

BUILDING A #STRONGIOWA

ISU Extension and Outreach connects the needs of Iowans with Iowa State University research and resources. We are working with the people of Black Hawk County for what we all want: a strong Iowa.

Black Hawk County Extension Council

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:

- Competitive Iowa Agriculture
- Preparing Youth Leaders and Learners
- Strengthening Families

Health and Well Being

Black Hawk County actively offers programming and resources to promote a healthy county. In collaboration with Blue Zones, INRCOG, Cedar Valley Good Food Network, UNI, AmeriCorps Vista, AmeriCorps FoodCorps, Hawkeye Community College, Wheaton Franciscan Health Care, Allen Memorial Hospital, Unity Point Health, Veridian Credit Union, Money Smart Board of Directors and several other local businesses, programming and research-based information is shared and promoted in the county.



The Black County Extension Council guides local educational programming by partnering with ISU Extension and Outreach staff. From needs assessment through program implementation and evaluation of outcomes, the elected council represents the issues and people of the county.

We want communities and farmers to thrive, and families and children to be healthy. Eventually we want to turn the world over to the next generation better than we found it.

Mike Pipho
Extension Council Chair

Bill Arndorfer
Regional Director

Food and Environment

ServSafe, an educational certification program was taught to 179 participants with 77% passing the exam.

Child Care Provider Nutrition Training taught 101 providers about healthy affordable food choices and physical activities for children in their care.

Buy. Eat. Live Healthy—Family Nutrition Program reached 165 families with eight lessons on providing affordable nutritious food for their families with safe food preparation techniques.



ISU Extension and Outreach Black Hawk County

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Family Finances

Jeannette Mukayisire was hired in August to serve as the Family Finance Specialist for Black Hawk and 13 other counties. She will be actively involved in promoting Money Smart Week, Finances for Caregivers and other programs tied to financial goal planning.

K-12 Youth Outreach

Reaching youth through school programming, afterschool activities, workshops and club meetings **increased by 50%** in 2016. 4-H Club membership grew by **9%** and we reached 1,822 additional youth through day camps, events and programming.

AmeriCorps FoodCorps, VISTA and AmeriCorps 4-H programs provided six AmeriCorps members to enrich or enhance programs to targeted populations. Those populations included low-income, high obesity, urban and food deserts.

County Youth Coordinator, Diane Wolfe, received the Meritorious Service Award for excellent work in Youth Development in Black Hawk County.

Ag & Natural Resources

From Crop Advantage in January to the Pro Ag Outlook in November, ANR programming and

resources are provided throughout the year. Connect with Shelly to make sure your address is on the distribution list for programming opportunities.

Urban Agriculture

AmeriCorps VISTA members provide support to Cedar Valley Grows by promoting home gardening programs, teaching gardening, and coordinating access to community gardens.

Master Gardeners grew in membership by a freshman class of 15. Work continued with collaborating to expand the Food Bank Garden producing 4,000 pounds of fresh produce.

School gardens expanded after offering School Garden 101 training. Out-of-school garden programming continued at the Dick Young Greenhouse with the expansion of raised garden beds.

Refugees and immigrants learned about vegetable growing through a pilot program with the EMBARK program teaching them how to grow and sell produce. Buy Eat Live Healthy later delivered nutrition education lessons to the participants to know how to cook with the veggies.

Volunteer Achievements

Pat & Randy Lichty were inducted into the Iowa 4-H Hall of Fame this year for their great work in 4-H, volunteerism and community service.

4-H programming reached 3335 youth because of 248 dedicated volunteers. Thank you for your service!

County Extension Staff

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Sheila Walitshek
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Diane Wolfe
County Youth Coordinator

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