactive Play Time, Play Environment, Nutrition & Physical Activity Education & Policy.

Regional Economic Development Plan Rollout Session held September 1 at Vienna— The informational session outlined the components of a rural regional economic development plan established by a team of community leaders and elected officials from throughout an eleven-county region of southernmost Illinois in cooperation with a USDA Rural Development program entitled Stronger Economies Together (SET). USDA Rural Development State Director, Colleen Callahan stated: “SET is at the core of our USDA Rural Development mission”...“Committed to the future of rural communities”, “There is strength in numbers, as the saying goes, and SET encourages collaboration and cooperation, that in turn builds regional economic strength.” Training and technical assistance during the planning process was provided by the Illinois State Office of USDA Rural Development and University of Illinois Extension Community Economic Development Educators, Ms. Susan Odum and Mr. Ron Duncan. Extension Educator Odum stated: “Over the course of the planning period, the regional team has taken a fresh look at where the region is, where it wants to go, and the best way to get there in support of a stronger, more sustainable southernmost Illinois. As a result, a set of initiatives have been established and the Stronger Economies Together Regional Plan has passed High Quality Review.”

University of Illinois Extension Alexander—Johnson—Massac—Pulaski—Union Unit

Office Hours Mon—Fri 8am—4:30pm Closed Noon—1pm



Johnson County Office at Vienna



Massac County office at Metropolis



Union County office at Anna



Alexander/Pulaski County office

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AJMPU UNIT — MEET OUR STAFF

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