



#STRONGIOWA

2021 IN FLOYD COUNTY

Iowa State University Extension and Outreach connects the needs of Iowans with Iowa State research and resources. We listen, learn, and work with the people of Floyd County for a #STRONGIOWA.



**Sustainable
ENVIRONMENTS**



**Thriving
COMMUNITIES**



**Resilient
PEOPLE**



**Future
LEADERS**

Serving Floyd County

As Iowans adjusted to life during the COVID-19 pandemic, ISU Extension and Outreach continued to prioritize health and safety as we delivered research-based education to the people of Floyd County. During 2021 we focused on the following efforts.

The Floyd County Extension Council has been elected by the people of the county to guide local educational programming by partnering with extension staff. From needs assessment through program implementation and evaluation of outcomes, the council represents you and your issues. We are always serving Iowans and we are here for you. Now. Always.

Thank you for your support.

Valarie Bodensteiner Extension Council Chair	Julie Knecht Council Vice Chair
Sue Sedgwick Council Treasurer	Karol Carpenter Council Secretary
Jill Stille Council Member	Bill Mead Council Member
Jay Jung Council Member	Laura Paplow Council Member
Ryan Venz Council Member	

Floyd County 4-H Leader Care Packages Addressing Mindfulness and Mental Health

The focus of the care packages is to show appreciation to our 4-H leaders for all they have done this past year. The packages contained resources to promote mental health, mindfulness, and relieve stress. This engagement with our leaders addressed a growing concern of being mindful and aware with all the challenges from the pandemic. Through this initial distribution Floyd County was able to provide similar resources to the youth of the county.



Welcome to New Staff

Best Wishes to Departing Staff and Council Members

While COVID-19 continued to challenge our ability to deliver programming, it did not slow change in the lives of our staff and volunteers. In 2021, we welcomed new staff to our office and sent best wishes to staff and volunteers who have departed, bound for new adventures.



In December 2020, we welcomed Erica Holliday, county youth coordinator.



In June, we said goodbye to Anne Litterer, Buy. Eat. Live Healthy program assistant.



In July, we said farewell to Ben Rottinghaus, extension council chair.



Buy. Eat. Live Healthy Donates Baskets

The ISU Extension and Outreach Buy. Eat. Live Healthy program in Floyd County donated 12 baskets to Floyd County Medical Center and Hope for Life Pregnancy Center in Charles City. Baskets are to be given to expecting mothers and included a hand-made baby blanket, a bottle cleaner, baby wipes, and a basket for diaper storage. In the baskets were educational materials of how to store breastmilk safely, how to clean your breast bump, expected stages of baby growth and development, and information about the Buy. Eat. Live Healthy Program offered in Floyd County.

Northeast Research Farm Provides Produce for Programs

In 2021, county extension directors Lesley Milius (Floyd County) and Ron Lenth (Bremer County), and Ken Pecinovsky, Northeast Research Farm superintendent, developed a garden at the research farm near Nashua to demonstrate how to grow vegetables and to provide fresh produce to meet local needs to address food insecurity.

The goal of the research farm donation garden was to create a sustaining garden that could be customized to meet the needs of the community, including several partners: Community Daycare Center, Charles City High School Food Service, Rockford and Charles City Senior Congregate Meal



Sites, Northeast Iowa Food Bank, and two local food pantries (Rockford, Charles City).

Using proven unbiased methods in gardening research from Iowa State University provided the recipients with safe, fresh, nutrient-rich produce, enhancing Human Sciences programming by addressing and impacting what is put into our bodies and household food budgets.

Harvest Buckets for Floyd County Farmers in partnership with FFA

During the fall harvest, in partnership with Charles City FFA students, harvest appreciation buckets were given to local farmers. In coordination, FFA students assisted contacting sponsors, creating a list of potential recipients, and preparing and delivering the buckets. All farmer recipients enjoyed the buckets filled with snacks, supplies, and thank you notes from fourth grade Farm Safety Day participants.



Showcasing 4-H at the County Fair

The Floyd County Fair returned in 2021 during July 13-18, providing the opportunity for youth to demonstrate what they had learned through their 4-H project work over the past year. We had 110 of our 4-H members participate in the Floyd County Fair, with over 386 livestock entries and 366 static and communication exhibits. Also, we had 37 Clover Kid members participate at the fair with 34 livestock entries and 49 static exhibits.

Working toward Recovery

As our state works toward recovery, ISU Extension and Outreach in Floyd County has been

- engaging Iowans in improving food supply, safety, and access.
- expanding educational opportunities for youth.
- engaging Iowans in addressing mental health.

Growing Together Iowa Grant Impacts Floyd County

The Growing Together Iowa Grant has achieved spectacular impacts: Getting food into the hands of people who need it, donors of produce feeling confident food is distributed effectively and safely, local FFA youth growing starter plants and building raised garden beds, and the donation of more than 3,500 pounds of produce given away locally. Working with Floyd County Master Gardener Susan Jacob to lead numerous donation produce giveaways (August-September) allowed us to educate volunteers in the benefits of addressing food insecurity in Floyd County. Looking ahead to 2022, ISU Extension and Outreach in Floyd County will continue to make and create significant contributions and opportunities to address food insecurity.

ServSafe®

The Iowa Food Code requires every foodservice establishment have at least one Certified Food Protection Manager (CFPM). The National Restaurant Association's ServSafe® program is the national standard for this certification. In 2021 Floyd County Extension and Outreach staff and Amy Jones, Human Sciences food and health specialist, teamed up to overcome the challenges of COVID

-19 by implementing precautions (limiting class size, physical distancing, mask use, and cleaning and disinfecting of surfaces) to hold face-to-face ServSafe® class. In Floyd County, nine out of 10 people passed the certification exam (90%). This quick response helped foodservice operations meet state food safety standards for re-opening during difficult times.

Pick a Better Snack Program Enhances Healthy Choices in Floyd County

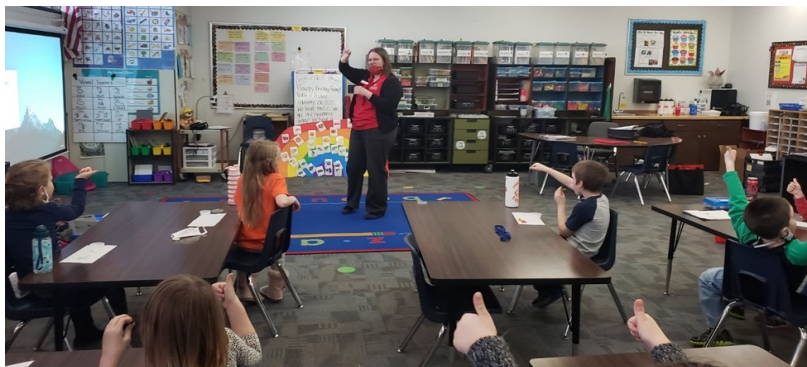
Floyd County was able to provide in-person nutrition education and healthy living lessons to more than 200 youth at Washington Elementary through the Pick a Better Snack program created by the Iowa Nutrition Network, a service of the Iowa Department of Public Health. County staff delivered seven 30-minute interactive lessons during the school day to students in Kindergarten and first grade. During the lessons, students learned and tasted four fruits and four vegetables. More than 90% of students tried at least one new fruit or vegetable during the lesson. Students also learn about how fruits and vegetables are grown, how to store and prepare them, how they help our bodies, and a variety of other interesting facts.

Both students and their families have enjoyed being part of this program. When asked their favorite thing they tried, their favorites were peppers, strawberries, asparagus, and cantaloupe. Many students enjoyed learning about how plants grow and showed interest in growing their own fruits and vegetables at home.

Over the summer months, many students participated in a gardening program or cared for their own garden at home. A grandmother and caregiver shared, "My grandson did not like vegetables prior to receiving Pick a Better Snack lessons. He is more willing to try different fruits and vegetables thanks to the Pick a Better Snack program. Also, he

has even got his sister to start trying new foods. He is really excited to be able to plant his own vegetables and harvest them right in front our apartment."

The school and teachers shared that they have enjoyed having this program and are excited to continue to it into the future.



Extension Staff



Lesley Milius
County Director



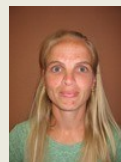
Donovan Olson
Regional Director



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Erica Holliday
County Youth Coordinator



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