

IOWA STATE UNIVERSITY

University Extension



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Get inside Extension and discover how we support healthy people, healthy environments, and healthy economies. Read about some of the ways ISU Extension meets local needs, improves quality of life, and helps make Monona County a better place to live. You'll be amazed at what we do.

Robert Haack

Extension Council Chair

Cheri Hardison

County Extension Education Director

Healthy People

Got 2 Move

A Monona County Health Coalition is working from a generous Wellmark Grant to help kids move more and eat healthier. ISU Extension is providing nutrition education to school food service workers and parents and partnering to promote physical activity for better health.

MANAGING Tough Times

Managing Tough Times

The economic downturn affects many Northwest Iowa families. ISU Extension designed web sites and resources to help families, businesses, communities tackle tough times today and tomorrow. www.extension.iastate.edu/toughtimes Blog conversations, "ask an expert," – a variety of options are available to find answers and information any day, any time of day.

Spend Smart. Eat Smart.

This ISU Extension web site helps people learn more about their food-shopping practices, and changes

they could make to save money and eat healthier. A variety of options and interactive activities are available, including short food preparation how-to videos.

www.extension.iastate.edu/foodsavings

Recently, 53% of site users rated it "excellent." 53% used the cost of



**Spend Smart.
Eat Smart.**

food at home calculator option. 79% adjusted one

or more food buying habits. 85% increased their understanding of substituting time or knowledge/skills to save money at the supermarket. 88% increased their food-buying skills. 83% increased their ability to identify and include nutritious foods in the family diet.

Healthy Environments

Helping Iowan's Understand COOL

Country of Origin Labeling (COOL) is marketing legislation that provides consumers with knowledge about where their food is raised and processed. ISU Extension offered programming to help producers, processors and consumers learn about the new rules and how to implement them. A statewide



Monona County Extension Council

Back: Katie Shull, Turin; Laura Neldeberg, Whiting; Jerry Laffey, Onawa; Bob Haack, Whiting; Norman Parker, Mapleton
 Front: Lana Boyle, Moorhead; Geri Johnson, Onawa; Lisa Bruning, Castana; Sharon Holverson, Moorhead

Every Iowa County has an elected Extension Council that guides local educational programming by partnering with staff. From needs assessment through program implementation and evaluation of outcomes, the council represents the issues and people of the county.

We have identified these local issues as priority topics for current and future programming:

- Ag production and marketing
- Financial resource management
- Health and care needs of elderly
- Energy sources and efficiencies
- Positive Youth Development, 4-H club expansion, and volunteer development



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webcast, hosted by ISU's Iowa Beef and Pork Centers, was viewed by 14 people at two NW Iowa sites (Monona and Sioux Counties). On a teleconference call, 18 Extension dialogued about COOL and its implementation for county fairs. In the ISU Western Research and Demonstration Farm annual meeting, 12 people participated in identifying where their food originated and learned about the final COOL rules. Food Safety and Quality Assurance training, featuring COOL, reached 136 youth and 42 adults in Ida, Monona and Woodbury counties.

Partnering for Farm Safety

In an effort to make children more aware of safety on the farm and home, ISU Extension and Progressive Ag have provided safety education in Monona County schools for the past 9 years. Monona County Extension hosted Farm Safety Days at Maple Valley Elementary School in April, 2009, for 90 3-5th graders. Students rotated in groups through farm safety stations with hands-on demonstrations to help reinforce safety rules. Critical local partners include Mapleton and Onawa Law Enforcement, Burgess Health Center, Monona County FSA, WIPCO of Onawa, and FFA.

Healthy Economies

Ricochet: An Extreme Leadership Adventure

Youth leadership development is strong in Monona County through the ISU Extension Ricochet Youth Leadership Training program. Ricochet targets middle school age youth from Monona County for the first level. After completing phase one, participants are invited to complete the second and then the third phase of the curriculum. Youth learn about themselves and develop appreciation for diversity, understand qualities that are important in leadership and processes for identifying community needs and forming action

plans, strengthen communication and decision-making skills, and study the impact of stress and ways to relieve stress. Since the program began in Monona County in 2006, 61 youth have joined Ricochet and 15 have completed all 3 levels.



ISU Extension Impacts Monona County

2,142 participated in organized Extension meetings and programs throughout Monona County. That includes recertification instruction to 218 pesticide and manure applicators; education to 193 ag producers on farmland leasing, bioeconomy, marketing, and crop and livestock production and risk management; education for 146 community members, leaders and families on nutrition, food systems and buymanship, and gardening; and



327 youth in special programs such as workshops on leadership, tractor school, livestock quality assurance, nutrition and fitness, babysitting, farm safety, school enrichment, camps and trips. In addition, provided training and support to over 100 adult volunteers who worked with 164 youth in organized 4-H clubs.