



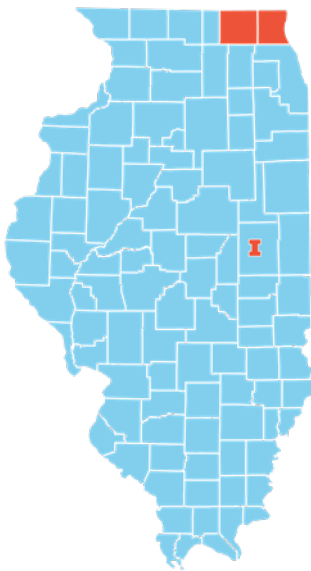
EXTENSION 
IN ACTION

Serving Lake
and McHenry Counties



Dr. Michelle Cox
Extension County Director

We are stronger together



As I sit at my desk preparing to pen this letter to all of you, the community stakeholders served by the University of Illinois Extension in Lake and McHenry counties, one phrase comes to mind: We are stronger together!

In my first year as the county director, I recount times of questioning decisions I was tasked to make, the hesitation of changing things that had been woven into the traditional fabric of Extension, and even times of uncertainty regarding if I was the perfect fit for the charge I accepted. However, no matter the situation or circumstance, one thing remained constant and that was the understanding that communities thrive when organizations like Extension partner with their constituents.

For us, 2022 was a time of reflection, change, strengthening, and growth. There were some amazing moments of success and some moments that were not so amazing.

Nonetheless, you remained there, with us, for the journey.

So, when I say we are stronger together I mean Extension is great because you chose to share this space with us. We are stronger because of your volunteer efforts and your service on our local committees. We are stronger because you partner, collaborate, and provide us with financial support. Because of you, Extension provides essential and effective outreach services that make the spaces in which we live, work, and play more viable. Together we make stronger youth, families, and communities. Thank you for adding value to Extension and allowing us to do the same in our communities. It has been a great year, and I look forward to our continued journey together.

Dr. Michelle Cox,
Extension County Director



Illinois Extension Makes an Impact

The University of Illinois Urbana-Champaign's land-grant mission thrives each day through Extension's programs, resources, knowledge, and dedicated staff that are responsive to five grand challenge themes:



Community:
Support Strong and Resilient Residents



Economy:
Grow a Prosperous Economy



Environment:
Sustain Natural Resources at Home and in Public Spaces



Food:
Maintain a Safe and Accessible Food Supply



Health:
Maximize Physical, Mental, and Emotional Health

2022 Engagement

Extension leaders, staff, and stakeholders define priorities that create meaningful, mission-centered outcomes throughout the state:

643 Communities Served	720K+ Program Attendees	14.5M+ Webpage Views	22.9M+ Social Media Impressions	900K+ YouTube Views
488 Educational Sessions/Week (25K+ Annually)	95 Online Courses Accessed by 12K+ People	7,062 Local Government Education Webinar Reach	1,807 4-H Clubs	178,341 4-H Affiliations

Partnerships

Resource Generation

5,941 Program Volunteers	269 Community Gardens	1,030 School Partners	\$15,732,391 Value of Volunteer Contributions	\$223,639 Value of Donated Garden Produce
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Health is wealth: Helping families, transforming communities through SNAP-Ed

Illinois Extension Supplemental Nutrition Assistance Program Education (SNAP-Ed) provides nutrition education to individuals and families in communities around Illinois.

By providing easy solutions through in-person lessons and online resources, this program makes the healthy choice an easy choice where families eat, learn, live, shop, and play. Programs are based on current research and engage learners in practical, hands-on classes and activities.

Program staff also partner with local organizations as part of the overall effort to promote healthier settings and food choices. By focusing on improving food access, increasing the likelihood of healthy choices, and helping families save more money, we are making a difference in the lives of Illinois families and their communities.

The goals for Illinois Nutrition Education Programs are also the goals of Illinois SNAP-Ed:

- Improve healthy eating and physical activity choices of limited-resource Illinois families to reduce the risk of chronic diseases.
- Increase access to healthy foods for Illinois families to reduce food insecurity.
- Create community collaborations and partnerships focused on obesity prevention.



Visit the EAT.MOVE.SAVE website
eat-move-save.extension.illinois.edu



Zion: Health Equity Achieved Together

Dale Kehr, SNAP-ED Educator, Lake and McHenry

Zion has a population of 24,727 with an unemployment rate of 5.7% and a poverty rate of 17.85%. The state poverty rate is 12.1%. Illinois Extension assists in providing best practices for health equity. In 2021, the Zion Healthy Together Project was launched to study how to bring more resources to this community. A team was formed by local Extension staff and a regional community economic developer to review the community needs. This year, 10 key stakeholders and 11 households were interviewed.

The data is being studied with a plan to implement four focus groups in 2023. These conversations and observations have led to more strategic planning and implanting programs targeted to the 60099 zip code.

The Lake County Extension office has worked closely with the Zion Public Library, Park District, school districts, and other partners to provide programs and support related to nutrition education, gardening resources, and youth programming.

Additional impacts were the new partnerships created within Zion, including Black's Academy, the Garden of Eat'n, and Building up Zion (BUZ) workgroup. As a result of Extension's work in collaboration with Zion-Benton Coalition for Healthier Communities, a \$75,000 grant was garnered to continue the efforts of the Health Equity Achieved Together (H.E.A.T) initiative.

Illinois Extension and the stakeholders of Zion are partnering to ensure that the city can thrive as we achieve health equity together.



Black Academy event



Share Table: Mechanism to reduce food waste, promote food security

Mary Flores, SNAP-ED Coordinator, McHenry

The USDA estimates that 90 billion pounds of edible food goes uneaten each year. According to a report by the Natural Resources Defense Council, 8% of all wasted food comes from institutions, such as hospitals and schools. Food insecurity in McHenry County affects over 22% of its population. Illinois Extension and Aramark Food Service in Harvard are working to keep school meals out of the landfills. Can share tables at schools assist in reducing food waste while providing added fruits, vegetables, and milk to hungry children?

In September 2022, Illinois Extension SNAP-Ed provided Share Table carts to four schools in the Harvard Community School District. By working together, Extension and Aramark Food Service launched the Illinois Share Table Pilot Project. Pounds and pounds of fresh fruits and packaged vegetables, countless containers of milk, and cartons of applesauce have made their way to nurses' offices to feed hungry children, to sports departments for snacks during and after extra-curricular sport practices, but most importantly, allowing the children to have second helpings of good healthy and nutritious food if they are still hungry during lunch time.

SNAP-ED by the numbers



38
Number of PSE Changes Provided



8
Number of Emergency Food Site Partnerships



8
Count of Early Childhood Center Partnerships



14,068
Total Estimate SNAP-Ed reach



Extension addresses food insecurity

Lee Kouski, SNAP-ED Coordinator, Lake

Food insecurity is a lack of consistent access to healthy food for every person in a household. Food pantries fill the gap. Illinois Extension is working with pantries to encourage healthier options. One way this is being accomplished is through an evaluation of pantry offerings. The Nutrition Environment Food Pantry Assessment Tool was used at North Chicago Community Partners Family Care Closet and Giving Point Food Pantry. The types of food and their nutritional value were reviewed, and suggestions were made on how to get healthier options.

Fresh fruits and vegetables were encouraged at both locations. Resources, such as recipes and colorful posters with healthy messaging, were provided to assist clients in preparing healthy meals. The pantries created a warm, welcoming atmosphere for the clients. Allowing clients to shop for the food their families would enjoy also helped create this atmosphere.

During the assessment, Extension also looked at the number of additional resources for housing and medical needs that were available to the pantry clients, then connected the pantry with other organizations to make it easier for everyone. Helping to make clients' lives easier by ensuring basic needs are met is one of the goals for the pantries and Extension. Working together benefits the food pantry clients.



751
Number of Nutrition Classes Provided



14
Count of K-12 School Partnerships



14
Count of Other Partnerships



Avon Township Partnership

Lee Kouski, SNAP-ED Coordinator, Lake

Illinois Extension partners with Avon Township to assist the people living below the poverty line. Avon township has about 8% of its population, higher than the county rate of 7.6%, living below the poverty line according to censusreporter.org. These households struggle with necessities, including food. At the same time, prices are rising and more people are turning to food pantries to help make ends meet.

Avon Township re-opened its emergency food pantry to assist with this need. They are currently open on Wednesday and Friday mornings. All the food is non-perishable and attained by donations from the community.

Illinois Extension assisted with the rearrangement of the pantry and healthy messaging so the set up was more like a store. Clients are able to choose the foods their families will enjoy. Illinois Extension has also helped market the pantry and its new hours.

Classes were provided at Avon Township to help youth learn how to cook. The Illinois Junior Chef program allowed the youth to learn life skills and make great recipes.

This partnership is a small step toward helping people receive and prepare non-perishable foods and reducing the number of people in Avon Township that are food insecure.



Make a healthier meal

Monica Marr, SNAP-ED Community Worker, Lake

Lake County SNAP-Ed staff have many research based, professional, interactive, and useful nutrition education programs to bring to the community. Building strong partner relationships takes time and persistence, but that is what Illinois Extension is all about: Being a part of the community!

Staff have a strong relationship with the Zion Township supervisor. Through that connection, staff were introduced to Memorial United Methodist Church. This church realizes the benefit of SNAP-Ed nutrition programs for Zion. Staff first approached the church about using their spaces for programming, and the relationship has continued to grow.

Four Illinois Junior Chef programs were offered in their large kitchen area for 35 children. Youth learned cooking skills, were able to read recipes, gained confidence, and learned to make even healthier choices. The church also has community garden plots. During the Illinois Junior Chef program, youth visited the gardens to view and talk about how fresh foods are grown. The garden walks were a highlight of the program for these youth.

Extension's model of creating relationships with community partners is how we get things done, and it works.

Each week we talk about cooking safety and nutrition, which I thought would be boring, but the staff makes it fun to talk about. She makes me feel pretty good about the healthy choices I have been making in my life. We talk about how I can make even better choices about what I eat and drink to make my body feel good. Everything I learn I can use for the rest of my life! It is helpful to have other kids in the program that I am getting to know, too. We work together to figure out the recipes and make them together.

Participant



Avon Township - Kid chef learning how to make a healthier meal.



Learn by doing: 4-H is the place where you belong and are wanted

In 4-H, you learn by doing and you usually have a pretty great time while you're doing it! Want to know more about what your 4-H experience might look like?

- **Create and build things.** Whether you're inspired by robots and drones or photography and recipe cards, our programs give you the tools and the opportunities to create, imagine, and build.
- **Travel and see the world around you.** In 4-H, you can travel across the state and around the world if that's what you want. Dream big and discover the world through our programs.
- **Explore careers that interest you.** In 4-H, career exploration is more than just reading about possible jobs; it involves rolling up your sleeves and trying it on for size.
- **Make new friends.** From clubs to camps to field trips, in 4-H you'll meet new people and experience new social and cultural events. It's pretty easy to form lasting friendships when they're based on shared interests.
- **Teach and inspire kids.** 4-H helps prepare youth for roles as leaders in their classrooms, communities, and future careers. We'll help you develop the skills you need to work with youth in your community and help them launch their own 4-H journey.

- **Help others.** A core aspect of 4-H is learning to serve with and for those around us. 4-H clubs create opportunities for members to find meaningful ways to impact the people and neighborhoods they live in.
- **Meet cool people and earn cool prizes.** Who wouldn't love the chance to meet and learn from some of the best athletes, actors, scientists, and artists in their fields. Our network of professional contacts is deep and wide - you never know who might show up at a 4-H event!

4-H is a place where you belong. It's where you decide what matters to you and learn about things that interest you, and it's the place where you serve in the community where you live.



994
4-H Club Memberships



689
Unique 4-H Members



109
Unique 4-H Adult Volunteers



67
Number of 4-H Clubs



4-H Lake County summer garden program reaches Little Roots

Ofelia Delgado, 4-H Coordinator, Lake County

Finding fun, educational experiences during the summer can be challenging for parents in Lake County, especially for younger children age 5 to 8 years old. The 4-H summer gardening program was a great way for parents to keep children learning during the summer. The 8-week program, a collaboration between Illinois Extension's staff and the Lake County Master Gardeners, was a great success. Through stories, crafts, hands-on activities, and work in the Little Roots garden, the children gained an in-depth understanding of gardening and the environment. The participants were captivated by the storytelling and the pictures of the different plants, insects, and soils. The children were eager to make fantastic crafts.

The 4-H summer gardening program helped foster an appreciation for the environment, taught important skills related to sustainable food production, and provided a hands-on approach to learning for children. The children learned to plant, water, weed, and harvest their edible plants, including tomatoes, peppers, radishes, and basil. They were proud of their Little Roots garden and couldn't wait to try the vegetables they grew. At the end of the eight weeks, the children had gained a wealth of knowledge about gardening and the environment.

They also gained a newfound appreciation and respect for their food and its origins. The program and Master Gardeners made a life-changing impact on the children. They taught them the importance of growing their food and the joy of eating something they had grown themselves. Education experiences can be infused with fun to make learning enjoyable and memorable.

McHenry County 4-H plants 25 oak tree seedlings in the community

Michele Aavang, 4-H Program Coordinator, McHenry County

Oak forests are diminishing and being overtaken throughout the Midwest. To address the decline of native oak savannas throughout the state, Illinois 4-H partnered with the Association of Illinois Soil and Water Conservation Districts Forestry Committee to provide oak seedlings to 31 counties participating in the 4-H Green Communities Tree program.

In April, McHenry County 4-H partnered with the Headwaters of the Kishwaukee River in Woodstock to plant the trees and teach youth and community members about the value of oak forests and trees.



4-H partnered with the Association of Illinois Soil and Water Conservation Districts Forestry Committee and Headwaters of the Kishwaukee River on this project to plant oak trees.



♥ Sewing club taught skills, improved intergenerational awareness

Ofelia Delgado, 4-H Coordinator, Lake County

Sewing is rarely taught in schools. Sewing has been a popular project in 4-H for many years, but finding volunteers to teach sewing has been challenging.

Lake County 4-H volunteer leader Margaret Hoppe and her team of volunteers came to fill that need. A sewing club was created to teach youth practical skills, foster intergenerational learning, and cultivate confidence in their abilities. The meetings were held on Saturdays for public-school youth and Tuesdays for home-school youth. Each volunteer had one or two students to lead through the learning process. The 14 students learned to prepare and use the sewing machine and make a few simple projects, including drawstring bags, pillowcases, table runners, and wallets. Their speed increased as their abilities improved.

The club had an enormous impact on the confidence and skill development of the participants. Engaging in sewing projects helps youth to develop useful skills, such as hand-eye coordination, problem-solving, and time management, which can be applied to other areas of their lives.

Additionally, the sewing club provided a supportive environment for the youth to interact and learn from one another. Through this social interaction, the youth gained confidence and learned important communication skills.

To conclude, each child told what they learned and showed their favorite project to the other students. It was an excellent way for the students to show off their hard work and get feedback from their peers.

These events promote a sense of community as members from all ages and backgrounds come together to exchange stories and learn from one another. Some students exhibited their projects at the Lake County Fair. By displaying the items they created, members encourage and support each other while also providing an opportunity for the public to appreciate the intergenerational learning taking place in the community.

Thanks to the efforts of volunteers, the skills are being passed on, and the benefits of such activities are being shared with Lake County youth.

Engaging in sewing projects helps youth to develop useful skills such as hand-eye coordination, problem-solving, and time management, which can be applied to other areas of their lives.





4-H Robotics Showcase supports youth social-emotional health

Sandra Prez, 4-H Educator, Lake County

The 4-H Robotics Showcase, the crowning event after a year of robotics club meetings for Lake and McHenry County youth, burst upon the scene in 2022, after a two-year COVID-induced break. For the past 10 years, the 4-H robotics afterschool program for middle school youth in northern Illinois has provided weekly meetings for youth to build and code robots.

Students look forward to the posting of the annual 4-H robotics contest each December, and with each year's challenge, youth begin preparing for the spring showcase with hopes of taking home a trophy. They meet new friends and learn something new from all the teams participating. The Showcase is the high point for the youth and for their families and friends cheering for them.

March 2020, one month before the Showcase, students, teachers, and 4-H staff were sent home to begin the long COVID lockdown. In the fall of 2021, the group began to safely regroup as allowed to continue learning, searching for a venue that would meet gathering guidelines. Community partner College of Lake County and its engineering department head provided the auditorium lobby and adjoining meeting rooms for the 2022 4-H Robotics Showcase.

Though each youth was limited to two guests, the participants renewed their excitement of a live, in-person contest. Youth competed with their robots, demonstrated their teamwork, and interacted with their peers, the judges, and the family members present.

While judges were tabulating scores, Sandra Prez, 4-H youth development educator, discussed the value of 4-H and robotics events. Parents said that preparing for the challenge and showcase was one of the most motivating factors for their children in the school year. Club leaders said youth were initially challenged to focus and work as a team when meetings first resumed, but time together had the team operating at pre-pandemic levels. Youth were happy to be learning together again.



Sowing seeds for generations to come

Local Foods and Small Farms

Americans have never been more interested in understanding where their food comes from and how it is grown and prepared. From the use of pesticides during the growing season to the practice of composting food waste, there is a lot of information available through Illinois Extension that provides insight into how fruits, vegetables, and food products move through their life cycle. The Local Foods and Small Farms program provides resources to help consumers and producers better understand their role and responsibilities within the local food movement.

Horticulture

Illinois Extension has a vast collection of resources addressing horticultural interests across Illinois. We recognize that home and commercial horticulturalists each have unique needs, so we've cultivated a set of resources designed to address their top concerns. These collections represent the topic areas where we usually get the most questions, but our expertise covers everything from trees to tomatoes to tulips.



9,561
Clients served



8,651
Volunteer Hours



1,783.5
Continuing Education Hours



7,110.25
Pounds of food grown/distributed



Master Gardeners and the Chapel Care Garden - Libertyville

Jesse Davis, Master Gardener Coordinator, Lake County Extension Master Gardeners have been working with food pantry gardens and food pantries to fight food insecurities in Lake County for decades. While food pantries provide many of the necessities to Lake County families, access to healthy, fresh produce is always a concern. Master Gardeners tirelessly strive towards their mission of “Helping Others Learn to Grow” while working to support partners who are also trying to produce healthy food options.

According to Feeding America:

- 27,130 Lake County residents are estimated to be living with food insecurity. That’s 11.8% of the population, about 1 in 8.5 residents.
- The number of residents suffering from hunger is 9% higher now than prior to COVID-19 in 2019.
- 6,890 children in Lake County are estimated to be living with food insecurity. This is 14.8% of children, a significant 1 in 6.7 children.
- The number of children suffering from hunger is 11% higher now than prior to COVID-19 in 2019.
- The annual food budget shortfall in Lake County is \$13,500,000.

The Chapel Church’s Care Garden in Libertyville and Master Gardeners have been working together for years, but in 2022 they worked vigilantly to help support the post COVID need for

Master Gardeners tirelessly strive towards their mission of “Helping Others Learn to Grow” while working to support partners who are also trying to produce healthy food options.

healthy food in Lake County. The church volunteers, Master Gardeners, and other community volunteers worked tirelessly to grow produce for the Chapel Care Center Food Pantry and partners, such as the Northern Illinois Food Bank.

Twenty Master Gardeners put in nearly 1,000 hours, along with dozens of other community volunteers, to produce one of the largest yields of fresh vegetables the garden has ever had. Over 130 volunteers helped feed thousands of Lake County families while Master Gardeners helped educate and guide the effort.

The Extension Master Gardener seed library donated thousands of seeds. The garden grew beans, beets, broccoli, cabbage, cucumbers, greens, melons, peppers, onions, radishes, squash, tomatillos, tomatoes, and turnips.

Volunteers harvested 14,188 pounds of fresh produce that supplied nearly 94,000 servings of vegetables to local families. From seed to table, this is a truly massive undertaking with incredibly impactful results.



Amazing rainbow hovers over the Chapel Care Garden in Libertyville.



Farmstroll, a successful partnership between Extension's local food systems and small farms program and the McHenry County Farm Bureau, had a record-breaking attendance.



McHenry County Farm Stroll

Sarah Farley, Local Foods/Small Farms Educator, Lake

Agritourism helps farmers generate additional revenue from recreational and educational activities such as tours. Beginning farmers and small to mid-size farms are increasingly exploring agritourism as a strategy to remain competitive. Agritourism also has the potential to help revitalize rural economies, educate the public about agriculture, and preserve agricultural heritage (USDA-ERS). In the McHenry County Local Food Assessment Executive Summary and Recommendations report (2013), creating market demand, education, and agritourism were identified as opportunities, and the report was adopted by the McHenry County Board.

The McHenry County Farm Stroll was modeled after a Boone County event. The McHenry County Farm Stroll is a key program that connects consumers with local food and agriculture producers. The purpose is to allow public visitors to tour McHenry County Farms to see, firsthand, the wide variety of agriculture being produced in the county.

The event is a partnership between Illinois Extension, McHenry County Farm Bureau, and McHenry County College Center for Agrarian Learning, a new partner in 2022.

The event is sponsored by County Financial, The State Bank Group, and Food Shed Co-op, a new sponsor in 2022. Master Gardener volunteers contributed 403 hours of service. They were joined by staff and volunteers from McHenry County 4-H, McHenry County College, and the McHenry County Farm.

Eleven farms participated in 2022. The farm with the highest traffic had 1,015 visitors; 6,713 visits were made to all farm sites. The event was the cover story in Partners Magazine (distributed to 364,000 members). Promotional efforts on Facebook reached over 30,000 people, and the event was highlighted in several newspapers, including McHenry County Living, Real Woodstock, and Northwest Herald.

When asked what they liked most, visitors shared:

- Very educational but fun for the kids.
- Self-paced; farmers/owners who gave tours and explained their agribusinesses.
- Being able to have lunch at the farm! Being able to talk to the Master Gardeners! Gleaning on their knowledge of the McHenry County farms! The cows were wonderful and we will enjoy the apples for several weeks.
- Variety of farms; quality of content.
- Discovering these farms were so close to where I live.

"It's a fantastic event for the kids to learn more about their food," a participant said. "It's a fantastic event to support our local small businesses. It's a fantastic event for adults to learn about farming, understanding how much work farmers do for the society. Farmers are the real front-liners who made us survived! We love our farmers, and we totally support them!"

Participating farms were also surveyed.

- There was a constant stream of visitors. Our new parking set up worked well. Visitors were interested in our practices and respectful of the property and animals.
- Several new customers have signed up to be notified of future meat availability. Many said they didn't know we were here until seeing the Farm Stroll advertisement.





Hermon Park Helping Hands Garden: Zion

Jesse Davis, Master Gardener Coordinator - Lake County

Food access is an ongoing issue in Lake County for so many youth and their families. Healthy food, exercise, and time outdoors is essential. These activities can help a child lead a better, healthier life. Gardening and learning how to grow food can help a child access all of these things with one activity. Researchers at the University of Illinois have determined that 30 minutes of time in a park setting will help children with attention deficit hyperactivity disorder concentrate in the classroom and act more calmly and with more focus at home.

A recent study by the Kaiser Family Foundation found that the average 8- to 18-year-old is now spending 4 to 7 minutes of unstructured time outdoors and an alarming 7 hours and 38 minutes of electronic screen time per day.



Volunteers, Doug Moore and Susan Jacobsen donated to the pantry

Hermon Park - Helping Hands Garden - Zion Winter photo

According to the U.S. Census, 17.2% of residents in Zion are living in poverty. The Lake County Health Department acquired data from the Illinois Secretary of State to calculate community rates of obesity. Lake County has an obesity rate of 22.5% while Zion is nearly 36%. Connecting students to nutrition education, gardening, and time outdoors can help address these issues while giving children a fun, structures educational opportunity in the outdoors.

Volunteers worked to develop education programs for the various summer camps that access the Hermon Park Garden through the Zion Park District. They focused on connecting the kids to freshly grown food and helping them understand where it comes from and how it grows. Kids learned general gardening techniques, pest management, and how to grow delicious food. They experienced how to weed, water, compost, harvest, and manage a vegetable garden.

Volunteers worked with 264 children ranging from first through eighth grade. Volunteers donated nearly 100 hours of time over 9 weeks of summer camps. Children were excited to be outdoors and were inspired to get dirty, ask questions and have fun. Children learned to overcome perceived fears of the outdoors by learning about bugs and other “creepy crawlers.” Children were able spend time in nature and become comfortable with it through experiential learning. They learned that food doesn’t come from a grocery store and that hard work goes into every tomato or pepper.



Master Gardeners of McHenry County

Brenda Dahlfors, Master Gardener Coordinator, McHenry County
McHenry County Master Gardeners continue to provide for their neighbors experiencing food insecurity by donating over 7,000 pounds of fresh produce to food pantries throughout the county this past summer and fall. Gardens that donated produce are located at the Nunda Township office, Hoffman Park in the Cary Park District, VFW Post 4600 Peace Garden, and several Extension Master Gardeners' personal gardens through an agreement called "Give Back Gardens." One garden is located at the pantry site in McHenry.



GardenWalk

Nearly 400 people attended GardenWalk and toured nine gardens ranging from small city lots to grand estates. Attendees interacted with homeowners and asked questions of Extension Master Gardeners. More than half of those attending reported they learned or saw something that would help them in their own gardens.



Gardenfest

Gardenfest allowed people to learn beginner to advanced gardening skills and techniques through a series of keynote speakers and breakout sessions. More than 150 attended.

Some of the comments were:

- Very informative yet educational
- Lots of ideas
- Always good information. Well done
- Realistic, practical, helpful
- Really enjoyed and took many notes



Active gardens

17 Lake County | 7 McHenry County



Food donation gardens

13 Lake County | 2 McHenry County



Pounds of food donated

550# Lake County | 4,019# McHenry County



Requests for information

7,311 Lake County | 352 McHenry County



Lake County Association for Home and Community Education

Angela Hicks, LCAHCE President | IAHCE President

Lake County HCE began 2022 with an increase in membership from 106 to 108 members, and ended 2022 with 109 members! Several members and residents viewed the Lessons for Living webinars. LCAHCE supplemented the lessons with programming by their members, such as "Pasta Making Demonstration /Tasting" and "Cricut and Its Creative Possibilities." The Cricut lesson was co-sponsored with 4-H. Members consistently met in-person either in their homes or meeting places.

LCAHCE held its Annual Meeting, International Day, and Cultural Enrichment Day. The events were well attended by members despite some limitations. Members volunteered in various capacities throughout the Lake County area, accumulating a total of 21,972 hours at a worth of \$29.95 per hour.

The state IAHCE Conference was held in Effingham. The theme for the year was "Aspire to Inspire." In total, the state has 4,106 members. HCE members continue to think positively, think creatively, and move forward with their heads held high. Their year-end reports reflected quality educational lessons, programming, and service to their communities.



Partnerships/Collaborators

- Abiding Love Food Pantry
- Adelante Center for Entrepreneurship -Lake County
- Ahmadiyya Muslim Community
- Assisi Homes
- Avon Cares Food Pantry
- Avon Township
- Bethany Lutheran
- Bethany Lutheran
- Blacks Academy of Excellence
- Boys and Girls Club of Lake County
- Brown Bear PreSchool
- Cary Park District
- Chapel CARE Garden
- Coalition - Illinois
- College of Lake County
- College of Lake County
- Conservation District
- CUSD50-Harvard
- Del Webb
- East Elementary School
- Elmwood Elementary School
- EPA & Illinois Food Scrap & Composting
- Extension Master Gardener
- First Baptist Church
- Fish of McHenry Food Pantry
- Food Truck/Pantry
- Foss Park District
- Fox Lake Farmers Market
- Freemont Township Community Garden
- Giving Point Food Pantry Director
- Good Shepherd Hospital
- Good Shepherd Hospital
- Grayslake Farmers Market
- Great Lakes Youth Center
- Gurnee Mills
- Habitat for Humanity
- Hearthstone Early Learning Center
- Hermon Park Helping Hands Garden
- Holy Family Garden
- Home of Sparrow
- Home of Sparrow
- Home, Community and Education, HCE
- IL Welcoming Center
- Lake Bluff Farmers Market
- Lake County Fair Association
- Lake County Farm Bureau
- Lake county Forest Preserves
- Lake County Health Department
- Lake County Home and Garden Show
- Lake County Nature Network
- Lake County Permit Facility Rain Garden
- Lambs Farm
- Learn 6 Charter School
- Library Plant Clinics
- Lyons School
- McHenry County 4-H Youth Foundation
- McHenry County Club Town Inc.
- McHenry County College
- McHenry County Fair Association
- McHenry County Farm Bureau
- McHenry County Historical Society
- McHenry-Lake County Soil and Water
- North Chicago Community Partners
- Northern Illinois Special Recreation Association
- Nunda Township
- One Hope United
- Rector, St. Ann's
- Richmond-Burton HS
- Speakers Bureau
- St. Ann's Episcopal Church
- St. Paul Guiding Light PreSchool
- SWALCO
- UMMA Food Pantry
- Vernon Area Public Library
- Vernon Hills Park District
- VFW Post 4600
- Village of Bull Valley
- Waukegan Township
- Wonder Lake Pantry
- Woodstock North HS
- Youth Build North Chicago
- Zion Benton Township
- Zion Benton Township High School District #126
- Zion Park District
- Zion Township

**Thank you to all of our Partnerships/
Collaborators that make our work
impactful!**

LAKE AND MCHENRY COUNTY STAFF

Michelle Cox
County Directory, Lake
and McHenry Counties

Dale Kehr
SNAP-ED Educator, Lake

Jesse Davis
Master Gardener
Coordinator, Lake

Deleah Flores
SNAP-ED Community
Worker, Lake

Diane Glozier
Office Support
Specialist, Lake

Sarah Farley
Local Foods/Small
Farms Educator, Lake

Michele Aavang
4-H Coordinator,
McHenry

Mary Flores
SNAP-ED Coordinator,
McHenry

Monica Marr
SNAP-ED Community
Worker, Lake

Melvin Allen, Jr.
Office Support
Assistant, Lake

Sandra Prez
4-H Educator Metro,
Lake

Ofelia Delgado
4-H Coordinator, Lake

Lee Kouski
SNAP-ED Coordinator,
Lake

Keren Figueroa
SNAP-ED Community
Outreach Worker,
McHenry

Dawn Sveen
Office Support
Assistant, McHenry

Brenda Dahlfors
Master Gardener
Coordinator, McHenry

LAKE AND MCHENRY COUNTY EXTENSION COUNCIL APPOINTMENTS 2022/2023

Jeanne Ang

Darnell Clay

William King

Elvis Tillet

Ken Barber

Molly Dittmer

Theresa Meshes

Margaret White

Nora Barquin

Cindy Dittmer

Regina Rakoncay

Camille Winder

Oscar Bonilla

Richard Frierson

Carolina Schottland

Sarah Zach

LAKE AND MCHENRY COUNTY BOARD EXTENSION COUNCIL APPOINTMENTS

McHenry County,
Commissioner Gloria Von Hoff

McHenry County,
Commissioner Brian Sager

Lake County,
Commissioner John Wassik

OFFICE INFORMATION

Lake County Extension

100 South Highway 45
Grayslake, IL 60030
(847) 223-8627
Fax: (847) 223-9288
Monday - Friday, 8 AM - 4:30 PM

McHenry County Extension

1102 McConnell Rd.
Woodstock, IL 60098
(815) 338-3737
Fax: (815) 338-4755
Monday - Friday, 8 AM - 4:30 PM

ONLINE



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Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

College of Agricultural, Consumer & Environmental Sciences

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating.
University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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