



## 2021 IN MARSHALL 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 Marshall County for a #STRONGIOWA.



**Sustainable  
ENVIRONMENTS**



**Thriving  
COMMUNITIES**



**Resilient  
PEOPLE**



**Future  
LEADERS**



**The Marshall 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.***

**Ethan Crow**

*Extension Council Chair*

**George Crum**

*Council Member*

**Mary Giese**

*Council Member*

**Tyler Heeren**

*Council Member*

**Kim Jass-Ramirez**

*Council Member*

**Sharon Kline**

*Council Member*

**Colton Paul**

*Council Member*

**Joyce Thomas**

*Council Member*

**Linda Von Holten**

*Council Member*

## Serving the People of Marshall 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 Marshall County. During 2021 we focused on the following efforts.

- *Opportunities for Youth*
- *Food Supply, Safety, and Access*
- *Reviving the Iowa Community*



## Family Nutrition Spotlight: Grisel Chavez, Family Nutrition Program Assistant

Buy. Eat. Live Healthy is a FREE eight lesson nutrition series that teaches individuals and families basic nutrition information, cooking skills, and how to shop smart on a budget. We provide participants with valuable information, worksheets, online resources (Spend Smart. Eat Smart.), and incentives.

Plan, Shop, Save and Cook is a FREE four lesson nutrition series that helps individuals save money while shopping for healthy foods. This series is taught in groups and open to anyone who meets the income guidelines.

### Get In Contact:

Grisel Chavez

[gchavez@iastate.edu](mailto:gchavez@iastate.edu)

Online at:

<https://www.extension.iastate.edu/humansciences/buy-eat-live-healthy>



## Marshall County Youth Opportunities

Summer programming was a success! During the summer Megan Carlson, Chelsea Llewellyn, and Paige Zhorne (summer assistant) provided summer programming to youth in Marshall County. Because our name is well known in the county, we were asked to do programs with other youth-serving organizations, which allowed us to increase our reach drastically. During the summer we offered day camps, did weekly youth garden education at local schools, provided virtual STEM activities to Bobcat University through Marshalltown Community Schools, partnered with local libraries, as well as Marshalltown Community College's Kids in College program, and provided take home STEM activities to two school districts. The quality of the programs that we offered was high and youth were able to be more engaged and hands on in their own learning. We reached just over 1,900 youth this summer.

We continue to receive funding from Marshall County Community Foundation through an anonymous endowment. Through this funding we were able to offer our sixth year of STEM Camps through the Marshalltown Community Schools. This year we were able to purchase 90 STEM backpacks for checkout with this funding. Through this funding we are also able to provide a day-long training to our educators who facilitate the STEM camps. The backpacks focus on STEM and literacy through hands-on learning and experimentation. Now that STEM camps are finished, we plan to offer these backpacks to local community partners, families, and 4-H and Clover Kid clubs to check out for their use. We also were approached by Constance Beecher at Iowa State University about participating in a grant that would allow us to partner with a rural library to provide these backpacks to youth and families to check out and take home.





## Showcasing 4-H at the County Fair

The Central Iowa Fair returned in 2021, providing the opportunity for youth to demonstrate what they had learned through their 4-H project work over the past year. There was a total of 876 exhibits at the 2021 Central Iowa Fair. Youth had the opportunity to explore project areas and showcase their exhibits during static project judging and livestock shows. We invited community members out on Agricultural Education Day, and they were able to complete a StoryWalk that talked about Dairy Farms and different products. At the conclusion, 4-H clubs participated in a homemade ice cream making contest and raised funds to help with community service projects in their clubs. We were able to raise over \$450 for clubs to impact their local communities!!



Top: Chelsea Llewellyn, Marshall County program coordinator, stands next to the Little Food Pantry constructed by the Marshall County Master Gardeners in 2021.

Bottom Left: Youth are excited about planting at one of the six Marshalltown School District Community Gardens.

Bottom Right: Master Gardener volunteers built the Little Food Pantry.

## Food Supply, Safety and Access

In the spring, three Marshall County Master Gardeners designed, built, and installed a Little Food Pantry at the Marshall County Extension Office. The Little Food Pantry received media coverage in the Marshalltown Times-Republican, the Des Moines Register, and KFJB/KXIA Radio. KDAO Radio does an interview with the Marshall County program coordinator monthly to spotlight the pantry.

Volunteers collected over 820 pounds of produce from 11 community gardens. Most of those donations have gone right into our Little Food Pantry at the office. However, we do still take produce to other partners. Some of the produce has gone to the House of Compassion and the Emergency Food Box. Grisel Chavez, family nutrition program assistant, will also take items to her participants if we have freshly harvested donations on the day she is delivering items to her participants.



ISU Extension and Outreach Beef Program Specialist Chris Clark leads a Beef Workshop for Marshall County youth. The youth were able to have hands-on experience pulling a calf.

Nine Master Gardeners have been helping collect at the community gardens for the Little Food Pantry project. They each take a whole week to go around to the gardens and harvest, wash, and distribute the produce. They then monitor the Little Food Pantry to make sure that no produce is sitting too long, which thankfully has not happened many times. Any older produce gets donated to the Food Box or House of Compassion to be distributed before it becomes not edible. Our goal is to have very little of the produce that we harvest and donate go to waste .

## Working toward Recovery

As our state works toward recovery, ISU Extension and Outreach Marshall County has been:

- supporting Iowans in reviving the Iowa economy, including the farm economy.
- engaging Iowans in improving food supply, safety, and access.
- expanding educational opportunities for youth.

## Marshall County Extension Staff



**Anne Tedore**  
Regional Director



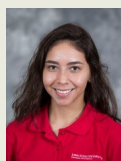
**Amy Pieper**  
County Director



**Katie Lubbert**  
Youth Program Specialist



**Megan Carlson**  
County Youth Coordinator



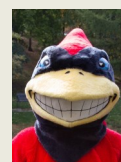
**Grisel Chavez**  
Family Nutrition Program Assistant



**Chelsea Llewellyn**  
Program Coordinator



**Nadine Fogt**  
Office Assistant



**Cy**  
ISU Motivational Specialist

## ISU Extension and Outreach Marshall County

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