



UNIVERSITY OF MISSOURI EXTENSION



# Henry County

## 2025 Annual Report

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**SERVE MISSOURI.  
DELIVER MIZZOU.**

**MU** Extension  
*University of Missouri*

an equal opportunity/ADA institution

**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 sunsetting 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,

A handwritten signature in black ink that reads 'Chadwick C Higgins'.

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

# WHO WE ARE

## Faculty and Staff

Travis Harper  
Field Specialist in Agronomy

Lynnlee Parrott  
Health and Nutrition Specialist

Delaney DeHart  
4-H Youth Program Associate

Debbie Dody  
Nutrition Program Associate

Verlinda Talley  
Office Manager

## Additional Faculty & Staff Serving Henry County

Ramon Arancibia  
Horticulture Specialist

Amie Breshears  
Agriculture Business Specialist

Kyleigh Brown  
Field Specialist in Human Development

Kim Hall  
4-H Youth Specialist

David Hoffman  
Livestock Specialist

Mitchell Moon  
Field Specialist in Labor & Workforce Dev.

Wayne Prewitt  
West Central Regional Director

Elaine Anderson  
Extension Engagement Specialist

## Council Members

Susan Maggi, Chairman

Daniel Wilson, Vice-Chairman

Megan Swaters, Secretary

Michelle Propst, Treasurer

Shane Brookshire

Joshua Bullock

Hadley Carter, 4-H Liaison

Connie Connor

Deborah Day

Denise Haas

Jim Huenefeldt

Curtis Mills

Travis Smith

Lewis Thomas

Jaime Woods

## County executives

Jim Stone  
*Presiding Commissioner*

Mark Larson  
*Northside Commissioner*

Jake Bradley  
*Southside Commissioner*

# BUDGET AND MORE

## Appropriations budget

Income	
County Appropriations	<u>\$71,160</u>
Total Income	\$71,160
Expenses	
Salaries/Benefits	56,155
Travel	2,676
Postage	1,000
Telephone	3,324
Office Supplies/Service	4,600
Advertising	150
Insurance	2,255
Capital Repairs	<u>1,000</u>
Total Expenses	\$71,160

## 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 *(name of county)* County Extension Council, faculty and staff would like to express our appreciation to the *(name of county)* County Commissioners for their continued support of extension programs.



## 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 Henry Community Impact Report

This report offers a detailed overview of how MU Extension positively impacts Henry 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\*\*](#)



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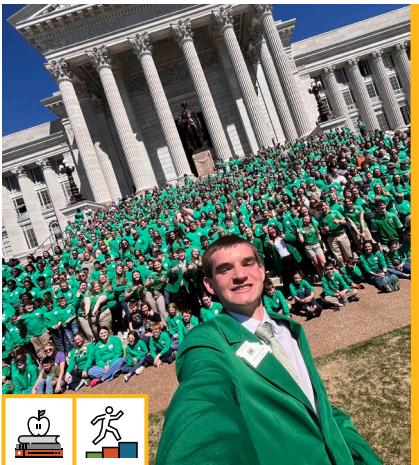
## Missouri 4-H for Ages 8 – 18



### What is 4-H?

4-H is where Missouri's young people find their spark and learn by doing. Whether raising animals, coding robots, growing gardens, or giving back to their neighbors, 4-H members gain real-world skills with the help of caring mentors.

Rooted in University of Missouri Extension, 4-H connects classrooms, communities, and families to create learning that sticks—building confident, capable leaders who are Beyond Ready for life. In 4-H, youth discover their strengths, practice resilience, and learn to lead with heart—preparing them not just for what's next, but for anything that comes their way.



**4-H's Leadership and Civic Engagement** programs foster understanding, confidence, and decision-making skills to empower young people to become informed and active citizens. These initiatives prepare youth to become future leaders by engaging them in programs where they have voice and influence.

Statewide programs such as the **Missouri State 4-H Council** and **Civic Engagement Ambassadors** give youth opportunities to represent their peers, advocate for issues that matter, and build connections with leaders across Missouri. These experiences help young people grow as confident communicators and thoughtful problem solvers, ready to lead wherever life takes them.



**Community clubs** are at the heart of 4-H. Led by trained volunteers, members come together regularly to learn, lead, and serve. Youth elect officers, enroll in projects, and plan hands-on activities that build leadership, teamwork, and responsibility. Some clubs focus on a single project—like photography or livestock—while others explore a variety of topics throughout the year.

**SPIN (Special Interest) clubs** provide a short-term way to dive deep into a specific topic with expert guidance. These clubs meet for several weeks to a few months, giving youth flexibility while developing skills to be Beyond Ready for life.

### Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

### Local Impact

#### Delaney DeHart — 4-H Youth Program Associate

**4-H Community Clubs** offer in-depth educational experiences in which members learn life skills such as decision making, public speaking, and working with others. Members learn by doing this under the guidance of adult volunteers, who lead a wide variety of projects that support 4-H members in finding their SPARK.

- Henry County 4-H is a community of **178** youth, ages 5-18, building life skills, contributing to their community, and becoming college and career ready.
- Henry County 4-H is the home of:
  - 5 Community Clubs
    - 144 Community Club Members (ages 8-18)
    - 28 Clover Kids (ages 5-7)
    - 44 Adult Volunteers

#### 4-H Programming in Henry County

##### Embryology

The 4-H Embryology Program engages youth in the development of life through incubating chicken eggs.

Henry County 4-H reached over **475 students** through the embryology program. 7 local schools participated in the program and chicks were hatched in 31 classrooms throughout the county.

**291 students** participated in an in-depth lesson about chick development, characteristics of chickens, and breeds.

##### SNAC

The Student Nutrition Advisory Council (SNAC) clubs are available in various settings, including before school, during school, after school, and within community programs. These clubs empower youth to enhance their knowledge of nutrition and fitness.

Henry County 4-H reached **11 students** through the “Kids in the Kitchen” SNAC program this year. Participants learned about kitchen safety, measuring, the five food groups, and the importance of nutrition and staying active.

##### Soccer for Success

Henry County 4-H reached **308** students through the “Soccer for Success” program this year. Middle school students grades 6-8 learned about nutrition, soccer, and the importance of taking care of our bodies by eating and staying active.

### Profiles and stories



#### 4-H Teen Conference

Henry County 4-H had five members attend Teen Conference this year. Members spent two days on the University of Missouri campus mingling with other 4-H members from across the state, attending leadership sessions, participating in community service, and doing fun 4-H activities.



#### State 4-H Congress

This year 11 Henry County 4-H members attended State 4-H Congress. Members spent three days connecting with other 4-H'ers from across the state, attending fun-filled sessions, listening to keynote speakers, and touring the University of Missouri campus.

#### Missouri 4-H Day at the Capitol

Five Henry County 4-H members and four volunteers attended the first ever 4-H Day at the Capitol this spring. Members joined 4-H'ers and volunteers from other counties on the Amtrak to Jefferson City to enjoy a day of learning about Missouri government, visiting with representatives and senators, and touring the Missouri Capitol.





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## Agriculture and Environment



MU Extension Specialists quickly respond to **emergencies and disasters** across the state. If a disease outbreak occurs in livestock, specialists are there. If a natural disaster such as flooding occurs, specialists are there. Missouri farmers can count on MU Extension to guide them through emerging issues with knowledge and expertise.



**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. The program brings in the power of animal genomics through an enhanced DNA-option, Show-Me-PLUS.



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

**"A lot of veterans come right out of the service and may feel disconnected and may be struggling with finding job opportunities. The Heroes to Hives program offers a diversion as well as opportunities."**

**Eric Work, Heroes to Hives participant**

**Heroes to Hives** offers free professional training in beekeeping to veterans, promoting financial and personal wellness through community development. Missouri's Heroes to Hives group has trained more than 1,200 veterans since 2021. It is the nation's largest agriculture training program for U.S. military service members.



## Legend



Agricultural Growth & Stewardship



Economic Opportunity



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Health & Well-Being

## Agriculture and Environment

### Local Impact

#### Travis Harper, Field Specialist in Agronomy

##### Private Pesticide Applicator Training —

Private Pesticide Applicator Training teaches producers how to safely store, handle, and use restricted-use pesticides in agricultural production. Proper application of pesticides results in greater safety for both the applicator and their neighbors. Proper application of pesticides results in reduced exposure of pesticides to the environment, ultimately leading to safer living conditions for all Missourians.

Approximately 26 Henry County residents received a license in 2025. There are currently 119 active private pesticide applicators in Benton County.

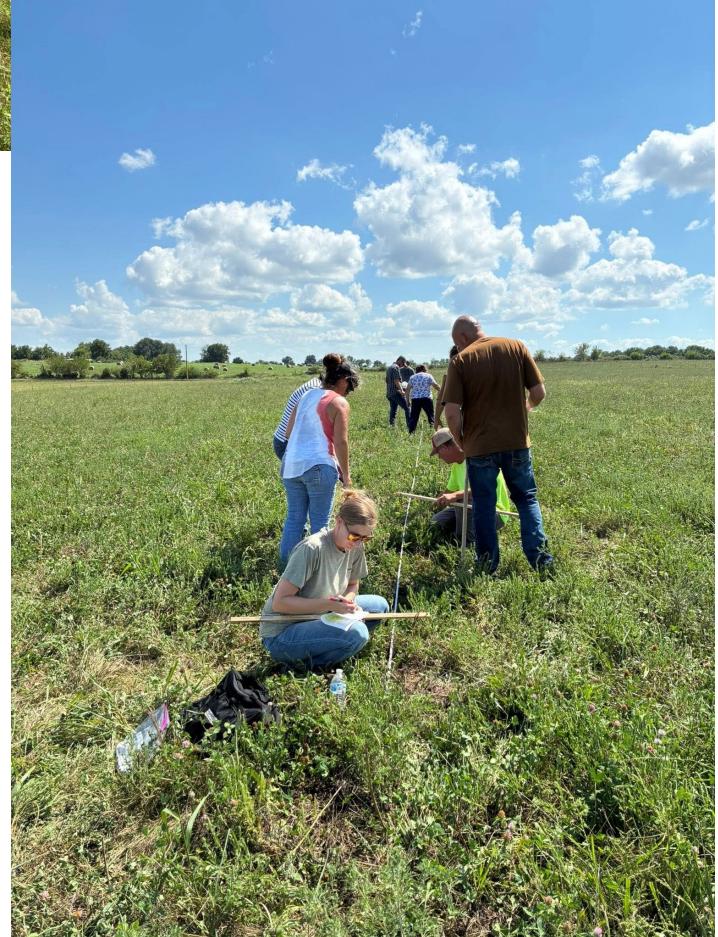
**Soil Testing** — More than 61 soil samples representing more than 1,200 acres were submitted through the Henry County Extension office for analysis at University of Missouri Extension's soil testing laboratory. Soil sampling provides Henry County's forage and row crop producers with an accurate analysis of exactly what is in their soil and provides them with recommended

fertilizer application rates for the crop they are trying to grow. Henry County's agronomist reviews the soil sample results with the producers, fine-tuning the recommendations for their particular situation and needs. Soil sampling and accurate fertilizer application increases crop production, reduces input cost, maximizes profit, and reduces the environmental impact of fertilizer loss from fields through leaching and runoff.

**Heroes to Hives** — Heroes to Hives is a statewide program offered through Michigan Food and Farming Systems (MIFFS) and University of Missouri Extension that seeks to address financial and personal wellness of veterans through professional training and community development centered around beekeeping. It features online training through MIFFS coupled with hands-on training from University of Missouri Extension at our teaching apiaries in Warrensburg, Mt. Vernon, Poplar Bluff and St. Louis. More than 1500 veterans from across Missouri have participated in the program with numerous participants coming from Henry County.

## Agriculture and Environment

### Local Impact



### Henry County Grazing School —

Henry County held their first grazing in more than 25 years in 2025. MU Extension grazing schools educate producers in the art and science of grazing management. Statewide, MU grazing schools have an economic impact of more than \$125 million annually, providing \$40-60 dollars in additional net returns per acre for producers.

## Agriculture and Environment

### Local Impact

#### David Hoffman, Field Specialist in Livestock

##### Animal Health and Production

Henry County livestock producers (380) participated in University of Missouri Extension Animal Health and Production programs that provide relevant, reliable and timely educational resources that has the potential to improve their production system, increase the economic impact while sustaining their natural resources. Such programs include the Missouri Show-Me-Select Bred Heifer Program, Beef Cattle Production Systems, Reproductive Management (more than 500 head of cows and heifers artificially inseminated), Management Intensive Grazing Schools, Forage Management and Utilization, Enhanced Record Keeping (IRM Red Book) and general livestock production. Provided cattle management programs for the Henry County Cattlemen's Association monthly meetings, when asked. 4-H and FFA youth involved in livestock production attended programs related to Show Me Quality Assurance training and received requested assistance on livestock project management. Producers were reached via farm visit, office visits, workshop, phone and/or email.

Livestock producers gained knowledge and/or skills to incorporate management changes in their livestock operation that have the potential to increase the economic impact and improve sustainability of their operation while maintaining their natural resources.

Consignors offered 213 head of Show-Me-Select bred heifers and first-calf pairs at the West Central Missouri Show-Me-Select Bred Heifer Sale at Kingsville Livestock Auction in November 2025. High quality Show-Me-select heifers, such as these, commanded an average sale price of \$4364.00 per head, generating \$930,000.00 in gross sales.



## Agriculture and Environment

### Local Impact

#### Amie Breshears, Field Specialist in Ag Business

##### Farm Management — On My Own

‘Farm Management — On My Own’ helped landowners and operators understand ag leases and farmland values, rental rates, and custom work costs. The program debuted in the spring of 2024. Because of updated farmland values and rental rates survey data, as well as positive evaluation response, in-person and online programs were offered in 2025. I created the program in response to questions I was getting from sole landowners about their farmland and farm operations.

##### By the numbers:

38 registrants

100% would recommend the program to others

3 presenters

4 states represented — Missouri, Iowa, Tennessee

25 Missouri counties represented — Benton, Bates, Boone, Camden, Cass, Chariton, Cole, Cooper, Dade, Dallas, Grundy, Henry, Hickory, Holt, Howard, Jackson, Johnson, Lawrence, Livingston, Newton, Polk, Pulaski, Shelby, St. Francois, and Webster



10 West Central Region counties represented - Benton, Bates, Camden, Cass, Cooper, Dallas, Henry, Hickory, Johnson, Polk

In-person sites: Cass, Henry, Morgan, Moniteau

Partners included USDA-FSA, Soil & Water Conservation Districts, Ag Bankers, MU Center for Regenerative Agriculture

## Agriculture and Environment

### Local Impact

#### Mary Sobba, Field Agricultural Business Specialist

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 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. There were 3 from Henry County in the Summer Session and 1 from Henry County in the Fall Session.





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## Business and Community



The annual **Connecting Entrepreneurial Communities** conference is designed for stakeholders, economic developers, businesses, local government, educators and nonprofits interested in increasing their communities' potential for entrepreneurship. In 2023, the conference offered breakout sessions in Benton County's shops and businesses, providing firsthand insight into the world of entrepreneurial communities.

**The conference drew 104 ATTENDEES, generating an estimated initial economic impact of around \$33,000 for Benton County.**



Missourians from all walks of life celebrated the **2023 Missouri Good Neighbor Week** Sept. 28 to Oct. 4 by completing and reporting neighboring acts and nominating others as the most engaged neighbors in their counties.

**In 2023, the goal was to document 15,000 acts of neighboring. That goal was surpassed with 19,752 Missourians being positively affected during MISSOURI GOOD NEIGHBOR WEEK.**



### Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

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

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

## Business and Community

### Local Impact

#### Mitchell Moon, Labor & Workforce Development Specialist

##### MU Career Accelerator Program

Whether you're an employer looking to strengthen your workforce or an individual looking to advance in your career, MU's Career Accelerator offers a variety of courses, training events, and certificates to meet your needs. Utilizing the University of Missouri's researchers and instructors, along with various partnerships across multiple industries, the MU Career Accelerator is a valuable resource for upskilling and reskilling America's workforce. We keep Missouri working and we keep Missouri competing.

- 234 participated in MU Career Accelerator events/trainings
- Hosted 7 in-person leadership trainings and workshops in Boone County

Training and leadership institutes are half-day or full-day workshops. Attendees gain new skills, tactics, and/or knowledge that can be applied directly back to their profession. When the MU Career Accelerator hosts a workshop, we partner with fellow University of Missouri faculty and on-campus departments to deliver accurate and cutting-edge information that directly benefits that specific workforce.

- Partnered with 3 different on-campus schools/departments to deliver content

Additionally, we collaborated with the Missouri Training Institute (a unit housed within Extension) to offer 2 in-person training events.

This fall, we hosted 6 workforce summits across the state of Missouri and 1 virtual summit. The Workforce Summits offered insights and resources to various sectors of Missouri's employers (public, private and nonprofit) and explained how MU Extension resources can be leveraged for local economic and workforce development.

- Engaged with 263 individuals from across Missouri



Photo from training course



Photo From Microelectronic training



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

## Continuing Education



### The Missouri Extension Disaster Education Network

**Network** provides education and technical assistance to individuals and families, local governments, schools and organizations so they can prepare for and respond to natural and man-made disasters. Because of the unique relationship it maintains with each community, MU Extension is a key resource for the public, emergency services and public officials.



**The Fire Service Leadership Enhancement Program (FSLEP)** prepares fire and emergency service leaders for the opportunities and challenges they will face. For 25 years, the MU Fire and Rescue Training Institute has partnered with the Missouri Association of Fire Chiefs and the Missouri Association of Fire Protection Districts on this program.



**MU Continuing Education for Health Professions (CEHP)** provides evidenced-based, relevant and responsive learning activities designed to narrow professional practice gaps with respect to knowledge, competence, and performance of the healthcare team. A commitment to lifelong learning, in partnership with those we serve, contributes to excellence in practice and improved health outcomes.

**CEHP provided 169 LEARNING ACTIVITIES  
which reached over 53,000 PROFESSIONAL  
across all Missouri counties.**

### 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



**A Matter of Balance** helps older adults overcome their fear of falling, increase their activity levels and reduce their risk of falls. In eight classes, participants learn fall-prevention strategies, develop personal prevention plans, acquire balance-improving exercises and make lifestyle changes to minimize their fear of falling.

**"I have cleaned my house of clutter for safety, put non-slip stickers on my tub floor, I'm getting much more regular exercise and I'm feeling stronger."**



**Strengthening Families Program: for Parents and Youth 10-14**, is a seven-session series for parents or caregivers and their young teens to attend together to improve family communication, resolve conflict and improve parental skills.

**A research study conducted by the Partnerships in Prevention Science Institute found a RETURN OF \$9.60 for every dollar spent implementing the Strengthening Families Program.**



Resilience is the capacity to adapt when faced with adversity. **WeCanPROSPER Resilience Training** is a 2.5 hour training for participants to evaluate their personal resilience, tap into resources and create an action plan to enhance their resilience. Upon completing the training, participants can attend a facilitator session, enabling them to deliver the content within their communities and strengthen resilience within their networks.

**100% of participants indicate that the skills and techniques they learned will help them become MORE RESILIENT.**

### Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

## Health and Human Sciences

### Local Impact

#### Lynnlee Parrott, Field Specialist in Nutrition and Health



#### What is Health and Human Sciences?

The Health and Human Sciences Department is designed to help individuals of all ages create and maintain a healthy lifestyle across their lifespan. This can include helping people learn about the brain and body, creating healthy habits, learning how to change habits as needed, and keeping overall well-being a priority.

#### Divisions within Health and Human Sciences

**Nutrition and Health:** This area of the department is designed to help people create positive food and activity habits, as well as learn how to work toward building skills for their lifetime that can keep them healthy.

**Human Development and Family Sciences:** This area looks at how people develop through the lifespan and how individuals develop within the context of the family and society.

In 2025, Henry County had four different programs for Nutrition and Health, as well as one-time presentations.

**Stay Strong, Stay Healthy** is a program that helps older adults improve flexibility, balance, strength, physical activity, and knowledge of health through eight different exercises, balance practice, warm-ups, cool-downs, and educational handouts. Henry County had six Stay Strong, Stay Healthy programs that saw 37 participants.

**Walk with Ease** is a program that helps adults with arthritis begin exercising safely and confidently, again. There was one program offered that saw seven participants.

**Chronic Disease Self-Management** is a program that offers a class called Living a Healthy Life with Chronic Conditions. This program is designed to assist people in managing their chronic condition and its symptoms. This can include anxiety, depression, arthritis, diabetes, high blood pressure, chronic pain, heart or lung conditions, kidney disease, and more. There was one Living a Healthy Life with Chronic Conditions class that saw three participants. All three participants shared this class was very helpful in making small changes to improve their chronic condition and its symptoms.

**Dining with Diabetes** is a program that is designed to help people who have diabetes or their caregivers be prepared to manage diabetes, learn about the different types of diabetes, prepare diabetic-friendly meals, set various goals, and more. There was one Dining with Diabetes program that had 7 participants.

**Lifestyle Letters with Lynnlee**-Henry County Newsletter saw 9 issues covering a variety of health, nutrition and wellness topics and recipes to over 70 Henry County citizens.

### Local Impact

#### Debbie Dody, Nutrition Program Associate

25 school aged students participated in *Kids in the Kitchen* Level A during the summer at GV Day Care. *Kids in the Kitchen* encourages Youth to choose healthier meals & snacks because of hands-on cooking experiences. Participants learn to prepare simple, healthy foods they can make for themselves & their family members; taught in a series of 7 lessons that cover topics such as basic cooking skills, good nutrition, healthy food choices, food safety, physical activity & meal planning based on USDA's MyPlate.

18 Pre-K students participated in *Healthy Plants Healthy Bodies* during the summer at GV Day Care. *Healthy Plants Healthy Bodies* creates learning opportunities for children in a series of 7 Activity Sets that are hands-on & interactive. Each activity set includes garden activities & nutrition activities. *Healthy Plants Healthy Bodies* introduces preschools to the life cycle of a plant, plant parts that grow above & below the ground & garden care tasks that are necessary for plants to grow & thrive. The tasting opportunities connect back to the plants that produced the food. The students also enjoy a book that links experiences with accounts of gardening & plant science including vocabulary words that accompany each set of activities. Because most gardens grow outside, the children's physical development & coordination are exercised through creative movement & outdoor activities. The core nutrition messages include reminders about hand washing & safe food preparation. This group of students enjoyed planting tomato plants & turnips from seed.

A total of 39 students participated in 2 sessions of *Kids in the Kitchen* Level A & Level B at the Warrensburg Community Center.

16 club members & 6 adult volunteers of Clinton Cougars 4-H Club attended a 1x presentation of *Kids in the Kitchen* Level B. In addition to the lesson, **The Incredible, Edible, Five Food Groups**, the members played a game & were rewarded with their choice of a kitchen item to take home. Some of the items were reusable shopping bags, measuring cups, measuring spoons, flexible cutting boards, small can strainers, water bottles & jar openers. The Clover Kids were each given a coloring book to take home as well.

*Families Eating Smart & Moving More* offers the skills to be able to: eat more meals at home, eat healthy when eating out, move more in everyday routine & eat healthy throughout the lifecycle...but, there's MORE!! In addition, there are other great rewards available — small appliances!! Clinton Housing Authority had (12) graduates, Kenton Place (3), Samaritan Center (10) & Compass Health WIC — Osceola (3) that received small appliances such as: electric skillet, crock pot, instant pot, air fryer, pots & pans, blender, food processor & small microwave. There's even a line for Other (must be approved).

Clinton Head Start & Henry County Health Center each had participants that completed Lesson 1 but did not complete the series to receive a reward. Participants with children in the home are eligible to complete a series of (6) before September 30, 2026 & receive a small appliance (1/person/grant year) of their choice.

# Henry County

## Health and Human Sciences

### Local Impact

#### Debbie Dody, Nutrition Program Associate, Continued



FESMM participants with appliance rewards – Samaritan Center



Healthy Plants Healthy Bodies  
GV Day Care – Pre K

FESMM – Clinton Housing Authority/Kenton Place

## Health and Human Sciences, Continued

### Local Impact

#### Debbie Dody, Nutrition Program Associate, Continued

##### **SNAP-Ed Public Value Statement 2025**

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,419,598 in federal funds to Missouri. The funds support engagement with 70,722 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year we had 970,939 indirect educational contacts through newsletters, health fairs, and food pantries.

19,366 direct and indirect contacts were made in Henry 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.

\*Assisted with 83 SNAP applications FY25 (October 1, 2024 — September 30, 2025)

##### **EFNEP Public Value Statement 2025**

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 424 limited-resource families in nutrition education and meal preparation classes, representing 1,550 family members. Additionally, 2,942 youth were enrolled in EFNEP classes.

319 of these youth and adult participants reside in Henry 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.

### Local Impact

#### Kyleigh Brown, Associate Extension Professional Human Development and Family Science

For Henry County I taught the group below at Seeds of Faith Preschool (and a couple others not pictured) 3 different Early Childhood Education Clock Hour Trainings. The collective group earned 46 clock-hours.



## Henry County Farm Family

The Jeff Stone Family of Clinton were our 2025 Henry County Farm Family. Pictured below are Jeff Stone along with daughter Jillian, son Jackson, and wife Julia. (Also, the State Fair Queen, State Fair and Extension Officials.)

