



UNIVERSITY OF MISSOURI EXTENSION

Cape Girardeau County 2025



Annual Report

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Extension
University of Missouri

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Office of Extension
and Engagement
University of Missouri

VICE CHANCELLOR'S OFFICE

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Dear County Commissioners, Elected Leaders, and Friends of MU Extension and Engagement,

As I reflect on the past year, I am struck by the remarkable progress we have made together.

MU Extension continues to deliver on its mission of linking the University of Missouri with every community across our state, ensuring that Missourians have access to the knowledge, resources, and partnerships they need to thrive.

Through the dedication of our faculty, staff, councils, partners, and advocates, MU Extension continues to make a measurable difference across Missouri. Last year, we had more than 1.5 million educational contacts and generated more than \$1 billion in economic impact. Building on that momentum, your support also helped secure a \$5 million recurring increase in state funding. This important milestone is already being invested in people, programs, and facilities to strengthen agriculture, improve health and well-being, support local economic development, and prepare youth for leadership through 4-H.

We have also adapted to new realities. Even as the sunset of federal SNAP-Ed funding forced hard choices, our commitment to delivering nutrition and health programs to families in need has not wavered. We are expanding investments in rural health, civic leadership and community development to address the priorities Missourians tell us matter most. We are also aligning our work with university, state, and federal priorities to maximize impact, whether in rural healthcare, agricultural innovation or workforce development.

Our strengths remain clear: people, programs, and partnerships. From nearly 6,000 4-H volunteers to county council members, master gardeners, and master naturalists, Extension thrives because of the dedication of those who serve. Our trusted, research-based content was accessed nearly 2 million times and downloaded more than 76,000 times last year, and innovative programs, from soil testing to urban revitalization initiatives, continue to meet Missouri's evolving needs.

Thank you for your continued partnership. MU Extension belongs to all Missourians, and together we will keep building resilient communities, fostering innovation, and preparing our state for the future.

With appreciation,

Chadwick C Higgins

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

WHO WE ARE

Faculty and Staff



Donna Aufdenberg
Field Specialist in
Horticulture

Anthony Ohmes
Field Specialist in
Agronomy

Clayton Skelton
4-H Youth Development
Educator

Alexis Stumpe
Field Specialist in
Livestock

Aleeha Pedigo
Youth Program Associate

Amanda Sullivan
Nutrition Program
Associate

Stephanie Schindler
Extension Engagement
Specialist

OUR COMMUNITY

Every year Missourians turn to the University of Missouri (MU) Extension for practical knowledge, problem-solving, and guidance in navigating change. As a key resource for informed decision-making, we play a vital role in delivering this knowledge, fostering progress, and empowering individuals and communities to thrive.

OUR MISSION

As a land-grant institution, our mission is to **Bring Mizzou to YOU**. We bring the University of Missouri's cutting-edge research and expertise to the residents of the county, helping individuals, businesses, and municipalities make informed decisions that improve quality of life. Through our educational programs, we aim to strengthen communities, boost local economies, and promote sustainable growth by offering accessible, relevant, and responsive solutions backed by the resources of the University of Missouri System.

OUR MAIN PROGRAM AREAS

- › Agriculture
- › Business & Workforce Development
- › Community Development
- › Health and Human Science Initiatives
- › Nutrition & Health Education
- › 4-H Youth Development

Faculty and Staff Resources



Sarah Denkler
Regional Director, Southeast
Region

Bethany Bachmann
Field Specialist in Nutrition and
Health

Randal Stephens
Field Specialist in Agricultural
Business

Brad Coleman
Field Specialist in 4-H Youth
Development

Audrey Johnson
Field Specialist in Human
Development

Sarah Higgins
Field Specialist in Natural
Resources

Jakob Pallesen
Director, SBDC at Southeast
Missouri State University

Council Members

Sam Huenefeldt, Chairman
Mark Lester, Vice-chairman
Nels Bergmark, Secretary
Wendy Aufdenberg, Treasurer
Susan Ahrens
Ralph Birk
Mary Klaproth
Ben Loenneke
Jason Mulholland
Tom Nelson
James Newman
Mark Rinehart
David Wichern

County Commission

Clint Tracy, Presiding Commissioner
Steven Daume, Associate
Commissioner, 1st District
Charles Herbst, Associate
Commissioner, 2nd District



BUDGET AND MORE

Appropriations budget

Income

County Appropriations	100,000
Total Income	100,000

Expenses

Contracted Services	14,000
Miscellaneous Expenses	2,088
Postage	234
Salaries/Benefits	63,120
Travel	6,845
Telephone	800
Office Supplies/Service	4,650
Utilities	4,200
Insurance	3,350
Capital Repairs	713
Total Expenses	100,000

Return on investment

University System	330,703
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For every dollar invested by the county, MU invests \$3.31.

Reach

Review the [Reach report](#) for a snapshot of contacts within the county.

Key Outcomes

- Cape Girardeau County 4-H Youth Development program had over 450 youth participants in 2025.
- The SEMO Outlook agricultural monthly newsletter is emailed to 1318 farmers, ag business professionals and ag lenders in the region
- Two Show-Me Select Heifer sales in Southeast Missouri generated \$482,700
- Crop management presentations, including budgets given at the 2025 Crop Conference, Perry County Farm Bureau Crop Conference, Big River Ag Grower meeting,
- Cape Girardeau County 4-H collected food items and funds which donated 3760 meals through the 4-H Feeding Missouri Initiative
- Over 600 participants in more than 26 horticulture programs
- Two grazing schools were offered in 2025. Thirty-one attended from the Southeast, East Central, and Southwest Regions.
- Twenty-one PPAT and five NRUP events offered across the Southeast Region educated 130 private and 31 NRUP applicators
- Two Keep Your Keys, a driver-safety program to help seniors stay on the road for as long and as safely as possible, were offered.
- Ten monthly articles were submitted to The Garden Spade multi-state newsletter. 24,655 indirect programming and engagement contacts were made.



Local support

Did you know you can donate directly to *(name of county)* 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.

UM SYSTEM COUNTY IMPACTS

MU Extension in Cape Girardeau County Community Impact Report

This report offers a detailed overview of how MU Extension positively impacts Cape Girardeau County, showcasing the meaningful ways local engagement supports residents. It includes data on the number of students, employees, retirees and alumni affiliated with the University of Missouri System, along with the healthcare and extension services provided over the past year.

In addition, the report highlights the broader contributions of the UM System across Missouri in key areas such as education, research, healthcare, economic development and public service. It features metrics like job creation, financial aid distribution, research investment, healthcare access and broadband expansion.

This report is a valuable resource for understanding the measurable benefits the UM System brings to Missouri communities. It supports informed decision-making, advocacy efforts and strategic planning by illustrating the tangible impact of university-driven initiatives at both the local and statewide levels.

[Access your county's Impact Report.](#)



GRAND CHALLENGES

Grand Challenges

The Grand Challenges — Economic Opportunity, Educational Access, Health and Well-being, and Agricultural Stewardship — represent the most pressing issues facing Missouri communities. They are important because:

By focusing on these challenges, MU Extension in (your county) can better leverage university resources, data and partnerships to empower people to improve their lives, businesses and communities.

This report presents localized data and insights in how MU Extension in (your county name) is addressing these challenges. Each section breaks down county-specific statistics compared to state averages.

[Access your county's Grand Challenges Report.](#)



Cape Girardeau County

Missouri 4-H

Local Impact

Clayton Skelton, 4-H Educator and Aleeha Pedigo, YPA



Youth Impact at a Glance

The Cape Girardeau County 4-H Youth Development program had over 450 youth participants in 2025. Youth participated in Community 4-H Clubs, SNAC programs, and SPIN Clubs. Cape Girardeau County has 11 community clubs with nearly 100 volunteers.

The community clubs offered in Cape Girardeau County are: Arnsburg 4-H Club, Daisy 4-H Club, Delta 4-H Club, Gordonville 4-H Club, Pocahontas 4-H Club, Progressive 4-H Club, Tilsit 4-H Club, and the Young Americans 4-H Club.

4-H Youth Development Program

4-H programs are built on the belief that youth learn best by doing. With the support and guidance of adult volunteers serving as mentors, youth engage in hands-on learning experiences through projects in areas including engineering and technology, environmental science and natural resources, plant and animal science, leadership and personal development, expressive arts, and healthy living, in addition to taking on leadership positions which help to mold them into the caring, competent, and confident citizens who know the value of contributing to their communities.



4-H Serving our Communities

Each year, Missouri 4-H collects details on the time dedicated to giving back to our communities. **Cape Girardeau County volunteers completed over 9,500 hours of service for an estimated \$335,000 worth of volunteer time. Youth from Cape Girardeau County collected food items and funds which donated 3760 meals through the 4-H Feeding Missouri Initiative.** Many of these meals were given to support food insecurity needs locally.

Cape Girardeau County

Missouri 4-H

Local Impact

Clayton Skelton, 4-H Educator and Aleeha Pedigo, YPA



Youth in Cape Girardeau County took their 4-H experience beyond the county lines, participating in the following events:

- Junior Leaders' 4-H Camp
- State 4-H Equine Tour
- State 4-H Teen Conference
- State Meat I.D. Contest
- State Horse Judging Contest
- State Livestock Judging Day
- State Poultry and Rabbit Day

Southeast Missouri Regional Shoot

Cape Girardeau County hosted a regional shooting sports contest in June. This contest allows 4-H youth from around the region to show off their marksmanship and archery skills. The event had over 50 participants competing in 11 different shooting sports disciplines. Members of Cape Girardeau County shooting sports spin clubs won multiple events after receiving coaching from our volunteers.



FRANK GRAHAM AWARD WINNER



Frank Graham Award Winner

Sam Huenefeldt, a Cape Girardeau County volunteer, received the Frank Graham Award. For the past seven years, Sam has served as the county shooting sports coordinator, transforming the program into one of the largest in the region. His efforts go far beyond shooting sports. Sam has been a vital part of the community through his fundraising initiatives, particularly his leadership in managing the food stand during the SEMO District Fair.

Cape Girardeau

Agriculture and Environment

Horticulture Highlights

Donna Aufdenberg, Horticulture Specialist

Donna Aufdenberg offers horticulture programming in Cape Girardeau County. Services offered include plant diagnostics, plant identification, insect identification, soil test assistance, greenhouse consultations and troubleshooting, and gardening programs.

Popular Programs Delivered in 2025 include (but not limited to):

- Master Gardener Training
- Beginning Hydroponics
- Hobby Greenhouses
- Growing and Using Herbs
- Gardening in Containers
- Growing Strawberries in the Home Garden
- Seed starting and transplanting
- Winter Sowing

Donna oversees the All-American Selections demonstration garden at the Extension office in Jackson. Over 400 plants were grown in the landscape in the ground as well as containers. Area gardeners can visit the garden, observe new and time-tested varieties, and learn about all the varieties through QR codes printed on identification markers throughout the plantings. Fifteen Master Gardeners volunteer to keep the garden looking its best.



Class on Seed Starting



Class on Gardening in Containers

Horticulture

/ˈhôrdə,kəlCHər/

Noun 1. the art or practice of garden cultivation and management

600+

Participants
in 26+
Programs in
Cape
Girardeau
County

457+

One-on-One
Education
➤ Calls and
Emails
➤ Walk-ins

Top Gardening Requests

Vegetable Gardening • Growing Berries •
Planting Fruit Trees • Composting • Soil
Testing • Raised Bed Garden • Hydroponics •
Greenhouses

Garden Spade Newsletter reaches over 2,556

**subscribers every
month** with a 9.6%
increase in
readership during
2025. Each issue
shares practical,
research-based
information that is
“Reliable,
Responsive, and
Relevant” to
Missouri Gardeners.
Subscribe to the
garden spade at
<https://extension.missouri.edu/counties/cape-girardeau> or
click the QR code at
the right.



Cape Girardeau County

Agriculture and Environment

Profiles

Anthony Ohmes, Field Specialist in Agronomy

Forage Systems

Diversifying forage systems for greater resilience of the forage supply by implementing practices to meet the needs of Missouri's diverse livestock segment.

Grazing School teaches Management-intensive Grazing (MiG) methods that improve forage persistence and quality, increasing the number of days of grazing forages in pastures, reducing dependency on hay, while conserving Missouri's natural resources. Two schools were offered in 2025. Thirty-one attended from Southeast, East Central, and Southwest Regions. Twenty-four were livestock producers with **83% of the participants planning to adopt MiG and 17% reporting they already practice MiG.**

One-on-one direct consultation on forage species, soils tests, nutrients, weeds and insects was provided to individuals across the region.

Missouri Agriculture contributes \$93.7 billion annually to Missouri's economy.*

*Missouri Department of Agriculture 2024 Status Report

Field Crops and Soils

Increasing Missouri field crop production through education on integrated pest, nutrient, crop, and soil management accomplished through events, soil testing, and one-on-one consultations. **Regional meetings and one-on-one direct consultation on field crop management reached 393 direct contacts across the region.**



Pesticide Applicator Training

Pesticide applicator training rule changes went into effect in 2025, expanding training for private applicators. Private pesticide applicator training (PPAT) includes required General Pest Control (CORE) along with those seeking optional grain bin fumigation, soil fumigation, or aerial application training. Additionally, applicators that work under the supervision of commercial applicators are required to receive non-commercial restricted use pesticide (NRUP) training. Education on integrating pest management methods, protecting the environment, labeling, and reducing exposure risk while meeting federal and state requirements for restricted use pesticides was provided. Twenty-one PPAT and five NRUP events offered across the SE Region educated 130 private and 31 NRUP applicators.



Cape Girardeau County

Agriculture and Environment

Local Impact

Alexis Link, Field Specialist in Livestock

In 2025, the Show-Me-Select Heifer Replacement Program marketed 1,689 heifers statewide. Sales conducted in Southeast Missouri generated \$318,350 from fall-calving heifers and \$164,350 from spring-calving heifers. Through the program, producers apply total quality management practices to on-farm heifer development, strengthening herd management, reproductive performance, and genetic quality through retained ownership or by marketing heifers for added income.

Buyers benefit from improved herd quality and reduced rates of dystocia and calf or heifer losses.



More than 300 Cape Girardeau County residents were reached through SMQA programming, on-farm visits, FFA Field Day, and direct producer consultations. Educational topics included, but were not limited to, nutrition, reproduction, disease management, heifer quality, herd health, small ruminant production, and youth livestock education. Producers are able to apply this information to strengthen management practices and enhance the productivity and sustainability of their operations.

Cape Girardeau County

Agriculture and Environment

Local Impact

Randal Stephens, Field Specialist in Agricultural Business



Market Outlooks & Farm Lease Class: As a result of the increased market uncertainty I presented multiple market outlooks, as well as a farm lease class. They included: 2025 Crop Conference, Perry County Farm Bureau Crop Conference, Big River Ag Grower meeting, TRC Beef Market Outlook and in Cape county a farm lease class in July.

Canola Budget: New to the MU Extension line-up of crop budgets is a winter canola budget. I worked with industry representatives and other MU faculty to develop a winter canola budget that will be available to producers to view and download. Interest in canola production has grown in Southeast Missouri as a result of new markets that are available as well as profitable contracting options for canola.



Southeast Missouri Outlook: I began a newsletter in April that is sent out monthly to 1318 farmers, ag business professionals and ag lenders in the region. The newsletter has been a huge success. Feedback from recipients, as well as data from DotDigital, our email platform, indicates a total open rate of 81%.



Cape Girardeau

Master Gardener Program

Local Impact



47

Volunteers



1,480

Volunteer Hours



\$51,489

Dollar Value*



13

New Volunteers



192

Cont. Ed Hours

(*[Independent Sector](#) at \$34.79/hour)

Extension Master Gardener Events

- Spring Gardening Seminar
- Plant Give-a-way at Jackson in Bloom
- Quarterly Class on Using and Cooking with Herbs (Basil and Rosemary!)
- Garden Tour for the Public

Extension Master Gardener Projects

- All American Selection (AAS) Demonstration garden at the Extension office in Jackson
- Little Gardening Library at the Extension office in Jackson
- Seed library at Riverside Regional Library
- Shawnee Park Community Garden
- Oliver House Gardens
- Native Plantings at Jackson Pool
- Community Gardens in Cape Girardeau
- Starting Transplants for Projects and Events



New Master Gardeners 2025



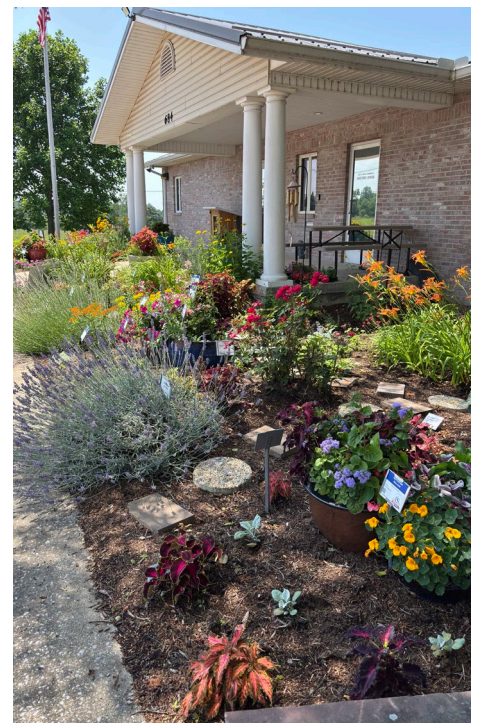
Herbal Cooking Class



Hosting a Garden Tour



Jackson in Bloom



AAS Garden at Jackson Extension Office

Extension Tax Schools

University of Missouri Extension coordinated and offered tax education through one summer and three fall tax schools. The summer school was in person and live online. Fall schools were in Columbia and Springfield and an online school. The schools were designed for those who prepare taxes including enrolled agents, tax preparers, CPAs, individuals, and attorneys.

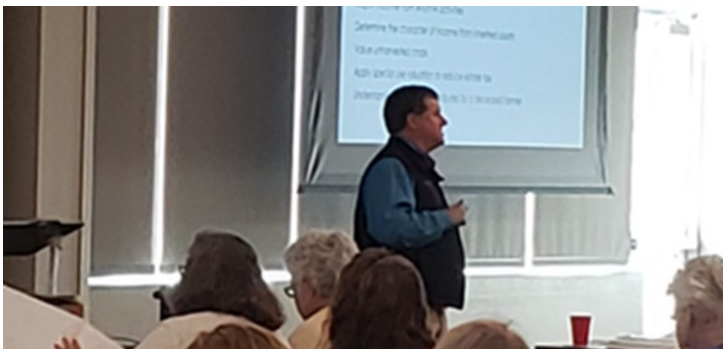
The training included updates on legislation, rulings and cases, individual taxpayer issues, agricultural and natural resources topics, ethics, trusts and estates, agriculture and natural resource tax issues, business tax issues, business entity tax issues, IRS issues, installment sales, tax benefits of home ownership, retirement tax issues, and individual tax issues. The schools were approved for up to 16 hours of continuing education credit by the IRS, Missouri Bar and for CFP continuing education. Total continuing education hours reported to IRS for the schools was 4,024 hours.

The teaching teams included CPAs, a former IRS stakeholder liaison, an IRS certified retired ag economics professor, an attorney, a certified financial planner, Missouri Department of Revenue, MU faculty and extension ag business specialists.

The evaluations had many positive comments and helpful suggestions. One comment from an online participant was “The video was outstanding – best I’ve seen on any CPE I’ve done live.”. Planning is underway to offer trainings in 2026. Local county residents benefit when local tax preparers gain knowledge, which benefits their clients and communities. The tax schools are a program of the ag business and policy program of MU Extension, coordinated by Mary Sobba with help from a team of ag business specialists throughout the state.

The resources for the schools included the IRS, 2025 National Income Tax Workbook from the Land Grant University Tax Education Foundation, and materials written by the instructors.

The 2025 school attendance totaled three hundred eighty-nine people, which was an 11% increase from 2024. The participants were from throughout Missouri and two from out of state. **Twenty-three of these participants attended the Cape Girardeau County school.**



Cape Girardeau County

Health and Human Sciences

Local Impact

Audrey Johnson, Field Specialist in Health and Human Sciences

Extension Health & Human Sciences is dedicated to helping Missourians improve their lives. Using research-based education and proven strategies, Extension professionals work in partnership with communities to improve conditions that help Missourians live better where they live, learn, play and work. Our programs help individuals and families, rural and urban, reaching Missourians of all ages in every county and the city of St. Louis.

Keep Your Keys

Keep Your Keys is a driver-safety program to help seniors stay on the road for as long and as safely as possible.

Three Keep Your Keys programs were provided in Cape County (2) and Stoddard County (1) with a total of 19 participants. Surveys conducted after class showed:

- 74% of participants reported if they could not drive (either short or long term) they would feel more prepared to approach driving retirement
- 95% of participants reported the class was informative



Senior Technology Classes

Five Senior Technology classes were taught, with a total of 41 participants from the southeast region. Classes held include:

- AI All Round
- All Things Zoom
- Finding Information Online
- Protecting Your Personal Information Online
- Digital Coupon Tools

Surveys taken after sessions showed that of the 41 participants,

- **15 reported being interested in trying something new because of the program**
- **11 reported wanting to learn more about the topic that was covered**
- **11 stated it is extremely likely they would attend another Senior Planet program**

Participants stated the classes were "Very informative", "Good to get new knowledge", "Need to keep up with increasing technology", "This program (AI All Around) is informative and helpful to the generation we live in", "Great opportunity to receive information."



Additional HHS Programming:

Alzheimer's Awareness – Cape County
Building Strong Families – virtual
Mental Health First Aid – Madison County
Taking Care of You – Mississippi County

Cape Girardeau County

Health and Human Sciences

Local Impact

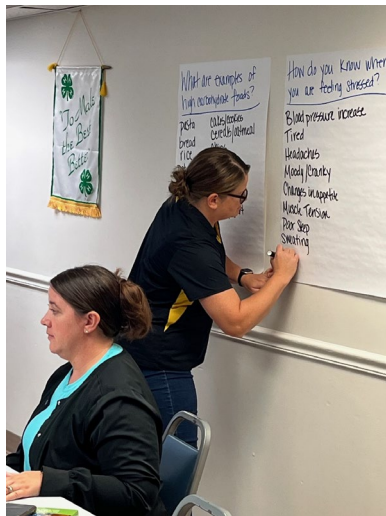
Bethany Bachmann, Field Specialist in Nutrition and Health

Healthy Eating for 1 or 2

Healthy Eating for 1 or 2 was presented to the Cape Girardeau County FCE Club representatives in July. Sixteen members attended the program to learn about how to meal plan, shop, and cook for a small household. Participants also sampled healthy recipes.


Diabetes Self-Management Program

Twelve individuals from Perry and Cape Girardeau Counties completed the six-session Diabetes Self-Management Program in Perryville. Participants took part in hands-on activities to better understand how to better manage diabetes, how to work with their health care providers, and how to ask for help when they need it.



The Garden Spade Newsletter

Ten monthly articles were submitted to The Garden Spade multi-state newsletter. 24,655 indirect programming and engagement contacts were made. Monthly articles included in-season produce highlights, best practices for storing and preserving produce, and food safety.



Parsnips

Description
Parsnips are a cool-season vegetable and should be planted in the spring, with harvest in late fall. Parsnips are naturally sweet and nutty flavor. They are a good source of manganese, potassium, vitamin C, vitamin K and Potassium plays an important role in helping our bodies with fluid regulation, muscle contractions, and maintaining blood pressure. Vitamin C is an antioxidant that may play a key role in helping to reduce the risk of heart disease and certain cancers and it aids in the body's healing process. Fiber aids digestive health and regulating blood sugar and cholesterol.


Selection
Small to medium sized parsnips have the best flavor, avoid those that are not firm. Select those that have an off-white color.

Storing
Remove the leafy green top before storing. Parsnips should be stored in the refrigerator in a perforated bag will allow airflow to keep them fresh.


Preparation
Parsnips can be used in a variety of dishes including purees, soups, and stews. They can also be baked, roasted, eaten raw.

Recipe of the Month
Roasted Parsnips
Ingredients:
1 pound of parsnips
1 1/2 Tablespoon olive oil
1/2 to 1/3 teaspoon salt
1/2 teaspoon pepper
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Directions:
1. Preheat oven to 400°F.
2. Wash and peel parsnips. The skin can be left on or removed. Cut parsnips into rounds about 1 inch thick.
3. Spread parsnips out on a parchment paper lined baking sheet. Drizzle with oil and toss with seasonings.
4. Transfer the baking sheet to the oven and roast for 20-25 minutes or until the parsnips are tender. Flip parsnips halfway through the cooking process.



Bethany Bachmann
MS Extension Nutrition and Health Specialist
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University of Missouri
In partnership with the Missouri Department of Agriculture



It is time to start thinking about purchasing the much-anticipated turkey for Thanksgiving dinner. I often get phone calls a day or two prior to Thanksgiving from panicked cooks wanting to know how to thaw their turkey more quickly or how long to bake it. As a result, I have compiled some of the most important questions and answers pertaining to food safety when handling and cooking your Thanksgiving turkey.

How long do I need to cook my turkey?	
Size of Turkey	Unstuffed Cooking Time
8-12 lbs.	2 1/2 - 3 hrs.
12-14 lbs.	3 - 3 1/2 hrs.
14-18 lbs.	3 1/2 - 4 1/2 hrs.
18-20 lbs.	4 1/2 - 5 hrs.
20-24 lbs.	4 1/2 - 5 1/2 hrs.

When should I buy my turkey? Keep in mind that it takes about 24 hours per 4-5 pounds to thaw. It may take 2-4 days to thaw in the refrigerator. If you are buying a fresh turkey, buy it 1-2 days before you plan to cook it and keep it refrigerated.

How should I thaw the turkey? NO THAWING ON THE COUNTER! This method only promotes bacteria growth and the chance that someone may become ill. The turkey needs to thaw in the refrigerator, which is the safest method. You can also thaw it in cold water. To do this, leave the turkey in its original packaging in a sanitized sink and submerge it in cold water. Change cold water every 30 minutes. Cook the bird immediately after thawing. Be sure to sanitize everything again after finishing thawing to remove any bacteria left behind. Do not refreeze it.

So, it's thawed. What do I do now? Once you have thawed the turkey, remove the neck and giblets. Store all parts of the bird that you plan to cook in the refrigerator until it's ready to go in the oven.

I have it in the oven, how do I know if it's ready to serve? The most important thing is the internal temperature determines if the turkey is fully cooked and this requires a food thermometer. Insert the thermometer into the thickest part of the thigh, not touching the bone. A minimum of 165°F is needed. Check for the same temperature in the wing and thickest part of the breast.

Is it safe to cook my stuffing inside the bird? The safest method for cooking stuffing is in a casserole dish. If you do want to stuff your turkey, be sure to take proper precautions. Prepare your stuffing right before placing it in the turkey and pack it loosely. If it is packed too tightly inside the turkey, the stuffing will not reach 165°F, which is the proper cooking temperature. Failure to reach this temperature will increase the potential for contracting a foodborne illness.

Bethany Bachmann
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Cape Girardeau County

Health and Human Science

Profiles and stories

Mandie Sullivan, Nutrition Program Associate

SNAP Education

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought over \$11,419,598 in federal funds to Missouri in 2025 to support engagement with 70,722 Supplemental Nutrition Assistance Program recipients and eligible citizens.

Through direct education, newsletters, health fairs, food pantries, and the Show Me Nutrition helpline, Mandie reached 878 direct and 39633 indirect contacts in Cape Girardeau County

878 participants (both youth and adult) were reached in Cape Girardeau County by a direct program.



Kids in the Kitchen uses an evidence-based approach for nutrition education based on the 2020-2025 Dietary Guidelines for Americans using behaviorally-focused activities that engage students in the classroom.

Comment from a series taught at the Cape Girardeau County Health Department:

“Reading and measuring are basic skills that all ages will use for a major part of their lives, especially when it comes to cooking and preparing meals. Teaching children to start practicing these skills at a young age is such a vital part to their independence and their confidence in preparing their own meals as they age. In Kids in the Kitchen Level A, for 6- to 9-year-olds, students get a hands-on experience with measuring and reading a recipe. In the Measure It Right activity, students learned how to measure dry ingredients versus liquid ingredients. Many of the students had said they had never helped measure these types of ingredients and once they got the hand of it, they were measuring pros. A few weeks after that lesson, a young boy shared with me that because of that activity, he was now helping his mom and grandmother with preparing recipes and was still making the French Toast stick recipe that taught him how to measure!”



Young boy at the Cape Girardeau County Health Department during a Kids in the Kitchen class.