BUILDING A #STRONGIOWA

2019 IN WAPELLO 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 Wapello County for a #STRONGIOWA.

Wapello 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
- K12 Youth Outreach

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.

Doug McMullin
Extension Council Chair

Sue Henderson
Regional Director

Paul Cartwright
Council Member

Elaine Heisdorffer
Council Member

Jolene McNabb
Council Member

Mary Kivlahan
Council Member

Glen Kesselring
Council Member

Martha McAntire
Council Member

Stan Thompson
Council Member

Joyce Kramer
Council Member

Liberty Elementary School Garden

We had a great success with the Liberty Elementary School Community garden this summer. The garden was funded by the Iowa Department of Health Farm to School Grant program. Educators Sophie Coker-Gunnink and Chris Shepard from FoodCorps, and Kelli Anders Wapello County Local Foods Coordinator instructed 19 hour and a half lessons in the summer during the Communities Prime Time Youth Care Summer Program. During the lessons 17 children that signed up for the Gardening Club were able to get the experience of what gardening consists of, getting the raised garden beds prepared for planting, weeding, watering and the harvesting of the vegetables. Every session included a healthy snack that was as much as possible provided from the produce from the garden. Some of the snacks included kale salad, freshly baked kale chips, green pepper and cucumber slices. The children helped to prepare the snack getting some prep and cooking skills included in the Farm to Table experience. The produce that was not used to make the snacks was given to the children of the classes to take home and share with their families and be able to share a story about their day.

Get In Contact:

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Economic Development

Iowa State University Extension and Outreach Community and Economic Development has been working on several projects this year in Wapello county and the region. The first exciting program that we have been working on is an effort to create a local investing group. The first step was to host the Strategies for Rural Angel Investing on October 10th in Ottumwa in which 20 investors participated. The concept was well-received and all attendees agreed to move forward in building the network in collaboration with Iowa Rural Equity Project, Ottumwa Legacy Foundation, Ottumwa Partners in Progress and Indian Hills Community College.
The second program is related to a $50,000 grant received from USDA to expand the Solidarity Microloan Program outside of Des Moines. Ottumwa was selected as the grantee and a position has been posted locally to manage the local microloans.
As for the last 6 years, Himar Hernández keeps working with the Ottumwa Legacy Foundation on housing needs. Iowa State University Extension and Outreach will submit a proposal on January 1st 2020 to work with the new housing organization that is being created to re-develop homes and neighborhoods in Ottumwa.

Health and Well-Being

Small Change: Building Financial Security
Small Change: Building Financial Security is a personal finance course for educators, and other school personnel. The course focuses on making more informed decisions about financial management and understanding options for incorporation of financial literacy into classroom settings. A partnership with Iowa State Education Association (ISEA) enabled educators to receive continuing education credits upon completion of work in four online modules. (17 in Ottumwa and 12 in Chariton) educators completed the program held in (Ottumwa/ Chariton) at the Public Library.
Contact: Joyce Lash at lash@iastate.edu

Food and Environment

Produce with a Purpose has identified 12 worksites in Wapello County that serve as delivery sites for food boxes. This is an increase of 400% since 2016 . Employees at each worksite have the ability to order boxes in advance, which are delivered every other week throughout the growing season. The Local Food Coordinator and Food Box Assistant have developed

a network of producers to source items for the food boxes. This functions similar to a collaborative Community Supported Agriculture model, with several producers contributing items to each food box sold. Produce is picked up or delivered to the Wapello County Agricultural Extension office, where it is stored in commercial refrigerators. Volunteers and employees pack food boxes on delivery days, and boxes are transported in coolers with ice packs to maintain appropriate temperatures, as needed. Each delivery site has a designated spot for deliveries and a delivery site coordinator, who assists with communication to employees who have purchased boxes. This program makes it easier for consumers to purchase local produce, especially in areas of Wapello County that have been identified as food deserts, and expose them to a wide variety of seasonally available local produce. The number of boxes ordered has increased to 121 up from 74 in 2018 and up from 52 in 2017. Producers have been paid a total of $6,315 so far this year for produce from the box program. With the season less than half over, this number is already higher than the total of last season. In addition to the box program, $284.30 of local produce has been purchased by a restaurant and the Farm-to-School program. Produce with a Purpose provides an education program for consumers embedded in the food box delivery program. Newsletters and publications will be provided with each delivery, profiling local producers, farmers' markets, local food events in the region, produce selection and purchasing tips, and seasonally appropriate recipes highlighting locally available items.

K-12 Youth Outreach

Fall Fun Fest – a family event themed this year to focus on sustainable agriculture – animals and feed, seed to harvest, and the framework along the way. Games and activities were provided to teach youth about the aspects of growing food to feed animals and growing food for human consumption. Youth were able to view, feel, and taste test seeds and fruits and vegetables, such as pumpkins, gourds, apples and sunflower seeds. There was also a chili cook-off contest where clubs and youth adapted vegetables from their gardens to make a tasty meal.

Iowa State University Extension's 4-H volunteers from Wapello County participated in a training titled "4-H Prepares Youth for the Future" where they explored how they play a role in preparing local youth for future careers. Volunteers developed opportunities for youth

to refine skills that will prepare them for the future and identified ways to help youth explore, learn, practice, and experience possible careers. In addition, leaders learned skills and gained resources that be used to foster independence in youth.

This training is part of ISU Extension and Outreach's 4-H Youth Development annual training for volunteers.

4-H volunteers, as caring adults, are an important element of ISU Extension and Outreach's youth-serving organization. Effective volunteers provide the experiences and positive relationships that enable 4-H youth to become productive citizens, outstanding communicators, effective leaders, and successful learners now and in the future.

Completing the training were Natalie Kopsieker, Heather Burgess, Sue Wasson, Annie Denner, Kristi Baskett, Larry Valentine, Amy Van Maanen, Jeff Emery, Joan Clubb, James Clubb, Allison Angle, Lisa Duff, and Kayla Emery.

To find out more about the ISU Extension and Outreach 4-H program in Wapello County, contact: Cindy Emery at 641-682 -5491.

The Wapello County 4-H held their annual awards banquet on Sunday, November 3rd with a potluck meal. Todd Carroll auctioneered the dessert auction items after the meal. Amazing desserts and food for everyone. The 4-H Youth Council conducted the awards presentation by honoring 20 leaders, 17 superintendents, 23 – First year members, 10 – Five year members, and 5 – 9 year members. There were 30 project awards presented to youth that received a certificate and pin. Outstanding Junior Record book was awarded to Cody Vroegh, Outstanding Intermediate Record Book was awarded to Jaylene Vroegh, and Outstanding Senior Record book was awarded to Kaitlyn Emery. Judges Choice Award for Exceptional overall record book was awarded to Jaylene Vroegh. An officer induction ceremony was held for 9 Presidents, 9 Vice Presidents, 9 Treasurers, 9 Secretaries, 11 Reporter/historian/ photographers, and 7 Sunshine Reporters. Poster Award challenge was awarded to the Lucky Clovers 4-H Club and the Club Registration Award was awarded to the City Slickers 4-H Club.

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