

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 Fremont County for what we all want: A STRONG IOWA.

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 serves as the local link to the **Center for Industrial Research and Service (CIRAS)**. In 2016, thirty-one Fremont County companies benefited directly from working with CIRAS.

We were delighted to host **Grant-Writing 101**, a workshop which gave local clients the tools needed to



The Fremont County Extension Council guides local educational programming by partnering with ISU Extension and Outreach staff. From needs assessment to 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. 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

capture thousands of dollars for the purpose of improving our Fremont County communities.

As part of our commitment to strengthening Fremont County, we continuously seek to partner with other entities who share our mission. Local partners include:

- **Fremont County Economic Development Corporation (FREDCO)**
- **Missouri, Iowa, Nebraska, Kansas (MINK) Missouri River Corridor, Inc.**
- **Keep Iowa Beautiful: Hometown Pride**

ISU Extension and Outreach Fremont County

610 Clay Street
Sidney, IA 51652
(712) 374-2351
www.extension.iastate.edu/fremont



Health and Well Being

Growing Strong Families (GSF), an Extension-supported program, provides in-home parent education to 20-30 families each year that focuses on creating physically and emotionally healthy environments for children ages 5 and under.

An after-school club for girls attending Hamburg's Marnie Simons Elementary School was used as a tool to foster improved self-esteem and physical fitness through journaling, eating well, and running.

Healthy Meals in a Hurry taught seventeen participants how to blend time-saving convenience with nutritious, dollar-stretching food choices.

Fremont County Extension & Outreach also participated in several community health fairs to encourage improved health and well-being, and hosted **ServSafe®**, a class designed to educate food service providers about hazards and proper handling practices.

Food and Environment

Through our partnership with the **Iowa Department of Agriculture and Land Stewardship (IDALS)**, we work to ensure that today's private and commercial pesticide applicators are using best practices to increase yields and protect the natural resources we all depend on.

Food Safety Quality Assurance (FSQA) training teaches youth participating in 4-H meat and dairy projects about the producers' role in supplying safe consumable products.

Bread in a Bag, a decades-old Fremont County tradition, touches on a variety of topics relative to food

and the environment. Fourth graders are fully engaged in the process of making a loaf of bread while learning how key ingredients are the products of local wheat fields, soybean fields, and honey bees.

Several experts, including a beef specialist, farm management specialist, program specialist, and field agronomist provide research-based counsel to Fremont County clientele.

K-12 Youth Outreach

Through Fremont County's five community clubs, two specialty clubs, and five **Clover Kids** groups, nearly 200 local youth were impacted by **4-H**, a national organization that empowers youth to reach their full potential through hands-on learning and youth-adult partnerships.

Numerous day and overnight camping experiences were facilitated through Fremont County Extension & Outreach including a **County Council** retreat, **Junior Overnight**, **Waubonsie Horse Camp**, and **Farmyard Experience**. Local youth also participated in regional and state camping opportunities like **Camp Wild**, **Intermediate Adventure** and **Annual Youth Conference**.

Other youth outreach efforts included participation in Hamburg's afterschool program as the provider of **Science, Technology, Engineering and Math (STEM)** education, and **Family Storyteller**, an early literacy program designed to increase the time parents and young children engage in literacy activities.



... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer. Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating. EO/ADV.16.0411 October 2016

County Extension Staff

Mandy Maher
Program Coordinator

Heidi Lowthorp
Parent Educator

Lynda Marshall
Office Assistant

Casey Wenstrand
Youth Coordinator