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ILLINOIS EXTENSION BRINGS YOU



UNIVERSITY OF ILLINOIS
EXTENSION



Knowledge you can put to work for a secure, vital, healthy citizenry

For Nutrition and Health

- The Family Nutrition Program (FNP) and the Expanded Food and Nutrition Program (EFNEP) work with low-income families to teach healthy food choices and resource management.
- Over 3,000 Macon County families in need are reached with this programming each month.

After attending a six-session EFNEP resource management course, "Joyce" learned how to make good use of food dollars. When an agency gave her two \$25 food gift certificates, she was able to spread out the use of this money over a period of several months.

All Around Town

- The Macon County Displaced Worker Program currently serves 42 Displaced Workers, resulting in 37 students returning back to school to obtain higher education.
- Over 60 Macon County Seniors have completed U of I Extension classes in Basic Computer Training. At least 50% return for additional classes.

"Lily" is a senior citizen involved in the Teen Tech Tutor program. She works one-on-one with a teenager to learn computer skills. She says, "Young and old have a lot in common. Besides just learning about computers and e-mail, I'm developing a real connection with my teen tutor that I never expected."

Serving our Environment

- Almost 150 Macon County residents are trained Master Gardeners; serving the community through education, garden demonstrations and other community programs.
- Each year over 75 gardeners in Decatur are part of the Green Thumb program. Using a central location, they are given a safe place to tend a garden. Besides feeding their families, these gardeners also donate food to local charities.

Last year, U of I Extension investigated complaints of gardeners who found residue on their produce. Extension worked with the Dept. of Ag and found out illegal spraying had contaminated many lots in Decatur. Without the leadership of Extension, many families would have been at risk for poisoned food.

Growing Our Next Generation

- 4-H and Extension programs reach more than 5,000 youth through programs teaching science, leadership and healthy living.
- 4-H groups in urban and rural areas learn the skills they need to become leaders in their communities.

4-H trained teens from Decatur to teach a week-long nutrition camp for low-income youth. "James", one of the teens, said, "I now know that no matter where I go or what I do I need to watch it. There are young kids that look up to me and I need to remember that someone could always be watching me, just like they do at camp."

