

## **MU Extension's Nutrition Resources**

*By Janet Hackert, Regional Nutrition and Health Education Specialist*

March is National Nutrition Month. University of Missouri Extension has many nutrition-related resources, including regional specialists, classes and online information.

MU Extension's northwest region covers 19 counties from Marshall to Rockport and St. Joseph to Princeton and everything in between. Four Nutrition and Health Education Specialists now serve these counties.

Tracy Delaney is headquartered in Higginsville and covers Carroll, Chariton, Lafayette, Ray and Saline counties. As a community and clinical registered dietitian, she brings a passion to encourage healthy choices and improve quality of life throughout the lifespan. Tracy has a particular interest in chronic disease prevention. Tyler Hall works out of the Trenton office and covers Grundy, Linn, Livingston, Mercer, Putnam and Sullivan counties. He has a passion for preventative medicine through lifestyle modification in nutrition and exercise. He brings an academic background in nutrition and exercise physiology to the team. Sarah Wood, located in St. Joseph, is a registered dietitian with a background in exercise science and several years of experience in health promotion and disease prevention. She serves Andrew, Atchison, Buchanan, Holt and Nodaway counties. She loves cooking, trying new recipes, and helping people find delicious ways to eat healthy. I, Janet Hackert, work out of the Bethany office and serve Caldwell, Clinton, Daviess, DeKalb, Gentry, Harrison and Worth counties. My background in food science and food engineering leads me to a particular interest in food safety and food preservation. I appreciate preserving my own family garden and teaching others preserve theirs, making the most of their harvest with safe, nutritious and healthy choices.

All four specialists are available to consult with individuals, teach groups and work within the communities they serve. Programs available include Chronic Disease Self-Management, Cooking Matters, Diabetes Self-Management, Eat Smart in Parks, Home Food Preservation, Matter of Balance, Small Steps to Health and Wealth, and Stay Strong Stay Healthy, to name just a few.

Penny Crawford coordinates the Family Nutrition Education Program for the region, and supervises a team of ten nutrition program associates, to bring classes to schools and local agencies across the region.

For more information on these programs, go to <http://extension.missouri.edu/hes/nutritionhealth/> or contact your local [University of Missouri Extension office](#).

University of Missouri Extension - your one-stop source for practical education on almost anything including nutrition, health, physical activity and food safety.

(written 3/3/17)

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