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Ron Hook, *Farm Management*
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Woodbury County 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 Woodbury County a better place to live. You'll be amazed at what we do.

Tom Ullrich
Extension Council Chair

Sherry McGill
Regional Extension Education Director

Woodbury County Extension...providing research-based learning opportunities to improve the quality of life in Iowa.

Healthy People

The Expanded Food and Nutrition Education Program (EFNEP) celebrated its 40th anniversary in 2009. Through one aspect of EFNEP, third through fifth grade students are taught *Healthy Choices for Healthy Bodies*.



Over 2,800 youth learned about healthy eating through six hours of nutrition education, either in their school or in summer youth programs.

One ten-year-old girl told Mrs. Weis, the youth nutrition educator, "I made Peter Pumpkin Pudding for a picnic on the Fourth of July and about everybody liked it. I didn't want anyone to get sick, so I kept the pudding cold in a cooler until it was time for dessert. They were surprised when I said there was real pumpkin in it. I told them that makes Pumpkin Pudding more nutritious, and it's in the vegetable and the milk group."

Additionally, EFNEP teaches families with young children how to cook and eat healthy and save money on their food budget. In Woodbury County, 258 families participated in EFNEP during the past year. 186 families graduated from the program by completing a

minimum of eight nutrition lessons offered in groups or at their homes.

Services offered to Spanish speaking families

Our Families, Our Communities, is a bilingual program, where ISU Extension joins two groups: Hispanic and Caucasian. During the first 40 minutes, English as a Second Language (ESL) classes are held with the Hispanic group reviewing new words they are going to use.



During the next hour, Spanish majors from Morningside College offer their time and join the class. Both groups discuss the topics included in the program: quality child care, early learning, principles for parenting, bullying issues, and cultural perspectives on parenting. The discussion and materials are in English and Spanish. Participants learn how each individual family can contribute to a better community and practice their language skills at the same time.



Woodbury County Extension Council

Back row: Lane Tabke, Merville; Linda Drey, Sioux City (secretary); Gary Shaner, Sioux City (vice chairman); Tom Ullrich, Sloan (chairman). Front row: Angie Anderson, Pierson; Alan Ralston, Merville; Julie Eckert, Sioux City. Pictured separately: left, Don Wood, Sergeant Bluff (treasurer) right, Jack Burrignt, Pierson.

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:

- Build strong families
- Business and economic development
- Community and economic development
- Youth development
- Raising community awareness of programs offered



We connect you to Iowa State University.

We are your local link to make connections for campus enrollment, continuing education, campus visits, campus exhibits, conferences, camps, and sporting events.

... and justice for all
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IOWA STATE UNIVERSITY
University Extension

Healthy Environments

Iowa State University Extension in Woodbury County partnered with University of Nebraska-Lincoln Extension in Dakota County to conduct the third annual Siouxland Garden Show held March 20-21 at the Marina Center in South Sioux City, Neb.

The 2009 event drew nearly 5,000 people—up 20 percent from 2008. Thirty-three educational sessions and how-to sessions were presented by regional and local experts making quality horticulture information accessible to people living in the tri-state area. Forty-nine businesses and clubs/organizations had vendor booths.



Over 100 volunteers helped during the show, many of them Master Gardeners. Master Gardeners contributed over 1,444 volunteer hours during the show. A total of 3,107 hours were donated by Master Gardeners in many different locations throughout 2008. That's a labor donation of nearly \$52,353.

Another avenue opens for 4-H

The ISU Extension in Woodbury County opened a new avenue for providing youth services in Sioux City through the Midtown Family Community Center located at 525 14th Street. The center has been developing programs that utilize 4-H programming and positive youth development.



from K-5th grade attended various day and weeklong camps throughout the summer.

The center is providing evening activities during the academic year during non-school time hours and day camps on non-school days. Programming is offered by Woodbury County Extension's urban youth program specialist and two AmeriCorps members who are currently assigned to the center.

The center is also providing a place for Families education. During the classes for parents, activities for children are provided. The center also holds ZUMBA classes, has a food pantry, and has a meeting area for many different groups to utilize. The center has been established through a partnership between Sioux City's Neighborhood Services, Woodbury County Extension, and the Boys and Girls Home and Family Services.

Community club 4-H membership in Woodbury County held steady with 407 members in 2009. There are 22 clubs in Woodbury County with seven of those clubs in Sioux City. The 4-H Shooting Sports program continues to grow with programs in shotgun, archery and now air rifle. 4-H Shooting Sports is run in conjunction with ISU Extension in Plymouth County.

Healthy Economies

ISU Extension in Woodbury County has been a part of the Regional Food Systems Working Group which is funded in part by the Leopold Center for Sustainable Agriculture and Wallace Center at Winrock International.



Because the overall goal of the grant is to grow a sustainable regional food system, ISU Extension partnered with the Sioux City Farmers Market organizers, which includes the Downtown Partners, to help them promote the farmers market and provide horticulture and nutrition education with Master Gardeners and staff being present at the Farmers Markets.

ISU Extension in Woodbury County also worked to increase the number of vendors who sell at farmers markets and directly to institutions. To accomplish this, ISU Extension designed the "From Your Table to Our Plate" conference to link local food producers with local food purchasers and provided additional educational sessions for the Farmers Market vendors for the region.