



# BUILDING A #STRONGIOWA

## 2019 IN FREMONT 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 Fremont County for a #STRONGIOWA.

### Fremont 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:

- Economic Development
- Food and the Environment
- Health and Well-Being
- K-12 Youth Outreach



### Economic Development

Fremont County Extension has partnered with several entities that share our vision for a #STRONGIOWA. These include the Center for Industrial Research and Service (CIRAS), Keep Iowa Beautiful: Hometown Pride, Missouri, Iowa, Nebraska, Kansas Missouri River Corridor, Inc. (MINK) and the Fremont County Supervisors.

Recent flooding throughout the county has resulted in the development of the Fremont County Long Term Disaster Recovery Group. It is dedicated to helping disaster-impacted individuals meet their needs. This is crucial to the stability of our population, economy, and local communities. Extension has been a partner in recovery since day one.



### Extension Council Members

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

**Jeffrey Johnson**  
Extension Council Chair

**Alan Ladd**  
Regional Director

**Stacy Burge**  
Council Member

**Colleen Crom**  
Council Member

**Tiffany Doyle**  
Council Member

**Brian Langner**  
Council Member

**Scott Lowthorp**  
Council Member

**Amanda Moore**  
Council Member

**Randy Owen**  
Council Member

**Kayla Walter**  
Council Member





## Health and Well-Being

Last year, six food service managers attended Fremont County's ServSafe class, an eight-hour certification program developed by the National Restaurant Association.

Healthy and Homemade was presented to 10 individuals last fall. This three-part series focused on strategies for using time, money and skills wisely in food preparation.

Growing Strong Families serves households with children prenatal-5 years of age through home visitation. Thirty-three families and 54 children participated in 348 visits last year. Participants increased their knowledge about child development and parenting while being connected to local resources.

## Food and Environment

Bread In A Bag, is an in-school youth program presented annually to local 4th graders. In 2019, eighty-three students learned about the benefits of whole grains, farm-to-plate, farm safety, STEM in our everyday lives and how to read food labels, all while making a loaf of whole wheat bread.

Through our partnership with the Iowa Department of Agriculture and Land Stewardship, Fremont County Extension and Outreach hosted trainings for 126 licensed commercial and private pesticide applicators. These trainings help producers increase yields as they implement best practices for protecting natural resources.

As a key player in Women, Land & Legacy of Southwest Iowa, Extension helps to educate and empower women in agriculture by bringing relevant information, speakers and resources to the local area. Last year, over 150 women were engaged in Women, Land & Legacy programming.

## K-12 Youth Outreach

4-H, a national organization that utilizes experiential learning and youth-adult partnerships to empower members to reach their full potential, engaged 147 Fremont County 4th-12th graders in five community clubs and one specialty club. Another 51 Fremont County youth participated in Clover Kids, a fun and interactive program for youth in grades K-3rd. Fifty-three adults served as volunteers.

Ricochet: An Extreme Leadership Adventure, equipped 16 middle school youth with leadership skills through a variety of fun and challenging activities. Fifteen high school students honed their leadership skills as members of County 4-H Council.

Through partnerships with Fremont-Mills Preschool, Tabor Public Library, Randolph Public Library and Hamburg Public Schools, an additional 100 youth were introduced to age-appropriate and interactive learning opportunities by Extension staff during in-school and after-school programming.

One hundred thirteen youth participated in day and overnight camping experiences where they learned new skills and built life-long friendships. #STRONGIOWA

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