



Extension Snapshot

SNAP(-Ed) into Summer!



This summer, 36 youth participated in Chef School at Peoria Heights Grade School. Peoria County SNAP-Ed staff taught the week-long session from June 13-17, as a result of a partnership between University of Illinois Extension and Richwoods Township.

Youth attended Chef School for four hours each day and were kept very busy preparing, cooking, and eating breakfast and lunch (and cleaning up afterwards!). Chef School staff challenged the youth to participate in hands-on activities, increase their knowledge of nutrition, and experience unfamiliar foods like spinach-meat cakes and vegetable-egg bake.

Another highlight of summer programming in Peoria was the Summer Preschool Nutrition Program. SNAP-Ed staff taught a series of eight different lessons to preschool students at 25 different sites throughout Peoria County. In these eight weeks, staff were able to reach nearly 3,300 low-income children with a nutrition lesson, hands-on food preparation activity, and parent newsletter. Lessons encouraged the children to become more physically active and newsletters encouraged parents to cook with their children.

SNAP-Ed staff members were not simply teaching preschool this summer – they also reached out to the community through the Summer Youth Nutrition Program. Over the program's eight weeks, staff members taught school-age youth the basics of nutrition and the benefits of physical activity through discussion, games, exercise, and team-building activities. Almost 5,000 enthusiastic youth gathered at 22 sites to learn about healthier eating and to build up their community spirit.

For more information about the SNAP-Ed program in the Fulton-Mason-Peoria-Tazewell unit, please contact Ashley Schriver, Program Coordinator, SNAP-Ed, at aschrive@illinois.edu or 309-685-3140, ext. 16.

