



UNIVERSITY OF MISSOURI EXTENSION

Cedar County

2023

Annual Report

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**SERVE
MISSOURI.**

**DELIVER
MIZZOU.**



Extension
University of Missouri

an equal opportunity/ADA institution



CEDAR COUNTY MU EXTENSION CENTER
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January 23, 2024

Dear Cedar County Commissioners, Stakeholders and Friends,

Thank you for continuing to make University of Missouri Extension relevant and successful in providing educational programs for the citizens of Cedar County. This annual report outlines the success MU Extension has had in Cedar County during 2023.

The success of University of Missouri Extension in Cedar County depends upon the dedication and support of members of the County Extension Council. The council assists staff with planning and implementing programs by communicating the interests and concerns of local citizens. Programming efforts require the best efforts of our partnerships in the state to maximize and apply our resources where the greatest impact can be made.

We want to extend a special thank you to the Cedar County Commission for their continued support of the Cedar County MU Extension Center.

We would also like to thank our volunteers, partners, and stakeholders who continue to support our efforts in extension.

When you support University of Missouri Extension, Cedar County benefits as well as the state of Missouri.

Sincerely,

Kelly Hendricks

KELLY HENDRICKS
CEDAR COUNTY EXTENSION
COUNCIL SECRETARY

Mikayla Neil

MIKAYLA NEIL
MU EXTENSION & ENGAGEMENT
SPECIALIST

Marvin Manring

MARVIN MANRING
CEDAR COUNTY EXTENSION
COUNCIL CHAIRMAN



Office of Extension
and Engagement
University of Missouri

**OFFICE OF THE VICE CHANCELLOR
FOR EXTENSION AND ENGAGEMENT**

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December 2023

Dear county commissioners and friends of MU Extension and Engagement,

Thank you for your important partnership with the University of Missouri Extension this past year.

I want to highlight three areas that address needs you helped us identify.

You may recall that the FY 23 state budget provided a one-time \$5 million infusion to MU Extension for growth. Of that, we allocated about \$3 million for field faculty in the areas of agriculture, 4-H, health/human development and business and community development.

Through a dedicated hiring effort, and thanks to that allocation, we have hired 168 new employees since November 2022. That includes 72 academic/faculty members, most of whom are field specialists in a priority area noted above, and 96 staff members (e.g., office administrators, youth and food and nutrition associates, etc.).

We also returned more faculty to local program delivery that best serves your county's needs, while preserving the partnership and relationship building work you value. Our extension and engagement specialists focus full-time on that work as they serve their assigned multi-county groups. Currently, 19 have been hired, with two more in the pipeline.

Finally, we are prioritizing our work with county extension councils. In the new role of partnership and council development director, Lorin Fahrmeier focuses on strengthening council representation and governance. This role will build stronger links with regional, educational and campus leadership to better identify and address local priorities.

At the UM System level, our engagement work across four universities and with leaders across the state makes a difference in areas of greatest need: broadband, workforce development, health access, food security and healthy futures for our youth.

Your county annual report shows what we are accomplishing together as we Serve Missouri and Deliver Mizzou. We look forward to strengthening that partnership with county commissioners and community stakeholders in the coming year.

Sincerely,

Chad Higgins, PhD
Interim Vice Chancellor, MU Extension and Engagement
Chief Engagement Officer, UM System

Who we are

Faculty and staff



Mikayla Neil
Extension & Engagement Specialist



Patrick Davis
Livestock Field Specialist



Janet Fox
Nutrition Program Associate



Hannah Whittaker
Youth Program Associate



Heather Burns
Office Manager

Council members

Officers

Marvin Manring, Chairman
Trish Boyles, Vice-chairman
Kelly Hendricks, Secretary
Pam Ross, Treasurer

Elected

Ryan Porterfield
Hannah West
Cameron Locke
Todd Spangler
Jack Sampson
Pepper Burns

Appointed

Mary Anne Manring – City of Stockton
Kenneth Thornton – Commission
Lisha Stacy – Farm Bureau
Ben Wisner – 4-H Council Representative



County commissioners

Kenneth Thornton

Presiding Commissioner

Don Boultinghouse

Northern Commissioner

Ted Anderson

Southern Commissioner

Budget and more

Appropriations budget

Beginning Balance 26,995.32

Income

County Appropriations 61,375.80

Misc. .48

Total Income 61,376.28

Expenses

Salaries/Benefits 52,686.65

Travel 3,245.58

Telephone 1,592.40

Office Supplies/Services 2,286.28

Insurance 1,457.00

Investment Fund 15,000.00

Total Expenses 76,267.91

Ending Balance 12,103.69

Restricted funds (year-end balances)

Center Operations 2,752.33

Education and Services 11,224.66

Restricted Grants 356.26

Regional Program Funds 7,068.43

Investment Fund 15,330.74

4-H Council Assets 33,011.69

4-H Shotgunners Endowment 120,753.00

MU Extension Endowment 21,306.30

Total Restricted Funds 211,803.41

Key numbers

- ✓ 17 Individuals completed Private Pesticide Applicator Training
- ✓ 80 Soil tests were submitted. Providing citizens with knowledge for a fertilizer and liming plan with a budget in mind.
- ✓ 223 people receive the monthly E-newsletter
- ✓ 146 people receive the monthly 4-H newsletter
- ✓ 460 people receive the monthly Southwest Missouri Cattle Call newsletter
- ✓ 584 Individuals follow the MU Extension in Cedar County Facebook page
- ✓ 507 Individuals follow the Cedar County 4-H Clubs Facebook page
- ✓ 137 Youth enrolled into a traditional Cedar County 4-H Club
- ✓ 44 Adults volunteered with Cedar County 4-H
- ✓ 85 Youth participated in a 4-H sponsored program
- ✓ 34 Individuals utilized other free equipment rental and services

MU Extension is a unique funding partnership.

Extension funding is a three-way partnership of federal, state and county government. Federal and state money, through the University of Missouri system, pay professional staff salaries, training costs, computers and communication equipment. County funds support the local office, secretarial and youth assistant salaries, staff mileage and council expenses.

The Cedar County Extension Council, faculty and staff would like to express our appreciation to the Cedar County Commissioners for their continued support of extension programs.



Local Support

Did you know you can donate directly to Cedar County Extension with a gift to be used immediately or as an endowment contribution for long term efforts. Monies put into the endowment are left forever to earn interest with the county office benefiting each year. You can also direct your donation to a specific program such as 4-H or Master Gardeners.

Cedar County



University of Missouri System
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UM System Footprint in the county in 2023



FY23 county students

30 students

- 24 Undergraduates
- 6 Graduate and professional students
- 22 Full-time students
- 8 Part-time students
- 12 Pell grant recipients (aid year 2023)



County employees and retirees

6 people employed by UM

- 6 Campuses

4 UM retirees and beneficiaries

UM salary and retirement income: \$410,170

UM state tax revenue: \$8,360

UM federal tax revenue: \$46,375



County alumni

Selected school alumni

- 5 Medicine
- 11 Nursing
- 4 Health Professions
- 3 Dentistry
- 6 Pharmacy
- 5 Veterinary Medicine
- 27 Agriculture
- 17 Engineering
- 7 Law

Alumni teaching K-12

- 8 teachers
- 4.4% of all district teachers



County breakdown

MU

- 20 students
- 93 alumni
- 6 employees

UMKC

- 3 students
- 30 alumni
- 0 employees

Missouri S&T

- 3 students
- 15 alumni
- 0 employees

UMSL

- 4 students
- 4 alumni
- 0 employees



County properties and offices

MU Extension in: Cedar County



County population: 14,184



County services provided

Health care (FY23)

- 83 in-state patients seen at MU Health Care, with \$48,173 of uncompensated care
- 7 in-state patients seen at UMKC School of Dentistry with a statewide average of \$43.61 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 69 visits to 23 patients having ZIP codes associated with the county

Extension (2022)

- 6,230 Total educational contacts from MU Extension to residents of the county, including:
- 3,123 contacts related to productive farming, better gardening, and managing natural resources
- 3,107 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development

Cedar County



University of Missouri System
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UM System Statewide Footprint

Economic and Community Development Highlights

- In 2022, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 81,645 jobs.

\$3.1
billion

For every dollar invested from 2019 to 2021, the MU Extension Business Development Program has returned \$133 in economic impact for its clients by increasing sales more than \$1.6 billion. For a total impact of \$3.1 billion, the program has generated more than 37,000 jobs and attracted nearly \$451 million in capital investments and \$1.5 billion in government contracts.

- Between FY17 and FY22, UM System brought Missouri more than \$1.46 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY23, UM System was issued 33 patents and filed 61 new U.S. patent applications.

- In FY23, the UM System awarded 805 design and construction project contracts throughout Missouri, for a total investment of \$279.2 million in the state.



In FY23, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 18,381 hrs of case-based instruction to 2,938 learners located in 112 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



41,992 police, fire fighters, and medical professionals attending continuing education (2022)



Agriculture and natural resource programs served 174,692 farmers and related businesses (2022)



311,749 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2022)

Education Highlights

FY23 Financial Aid Awards

In FY23, 67.3% of the UM System's 80,702 students received financial aid totaling \$973.7 million

MU		UMKC	
27,256	\$536.0M	11,859	\$217.3M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded

Missouri S&T		UMSL	
6,748	\$117.7M	8,489	\$102.8M
students receiving financial aid	financial aid awarded	students receiving financial aid	financial aid awarded



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 485 K-12 school districts (832,000 students) and 132 public libraries (serving nearly 3 million Missourians) in 2022.

- UM System awarded 50.5% of the 32,098 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2022-23.
- UM System awarded 36.6% of the 1,935 research doctorates and 26.9% of the 3,593 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2022-23.
- In FY23, UM System's \$37.9 million in National Science Foundation (NSF) grants represented 88.3% of all NSF grants made to Missouri public colleges and universities.
- In 2023, over 10,900 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure. MU Extension also supported residents in making individual challenges to the FCC that resulted in \$810,000 in additional funding for the state of Missouri.

Supporting the University of Missouri is an investment in the future of Missouri.

The university advances Missouri citizens and communities through its mission of teaching, research, public service, and economic development across our four campuses and University of Missouri Extension.

Prepared in December 2023, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



Missouri Grand Challenges: Local Solutions



CEDAR COUNTY

Knowing Missouri's Needs

MU Extension asked Missourians to share the greatest challenges they and their communities face.

We heard that feedback and made big changes in the way we work with council and local partners to improve lives. Locally, a network of county engagement and subject matter specialists now share MU's knowledge, research and engagement, targeting programs, information and assistance in:

- agriculture and environment
- youth and family
- business and community
- health and safety

For each grand challenge, MU Extension and Engagement targets a specific gain by 2023:



Economic opportunity

Increase MU Extension and Engagement's economic impact to the State of Missouri from \$1 billion to \$1.5 billion overall, and from \$88 billion to \$100 billion in agriculture, the top economic sector



Educational access and excellence

Increase participation in postsecondary education from 66% to 70%



Health and well-being

Improve Missouri's health ranking from 40th to 35th in the nation

Knowing Local Challenges



CHALLENGE 1: Economic Opportunity: *Economic Mobility*

Average Earnings per Job

Average earnings per job can reflect the type of economy, skill of employees, and availability of jobs and workers in an area. Average earnings is calculated by dividing total full-time and part-time employment by total earnings. Earnings is the sum of three components of personal income--wages and salaries, supplements to wages and salaries, and proprietors' income. Full-time and part-time jobs are counted at equal weight. Both employment for wages and salaries and proprietors employment are included, but the employment of unpaid family workers and volunteers is not included. Average earnings per job is a measure of the wages paid at jobs in the county not the earnings of people who live in the county. The dollar figures shown are not adjusted for inflation.

2022 Average Earnings (\$)

\$35,708

Cedar



Missouri

\$62,528

Cost-Burdened Households (30%)

Cost-burdened households, where housing costs exceed 30% of total annual household income, is one measure of the relationship between cost of living and income. Households with high housing costs have fewer dollars remaining for other expenditures and are more likely to live paycheck-to-paycheck. The 24.00% of households in the report area are considered cost-burdened. This is below the state average of 24.99%.

Cost-Burdened Households, Percent

24%

Cedar

Missouri

24.99%

Data Source: US Census Bureau, [American Community Survey](https://www.census.gov/programs-surveys/acs/). 2017-21.

Data Source: US Department of Commerce, [US Bureau of Economic Analysis](https://www.bea.gov/) Regional Economic Accounts. 2007-2022.

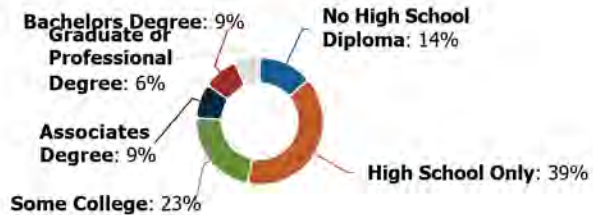


CHALLENGE 2: Educational Access and Excellence: *Educational Attainment*

Adult Educational Attainment

Educational attainment shows the distribution of the highest level of education achieved in the report area, and helps schools and businesses understand the needs of adults, whether it be workforce training or the ability to develop science, technology, engineering, and mathematics opportunities. Educational attainment is calculated for persons over 25 and is an estimated average for the period from 2017 to 2021.

In the report area, 22.7% of adults have at least some college education and 17.8% of adults have an associate's level degree or higher. However, 39.3% stopped their formal educational attainment after completing high school, and 13.8% of adults did not complete high school.



No High School Diploma

13.84%

Missouri 9.02%

Cedar

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.

Data Source: US Census Bureau, [American Community Survey](#). 2017-21.



CHALLENGE 3: Healthy Futures: *Access to Care*

Mental Health Care Providers

Mental health is a critical public health issue worldwide. Access to mental health services is a challenge across Missouri, which ranks 46 out of 51 states in provider access. In the report area there are approximately 8 credentialed professionals providing mental health care to serve the area's 14,188 residents. The patient-provider ratio in the report area is 1,774 to 1, which means there is 1 provider for every 1,774 persons. The ratio of persons to providers in the report area is higher than the state average of 855:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

1,774:1

Missouri 855:1

Cedar

Data Source: Centers for Medicare and Medicaid Services, [CMS - National Plan and Provider Enumeration System \(NPPES\)](#). December 2023.

Primary Care Providers

Older adults make up a historically large percentage of the U.S. population and meeting the healthcare needs of an aging population can be challenging. In the report area, there are approximately 4 primary care physicians (MDs and DOs) to serve the area's 3,308 residents over the age of 65. The patient-provider ratio in the report area is 827:1, which means there is 1 provider for every 827 older adults. The ratio of adults to providers in the report area is higher than the state average of 242:1, which means there are fewer providers per person in this area.

Ratio (Population to Providers)

827:1

Missouri 242:1

Cedar

Data Source: US Department of Health & Human Services, Health Resources and Services Administration, [HRSA - Area Health Resource File](#). December 2023.



CHALLENGE 4: Agricultural Growth & Stewardship: *Food Security & Access*

The ability to access healthy and affordable food can be a challenge in Missouri's rural and urban communities alike — with negative impacts on people's health and food security status. Food insecurity is the lack of access, at times, to enough food for an active, healthy life. It is associated with many adverse social and health outcomes. Missouri's overall food insecurity rate is 11.8% — and 12.8% for children under age 18. More than half of Missouri's 114 counties and the City of St. Louis report food insecure populations of 12.6% or higher. Multiple interventions that address the root causes of food insecurity can impact this critical public health issue. Learn more at the [Food Security Story Map](#).

Population Living in a Food Desert

77.67%

Cedar

Missouri

17.69%

Data Source: US Department of Agriculture, Economic Research Service, [USDA - Food Access Research Atlas](#). 2019.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs

Missouri 4-H for ages 8 – 18



Community clubs are organized by volunteer club leaders and teams of recognized volunteers. Members attend club meetings, elect officers, enroll in projects and plan learning and community service activities. Some clubs opt to be single-project clubs, where all members focus on the same project.



4-H Natural Resources programs employ hands-on activities in climate science, environmental sustainability, renewable energy, sportfishing and wildlife conservation. The **Shooting Sports program**, which teaches marksmanship, safe firearm use, hunting and archery principles, is a prime illustration of how 4-H programs promote holistic youth development and responsible citizenship. Supported by caring adult leaders, these programs offer opportunities to cultivate life skills, self-worth and conservation ethics.



Missouri 4-H Agriculture and STEM programs employ hands-on activities that foster problem-solving, creativity, critical thinking and exploration in engineering and technology. Agriculture programming emphasizes biology, environmental science, agri-science, veterinary science and engaging activities such as animal care and agronomy. STEM programs delve into computer science, robotics, aerospace, physics, chemistry and veterinary science.



Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being



Cedar County

Youth Development

Local Impact

Number of Cedar County residents served

- 137 4-H Members
- 44 Trained Adult Volunteers

Accomplishments

Cedar County 4-H serves youth through 7 organized clubs. The youth of Cedar County have demonstrated learning through the following activities:

By the Numbers

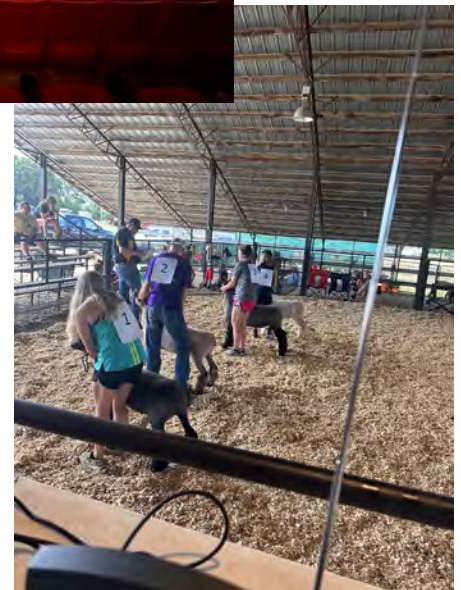
- 36 Club Officers
- 5 County Council Officers
- 1 4-H Council Officer on Extension Council
- 455 Projects registered by members
- 121 Projects registered by leaders
- 42 project records completed by members
- 5 Missouri Report Forms were completed and judged at the regional level

Cedar County 4-H Events

- Land O Lakes Youth Fair
- Cedar County Youth Fair
- 4-H Council Meetings
- 4-H Week Movie Night
- Clover Kids Day Camp
- Bacon Curing Workshop
- Show-Me Quality Assurance Training
- Officer Training
- Recognition Ceremony

Regional and State 4-H Events

- West Central 4-H Day Camps
- 23 Members participated in the State Shooting Sports Contest
- 1 Volunteer attended Shooting Sports Leader Certification Training
- 69 Non-livestock projects submitted to Ozark Empire Fair.
- 31 Non-livestock projects submitted to Missouri State Fair (MSF). One project receiving MSF Best of Show award.





Cedar County

Youth Development

Local Impact



Clover Kids Day

15 Clover Kids from Cedar County 4-H attended our Clover Kid Day in January. 6 4-H clubs provided a different activity for our members to complete. Flower bombs, clothes pin wreaths, snowman painting and chick life cycle were some of the projects completed. This is a great day for clover kids to get out and mingle without the regular members.

4-H Day Camps

The Springfield Astronomy Society joined us for 4-H camp in El Dorado Springs at the fairgrounds. Lane Pierce provided exceptional support and lessons for those that attended. 4-H'ers learned about the Moon, stars, constellations, planets, and more. Lane brought many handouts and an amazing telescope to get an up-close look of the night sky.





Cedar County

Youth Development

Local Impact

4-H Shooting Sports

The Cedar County 4-H Shooting Sports program is one of the premier programs in the State of Missouri, with 46 members, registered in 79 disciplines. Cedar County offers, Safety, Archery, Shotgun, .22 Rifle, Air Rifle, Air Pistol, .22 Pistol, and Hunting & Outdoor Skills.

Cedar County has 10 shooting sports volunteers. The County Coordinator, a volunteer, manages enrollment requirements, trainings, and oversees all disciplines. The volunteer leaders are well trained and dedicated to the youth of Cedar County and beyond. Youth in the surrounding counties are drawn to our program because of the consistency, quality, and achievements of our members and volunteers. Cedar County also has one volunteer who is the State 4-H Compound Archery Instructor and volunteers many hours preparing for the National 4-H Shooting Sports Competition held in Nebraska in June each year. Cedar County and the State of Missouri is grateful that our volunteer leaders have gone above and beyond.

In 2023, the Cedar County Shooting Sports program also received \$5,753 in endowment funds which reduces the overall cost to members to participate, maintains equipment and training. The year-end endowment now sits at \$120, 753, securing the future of the program for years to come. They also received an NRA grant from the NRA Foundation and received 5 Crosman 2300S CO2 Air Pistols, 5 Browning Buck Mark .22 Long Rifle Pistols and 2 Mossberg 20 Gauge Over/Under Shotguns.





Local Impact



Embryology

In January 60 students from Stockton Elementary observed embryology in their classroom. Students watched the 21-day process of chicks hatching from their classroom. We had success with a hatching rate of 80%. Students were taught about adequate temperature and humidity needed to hatch chicks as well as candling eggs to see where the chicks are in the process of the hatching cycle.

The elementary school also participated in embryology by watching chicks hatch in Mrs. Gumm's, the school counselors', room. This was over 3 weeks and ended with a 50% hatch rate!

SNAC/ Kids in the Kitchen

78 students from 4th grade at Stockton Elementary completed the 8 different lessons from the Student Nutrition Advisory Council, these students participated in Kids in the Kitchen program where they are taught basic measuring skills, learning to read recipes, and cooking the food or combining the recipe to enjoy at the end of the lesson. They finished the program making a class cookbook for their teacher.



Cedar County

Youth Development

Local Impact



Bacon Curing Workshop

5 Cedar County 4-H members participated in our Country Cured Bacon class that was co-taught with Extension Specialist Kyle Whittaker. These students were taught a lesson on why and how we cure bacon and then they cured a fresh side on their own. These members spent the next week curing their bacon and then smoking and trimming it in preparation for exhibiting them at the fair.

Mindful Me

40 students from Stockton Elementary participated in a 7-week program called Mindful Me. This program is for students from 5-8 years of age. They are taught different lessons on mindful eating, behavior, and learning to be kind to other students. The students really enjoyed their lessons and activities as well as the books we read throughout the program.

I pledge...

my *head* to clearer thinking,
my *heart* to greater loyalty,
my *hands* to larger service, and
my *health* to better living for
my *club*, my *community*,
my *country*, and my *world*.



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Agriculture and Environment**



MU Extension specialists

play an important role in addressing emergencies and disasters. MU Extension specialists swiftly distribute information so farmers and ranchers can make timely decisions that safeguard their enterprises.



Management-intensive grazing involves dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend grazing schools learn how to reduce costs through improved livestock, grazing and pasture management while getting insights into fencing, watering systems and grazing system design.

The annual impact of management-intensive grazing is estimated to be \$125 MILLION per year in Missouri.



The Missouri Show-Me-Select Replacement Heifer Program

strives to enhance beef herd reproductive efficiency, boost farm income and establish dependable sources of quality replacement cows in Missouri.



Since its inception more than 900 FARMS have enrolled, with an estimated statewide impact of \$200 MILLION.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Cedar County

Agriculture and Environment

Local Impact



Youth Rural Safety Education Class

This program was a cooperation between Community Safety Net, MU Extension, Stockton and El Dorado Springs Schools, and local businesses to provide rural safety education to youth. 161 youth were educated on rural safety through safety stations led by high school ag students. In addition, MU Extension worked with Community Safety Net and through local business donations provided the youth with rural safety books to aid in education.



Bull Breeding Soundness Exam Days

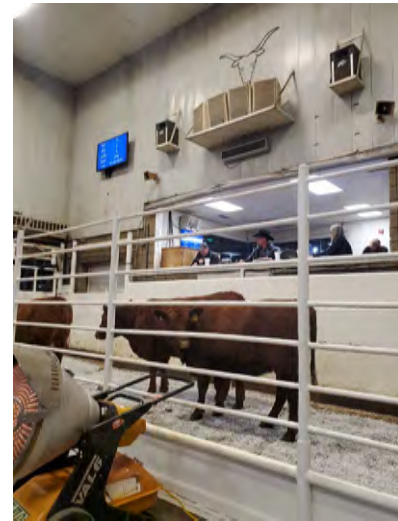
This program is in cooperation with SW MO Veterinarians, MU Extension, and pharmaceutical companies. Bull owners that schedule breeding soundness exams (BSE) for their bulls are educated by MU Extension Livestock Field Specialist on the BSE, body condition scoring, foot scoring, genomic testing, and proper management of the bulls as they enter the breeding season. Due to the cooperation with pharmaceutical companies the bull producer is eligible for rebates on vaccinations during the events which helps in educating bull owners to make sure bulls are vaccinated properly as they enter the breeding season. These bull BSE days are held in the spring and fall as bull owners prepare for each upcoming breeding season. In the spring, there were two (2) Cedar County cattle producers participating and 13 bulls were tested and 0 failed.



Cedar County

Agriculture and Environment

Local Impact



Show-Me-Select Replacement Heifer Program and Sale

This program provides education to cattle producers in the area of cattle management and heifer development. This program leads to the development of value-added heifers that if sold can lead to optimum profitability for a cattle operation. Heifers are then sold at auction at the Joplin Regional Stockyards in May and November.

During the year, MU Livestock Specialists worked with 14 cattle operations that enrolled in the program. These cattle operations sold a total of 218 heifers. As part of this program, specialists work with producers on data collection and processing at prebreeding, initial pregnancy check and final pregnancy check time. They also work with the producer to make sure the correct breeding bulls are used during the program to make sure the heifers are eligible to sell in either the spring or fall sale.

92 registered buyers from Missouri, Arkansas, Iowa, Oklahoma, and Kansas attended the auction with \$559,050 in gross sales.



Cedar County

Agriculture and Environment

Local Impact



Making Informed Lending Decisions: What Agricultural Lenders Need to Know for 2024

Forty-seven (47) agricultural lenders attended the event on November 15th at Springfield, MO. MU Extension specialists presented 2024 outlooks for crops, livestock, and enterprise budgets and farm input costs. The new Feedstuff Finder Resource was launched. One (1) participant was from Cedar County.

Regional Management Intensive Grazing School

This program is a collaboration between MU Extension, NRCS, Cedar County Soil and Water Conservation District, Missouri Grasslands Council, and the MU/NRCS Grasslands Project. The goal of the three-day school is to educate students on proper development and management of livestock pastures in a management intensive grazing system efficiently. Therefore, reducing the need to feed stored feed resources.

In addition, the students got hands on learning by touring two management intensive grazing systems and gaining knowledge from the landowners. Further education was provided in the areas of ag business, agronomy and livestock.. Twenty-four (24) participants were educated as part of this school. There were four (4) participants from Cedar County.



Cedar County

Agriculture and Environment

Local Impact



Sheep & Goat Production Management Workshop

Fifty-four (54) producers attended the course April 6th in Mt. Vernon, MO. Participants learned about different ways to manage their sheep and goat farms. Participants learned about nutrition and body condition scoring, selecting replacements and culls, managing grazing and pasture rotation, and creating year-round forages.

“Very good information, I’m glad I came and learned!”

SW MO Beef Cattle Conference

Thirty-seven (37) producers attended the 2023 Southwest Missouri Beef Cattle Conference. The conference focused on the drought that affected the forage base and cattle operations in Southwest Missouri. The conference had MU Extension state and regional field specialist in the area of forage and beef cattle discuss management strategies to rebuild the forage base and beef cattle herd following a drought. Agriculture businesses that sponsor the event had booths set up. Attendees visited the booths and learned how their products could help improve their beef cattle operation. Two (2) producers from Cedar County attended.



Cedar County

Agriculture and Environment

Local Impact



Hickory County MU Extension Cattleman's Bus Tour

This 4-day tour educated cattle producers on cattle operations, university research facilities and history museums in Missouri, Kentucky, Indiana, and Illinois. Participants learned about how these operations were diversified in other business avenues such as direct marketing beef, growing tobacco, or custom spraying using a drone. The tour also stopped at a county museum in Indiana that had a great deal of agriculture history in it. Two (2) people from Cedar County attended this year's tour.

Winter Cattle Feeding and Pasture Management Workshop

Following two years of drought, feed resources were limited during the winter-feeding period for cattle producers. They were looking for alternative feedstuffs due to hay shortage. During this workshop they learned to manage certain aspects of their pastures through the winter months to get better pasture performance as they enter the grazing season. The meal for the evening event was sponsored by Mid MO Bank. There were twelve (12) people educated at the event. Six (6) participants were from Cedar County.



Cedar County

Agriculture and Environment

Local Impact

Farm Tax Workshops

MU Extension hosted and taught Farm Tax Workshops for farm businesses and farm and ranch families. The content included farming: hobby vs. business, employee vs, independent contractor, weather related sales, sale or trade of business property, legislative update, 1099s, expiration of key income tax provisions, tax issues arising from the death of a farmer, and depreciating and expensing farm assets.

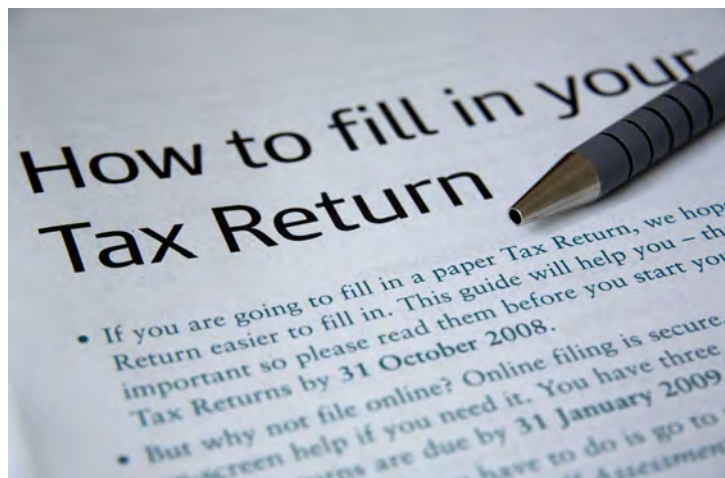
The workshops were designed to convey information in a concise manner using information from the IRS and the Land Grant University Tax Education Foundation. The purpose of the classes is to get relevant and helpful information to farmers so they can make decisions and be better prepared to work with their professional tax preparer.

The workshops were a combination of in person classrooms and online via Zoom, with a total of seventy-seven participants.

Most participants completed an optional post survey. Seventy-five percent reported they had a better understanding of drought issues. Seventy-five percent said they understand the difference between 1099-MISC and 1099-NEC, Eighty-one percent are aware of depreciation methods, Ninety-four percent understand legislation is scheduled to expire. Ninety-four percent recognize year end planning is important.

Many participants planned to take some action before the end of the year. Some of the planned actions included: reviewing farm records (88%), meeting with tax preparer and communicate with family members (31%). Plan to communicate with family members about tax issues (69%) and sixty-nine percent plan to review resources before purchasing begins in 2024.

Farm tax education workshops benefit individuals by increasing their understanding and knowledge, leading to more informed decisions and management of taxes. Better knowledge also leads to improved communications with their tax preparers and accountants. The result is researched and timely purchases of farm expenses, optimizing income tax scenarios and improved profitability over time. Money saved in income taxes stays local and is spent in local businesses up and down main street, making a more vibrant and sustainable rural economy. 1 Cedar County resident attended.



Cedar County

Agriculture and Environment

Local Impact

Horticulture

MU Extension specialist, Ramon Arancibia, based in Bates County, serves 9 counties in the West Central Region. As the Field Specialist in Horticulture, the priority is to address the concerns of specialty crop growers in the west central region and statewide in collaboration with other regional specialists.

Face to face farm visits was the main contact method with Amish/Mennonite growers since they don't have access to computers or social media. However, face to face visits as well as phone and emails were contact methods with other produce growers and homeowner. Among the main concerns addressed were soil test results and fertilizer recommendations, soil-borne diseases, foliar diseases, and pesticide use. In addition, assisted produce growers with sampling and submission of samples for plant disease identification and management recommendations.

Information generated from two studies funded by the Missouri Department of Agriculture on sweet potato and watermelons and other specific topics were extended to specialty crop growers. Materials include video posts in **YouTube MUIPM** (<https://www.youtube.com/@MUIPM>) **Horticulture and Garden Hour** (<https://ipm.missouri.edu/townHalls/>), and through printed articles in the **MO Produce Growers Bulletin** (<https://ipm.missouri.edu/MPG/>) and the American Society for Horticultural Science (<https://ashs.org/>), **HortTechnology**. Other venues were in person seminars and conferences with growers and garden clubs, and online webinars as well as Q&A sessions (MU Extension Garden Hour). Coordinated three tracks in the 2023 **Great Plain Growers Conference** (GPGC) (<https://www.greatplainsgrowersconference.org/>) and became the chair of the 2024 GPGC organizing committee. And as MU Horticulture team member, co-coordinated and presented in two webinars: Organic Agriculture Production and Protected production of specialty crops. In addition, gave 7 seminars in person to county garden and master gardeners clubs in the West Central region, and contributed to the weekly Q&A sessions of the Garden Hour (<https://ipm.missouri.edu/townHalls/>).

Extending information and assisting produce growers in their farms are expected to increase local production and the sustainability of the industry.

Planning and upcoming events

1. Engage with growers on a new grant to manage soil-borne diseases in high tunnels.
2. Conduct series of workshops on gardening and hydroponics in covered counties.
3. Bates Co. Soil and Water Conservation District
4. Direct client consultations (farm visits)
5. Train farmers on food safety
6. Chair of the 2024 GPGC and contribute with presentations.
7. Publications



Cedar County

Agriculture and Environment

Local Impact

MO direct contacts		1858
MO indirect contacts		57,591
Farm visits/consultations		101
Phone consultations		106
Email consultations		233
	Presentations/ Sessions	Contacts
Presentations/workshops/field days		
Great Plains Growers Conference (Veg. Prod. Moderator/spkr)	3	296
Montevallo Produce auction.	1	23
County garden/master gardener club meetings	6	74
Career Exploration Day	1	210
Courses/trainings:		
Food Safety Modernization Act – PSA training	3	118
Master Gardener Core Training Kansas City and surroundings	15	327
Master Gardener Laclede	10	183
Commercial Vegetable Production Webinar (online)		
Production in tunnels	2	61
Organic production	1	26
Website/Social media		
Articles MPG July 2022 (MU Extension website and print)	1	626
Commercial Hort. Video Newsletter (YouTube-MUIPM)	1	418
Garden Hour with MU Extension (Statewide online, YouTube-MUIPM)	32	2429
Development RSVP AmeriCorps (Bates)	1	1930
Soil and Water Conservation District (Bates)	10	63
4H Vegetable Contest Judge (Bates)	1	16
Farmers Market consultations (Henry, Benton, Cass, Polk, Vernon, Cedar, Laclede, Dallas)	14	58
Grants/studies		
NC-SARE Fusarium biocontrol		
Development RSVP Americorp		

Cedar County

Agriculture and Environment

Local Impact



2023 Cedar County Missouri Farm Family

Trevor and Holly Bough and family of Stockton were among the families honored during the 66th annual Missouri Farm Family Day, Aug. 14 at the Missouri State Fair. The Bough family was selected as the Cedar County Missouri Farm Family by University of Missouri Extension in Cedar County and the local Farm Bureau. The family also includes Reagan (9) and Landon (7).

Each year, the fair sets aside a day to recognize farm families from across the state that are active in their communities, involved in agriculture, and/or participate in local outreach and extension programs such as 4-H or FFA.

The Bough family owns and operates a partnership with Trevor's parents, Neal and Alisa Bough. The operation is a Certified organic egg layer operation and feed mill. The farm is made up of 240 acres where they also run cow/calf pairs and sheep.

The annual event is sponsored by five partner agencies: the Missouri Farm Bureau; the Missouri Department of Agriculture; the Missouri State Fair Commissioners; the MU College of Agriculture, Food and Natural Resources; and MU Extension.

The event showcases the impact that Missouri farm families have on the economy and heritage of the state, said Missouri State Fair Director Mark Wolfe. "These families are involved in agriculture activities in their communities and are active participants in local outreach and extension. As the premier showcase for Missouri agriculture, the Missouri State Fair is most certainly the appropriate place to celebrate these families."



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Business and Community**

AMERICA'S
SBDC
MISSOURI

CLIENT HIGHLIGHT



LOCS
— OF —
GLORY

The **Missouri Small Business Development Centers** (SBDC) provide professional training and customized one-on-one counseling to small businesses across the state. Working with the Missouri SBDC helps business owners make confident decisions.

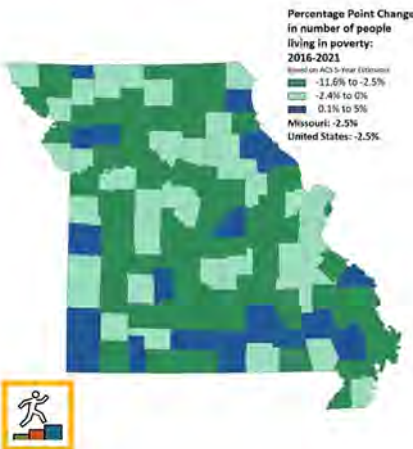
FY2020-2022, Missouri SBDC ASSISTED 878 STARTUPS and helped Missouri small businesses earn more than **\$440 MILLION.**



DEMOGRAPHIC, ECONOMIC AND WORKFORCE DATA TRAINING

MU Exceed offers customized data training. Participants learn how to use public data through hands-on exercises and demonstrations.

In 2022, Exceed provided data training to MORE THAN 200 MISSOURIANS.
95% of the attendees said that the information they learned was useful to their work.



The **Missouri Economy Indicators (MEI)** series explores business, industry and workforce topics that affect Missouri's economy. The data is shared through newsletters and on social media. MU Extension faculty and staff receive talking points and collateral to share with local stakeholders.

In 2022, MEI published 15 issues, and MEI online resources were accessed MORE THAN 5,000 TIMES.
Two out of five MEI newsletter recipients reported using the information to help guide policy or decision-making in their work.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Cedar County

Business and Community

Local Impact

Missouri Small Business Development Center (SBDC)

The Missouri SBDC at Missouri Southern State University provides support to Cedar County entrepreneurs and small business owners through 1:1 assistance and training. Over the course of 2023, our office met with clients to discuss a wide range of topics including:

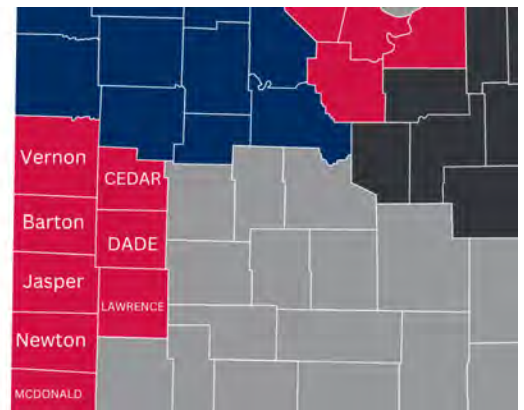
- Starting a business
- Cash flow management
- Business loan refinance and expansion
- Business relocation
- Financial planning
- Marketing and social media strategy
- Purchasing a business
- Childcare grant application assistance
- International expansion opportunities
- Technology commercialization

Through leveraging regional partnerships, we are able to offer the following:

- Innovate SOMO
- Early-Stage Boot Camp
- Government contracting assistance
- Identification of grant opportunities effecting businesses due to imports

KEY OUTCOMES

- ✓ **18** Business owners received multiple 1:1 consulting sessions regarding their small businesses
- ✓ **106** Jobs retained
- ✓ **7** Government contracts awarded to small businesses in Cedar County
- ✓ **90** Training event attendees



The Missouri SBDC at Missouri Southern State University serves 8 counties in southwest Missouri (highlighted).

Learn more about our latest programs and training

sbdc@mssu.edu

417-625-3182

www.mssutrainng.com

"I was having such a fit navigating my registration with the state for tax purposes. But then I had a meeting with SBDC & they answered all of my questions, gave great advice, and got me on track. My new business is now good to go." ~ Cedar County SBSC client

REGIONAL HIGHLIGHTS

\$100,666

Government contracts secured through the assistance of APEX (formerly MO PTAC)



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Community and Professional Health Education**



Recovery Friendly Workplaces (RFWs) foster a workplace culture that promotes employee safety, health and well-being through strategies that support managers and employees, including reducing stigma and providing recovery resources related to the challenges surrounding substance use disorders. The framework was developed in partnership with MU Extension's Labor and Workforce Development Program.

As of 2023, 25 Missouri businesses have been designated recovery friendly workplaces, and 2,248 EMPLOYEES have been trained on addiction, stigma and naloxone distribution.



Rural Immersion Program is an opportunity for medical students interested in rural practice to gain experience in the rewards and challenges of working and living in a rural community, examining rural health disparities and quality of life concerns within a specific region. Group activities and meetings with community leaders in business, government, education, health care and natural resources give students a preview of life in a rural area.

All of the 2023 participants agreed that the Rural Immersion Program significantly contributed to them FORMING INSIGHTS on the suitability of living and working in a rural community, both personally and professionally.



The **Diabetes Prevention Program** is a CDC-recognized program provided by licensed lifestyle coaches to prevent type 2 diabetes. Through lifestyle coaching participants can achieve sustainable weight loss, increase in physical activity and learn coping skills to manage stress.

More than 1 IN 3 PARTICIPANTS have reached the 5 - 7% WEIGHT LOSS GOAL.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Cedar County

Community and Professional Health Education

Local Impact

Community Health Engagement & Outreach (CHEO)

MU Extension's Community Health Engagement and Outreach (CHEO) program's goal is to achieve optimal health and well-being for every Missourian at every stage of life, with special recognition for the needs of vulnerable populations. The MU Extension's innovative project, funded by HRSA (Health Resources and Services Administration) and led by Dr. Kathleen Quinn, focuses on bridging scientific research and community-based Extension practice in Missouri. Under the [MO-RE](#) (Missouri Research Extension) protocol, led by Dr. Julie Kapp, the goal is to create a dissemination and implementation protocol to accelerate knowledge translation to vulnerable communities. Nine Community Health Field Specialist (CHFS) positions were funded in 2022-2023, aiming to educate, create, and connect with communities, promoting health equity and positive health outcomes. I work in one of these 9 positions in the west central region. In 2023-2024, additional HRSA funding supports the transformation of the MO-RE report into a 1-year training program for CHFS positions. This program aims to enhance skills, promote cross-disciplinary collaboration, and unify efforts across regions to address health disparities and improve population health in Missouri. The objective is to synergize academic researchers with MU Extension to make a substantial impact on Missouri's health outcomes.

Through the CHEO we work to promote healthy, safe, and thriving communities where health is a shared value. Through established relationships and presence in communities, we partner, engage, and empower communities to address social challenges where people live, work, learn and play. Visit <https://extension.missouri.edu/programs/community-health> to learn more.

WeCanProsper Resilience Training (WRT)

WRT had registered participants and 5 attendees, fostering lively discussions and a shared insight. The positive response highlights its effectiveness. Promote this successful training in the region, emphasizing its interactive nature and potential future impacts on participants' well-being. It is a valuable resource for personal and collective growth. Visit <https://extension.missouri.edu/programs/community-health/prosper> to learn more. When the training module is completed, the community health field specialist can begin to work with this module in this area.



Cedar County

Community and Professional Health Education

Local Impact

Missouri Research Extension (MO-RE) Course

Enrolling in the MO-RE course signifies a commitment to ongoing learning and professional growth, resulting in an expanded skill set and a more profound comprehension of pertinent community health topics. This proactive engagement reflects a dedication to staying abreast of current practices and innovations in the field. Participants demonstrate a keen interest in advancing their expertise, contributing to the improvement of community health outcomes. The investment in continuous learning through the MO-RE course positions individuals as valuable assets in the pursuit of addressing health disparities and fostering positive population health impacts. This dedication to professional growth makes a significant contribution to the overall objectives of the community health in the construction phase.

During this period, we are actively engaging in discussions about various aspects of the MO-RE course. Currently, our focus is on extracting population health figures from secondary data and anticipating potential outcomes from the data review. Simultaneously, we are exploring opportunities to identify stakeholders and partners at the local, state, and national levels, strategically incorporating them into our CHEO program. In addition, we are delving into the identification of priority areas, aiming to capture the voices of the community in terms of their health needs and care preferences. My goal is to obtain a comprehensive understanding of these five counties, ensuring that the insights gained will have a lasting impact in the years to come.

Community & Wellness ECHOs (Extension for Community Healthcare Outcomes)

Show-Me ECHO (Extension for Community Healthcare Outcomes) utilizes videoconferencing to connect experts with primary care providers, focusing on chronic diseases like Asthma, Cancer, Heart disease, Diabetes and many more topics. This interdisciplinary collaboration in case-based learning enhances skills and best practices, improving patient care, access, quality, and efficiency. The learning sessions offer free continuing education and are cost free for participations. MU extension officials actively collaborate with Show-Me ECHO to raise awareness and boost participation, aiming to reduce health disparities and enhance health outcomes in rural communities.

Community health field specialists promote these programs, sharing outreach efforts and troubleshooting challenges, connect to exports through case-based and contributing to the advancement of health care in Missouri. If you want to learn more, please visit <https://showmeecho.org/community-wellness-echos/>.





MU EXTENSION **Serves MISSOURI and Delivers MIZZOU**
 through credible statewide programs
First Responder Education



Established in 2002, the **Fire Officer Certificate Program** is designed for those who wish to further their professional development without the time and expense of traditional college classes. This program has been developed and evaluated to ensure it provides structured curriculum delivery and academic rigor. The program requires completion of 288 hours of instruction within three years.



The Law Enforcement Training Institute (LETI) has provided basic and advanced training for law enforcement since 1948. LETI's **Basic Peace Officer Academy** exceeds the 600 hours of training required for licensure in Missouri. From 2019 through 2023, the basic academy has licensed almost 300 peace officers, more than any other academy in the state. During that time, all but one graduate became employed by a law enforcement agency. LETI graduates come from around the state and return to their communities to serve and protect.



The programming from the **MU Fire and Rescue Training Institute** (FRTI) is available to all qualified fire and emergency first responders. Seventy percent of courses are held at the local departments or agencies. With most of the state's fire service personnel considered volunteer or part-time, this local access and flexibility assures training opportunities for all firefighters and emergency responders.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being



MU EXTENSION **Serves MISSOURI and Delivers MIZZOU** through credible statewide programs **Health and Human Sciences**



Chronic Disease Self-Management programs offer evidence-based information for individuals and their caregivers to boost self-confidence in managing symptoms, enhancing quality of life and even reducing health care expenses.

These programs have undergone rigorous evaluation and are proven to be effective tools for individuals dealing with chronic conditions like arthritis, fibromyalgia, depression and diabetes.

“This course made me more self-sufficient and improved my family’s access to quality food.”



MU Extension offers research-based **home food preservation** courses and publications to help people cut food waste and save money.



Cooking Matters teaches shopping strategies, using nutrition information to make healthier choices and to learn how to cook delicious, affordable meals at home.

“We prepared barley jambalaya in class and one participant mentioned she had never tried barley before. She tried the jambalaya and really enjoyed it. A few days later she excitedly said she made the recipe at home and her whole family enjoyed it!”

Cooking Matters facilitator about a class participant

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Cedar County

Health and Human Sciences

Local Impact

SNAP-Ed Public Value Statement 2023

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$10,874,798 in federal funds to Missouri. During FY2023, Missouri's SNAP-Ed program reached over 78,000 Missourians through direct classroom education. Each person participated in an average of 6 hours of education totaling over 15,000 hours. In addition, an additional 760,135 persons participated in indirect education. Direct and indirect education resulted in over 1.8 million total contacts with Missourians.

A total of 563 participants were from Cedar County.

Participants in SNAP-Ed learn the importance of making healthier meals and snack choices, eating breakfast more often, are more willing to try new foods, increase their physical activity, and make healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

EFNEP Public Value Statement 2023

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,626,730 federal funds to Missouri. These funds were used to enroll 526 limited-resource families in nutrition education and meal preparation classes, representing 1,926 family members. Additionally, 1,980 youth were enrolled in EFNEP classes.

75 of these youth and adult participants reside in Cedar County.

Participants in EFNEP learn the importance of making healthier meals and snack choices, eating breakfast more often, trying new foods, increasing their physical activity, and making healthier food choices. Those who practice healthy eating and are physically active are more likely to contribute to a healthy labor force and enjoy a high quality of life throughout the lifespan.

This vital programming effort also reduces healthcare costs over the participant's lifetime, saving taxpayer money in reduced public healthcare benefits and insurance premiums.

During 2023, youth and adults were served through direct teaching at schools, community groups and agencies. The following is an example of some of the locations where participants were served in Cedar County:

Schools	Agencies
El Dorado Springs Early Childhood Center	Compass Health
Stockton Elementary School	Hope Center
Stockton High School	Korth Senior Center
	Wee Care Daycare
	Cedar County Library

Cedar County

Health and Human Sciences

Local Impact

Nutrition Program Associate, Janet Fox shared this success story demonstrating local impact:

The Hope Center Garden is a community garden located at the Hope Center Food Pantry in El Dorado Springs, MO. This garden was new this year, part of the hard structures were moved from the existing community garden. The Wee Care Daycare Center and Preschool had a bed at the garden. I taught the Healthy Plants, Healthy Bodies curriculum to between 10-20 preschool to early elementary age children. Our program lasted from the beginning of June planting until the end of August.

Children have an eye for seeing little details in the garden. We planted small seeds and watched them develop into to healthy plants that flowered and produced vegetables for them to eat. The children were excited to visit their bed each week and see the progress of the plants. They each had an opportunity to water and care for the bed. As the plants produced they tasted what they grew. Many of the children had not tasted radishes or fresh lettuce before. The success story is that exposing children at a young age and making it a positive experience will encourage them to go home and tell their parents about gardening. One of the children said that she would have her mom stop at the garden and show off her "garden". When children can participate in the process they take ownership and feel success when they see a positive end result.



Cedar County

Health and Human Sciences

Local Impact



Healthy Living for the Brain and Body

Human Development Specialist partnered with Fonda from West Central Community Action Agency to provide the Alzheimer's program- Healthy Living for the Brain and Body at Maplewoods Estates in Stockton. Eleven (11) people attended. 100% of respondents would recommend the course to a friend and 100% of respondents said the class motivated them to live a healthier life. "I enjoyed it very much."- participant May 2023.



Missouri Crunch Off

The Missouri Crunch Off is a statewide event to celebrate local produce and farm to school by crunching into any Missouri grown food. In celebration of Farm to School Month, States throughout the USDA's Mountain Plains Region (CO, MT, MO, KS, NE, ND, SD, WY) are competing in the Mountain Plains Crunch Off to see which State can get the most "crunches" into a local produce per capita. Nebraska has defended its title of the Crunch Off Champions for the past four years.

This year Cedar County Nutrition Program Assistant, Janet Fox passed out 200 bags of Missouri grown popcorn at a local high school football game.

As a Missouri Crunch Off participant, they joined students, teachers, farmers, parents, community members, and local food enthusiasts in celebrating the wonderful produce Missouri has to offer. Crunch efforts encouraged healthy eating, support local agriculture, celebrate Farm to School Month, and highlight community strength gained from farmer-school partnerships.