



4-H/Youth Development

4-H and other Extension programs give youth a chance to develop practical skills that will help them succeed in life.

Club members in 4-H learn valuable lessons as they explore projects of their choice. They also get experience in leadership, citizenship and public speaking.

Schools can also request 4-H programs to enhance their curricula. Many of these 4-H enrichment programs help teachers meet the state goals for learning.

Here are just some of the youth programs offered in the five-county area:

- 4-H club membership
- School enrichment programs
- High school financial planning
- Cooking schools
- Discover Chicago trip
- 4-H Camp
- NASA Space Center trip
- 4-H project workshops
- Super Sitters babysitting clinic
- Legislative Connection

Family and Consumer Sciences

Extension's family and consumer education programs can help you make your life better, easier and more rewarding.

Issues like retirement planning, caring for the elderly, family communications, debt reduction, financial planning, and grandparents raising grandchildren are just some of the topics that Extension tackles.

And, you can sort out the latest nutrition and health claims by attending Extension programs ranging from preventing osteoporosis and heart disease, to planning healthy meals, to getting more exercise.

These educational programs take the form of workshops, seminars, newsletters, satellite conferences, and learn-by-mail.

Check out a few of the many programs offered in our Extension Unit:

- *Dining with Diabetes* program series
- *Refresher Course for Food Handlers* class
- *Money 2000*
- Newsletters and fact sheets for grandparents raising grandchildren
- Building family strengths mini-programs
- *Safely Aging in Place* seminars
- *Mid-Life: Winding Up Not Down* seminars
- Nutrition and wellness mini-programs
- *Teen Talk: A Survival Guide for Parents of Teen-agers* program
- *Parenting the First, Second, and Third Year* newsletters
- *Care of the Caregiver* series

Agriculture and Natural Resources



Extension helps farm families protect the environment – and their investment – by offering educational programs on crop production, pesticide safety, erosion control, livestock production, marketing, and risk management.

Whether it's a local plot tour, a training session for pesticide applicators, a crop scouting school or an agronomy seminar, Extension experts provide the latest research-based information for producers in Southern Illinois.

Extension's efforts don't stop on the farm. Commercial fruit and vegetable growers also get practical advice from such regional and statewide programs as the Southern Illinois Vegetable School, Small Fruits School, Illinois Strawberry School, and Tree Fruit School.

In towns and neighborhoods, Extension programs emphasize landscape design, gardening, water quality, and pesticide safety for homeowners. Local residents can get quick, accurate answers to insect, weed, and disease problems with our free digital diagnostics service. And, our volunteer Master Gardeners are available to answer home lawn and garden questions.

Community and Economic Development

Extension conducts educational programs designed to help communities grow and prosper. Small business owners, community leaders, volunteer groups and government officials can get timely information and practical tips from these programs. Starting a home-based business, enhancing tourism, e-commerce, customer service, community swap, and training for county board members are just some of the programs designed to make our communities stronger and more economically sound.





For more than 80 years, University of Illinois Extension has been helping local people put knowledge to work.

That knowledge can make our communities better places to live . . . solve farm and orchard problems . . . ease family financial problems . . . and help young people grow to become solid citizens.

U of I Extension brings you reliable, research-based information in four broad areas: 4-H/youth development, consumer and family sciences, agriculture and natural resources, and community and economic development.

Contact U of I Extension and see how we can help you put knowledge to work!

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put knowledge
to work . . .**



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