



UNIVERSITY OF MISSOURI EXTENSION

St. Clair County 2025



Annual Report

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**SERVE MISSOURI.
DELIVER MIZZOU.®**



Extension
University of Missouri

an equal opportunity/ADA institution

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 sunseting 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

Elaine Anderson
Interim West Central Regional Director

Wayne Prewitt
Retired West Central Regional Director

Allison Gunter
Extension and Engagement Specialist

Patrick Davis
Livestock Specialist

Vacant
Agronomist

Terry Halleran
Retired Interim Agronomist

Wesley Tucker
Agriculture Business Specialist

Ramon Arancibia
Commercial Horticulture Specialist

Linda Clinton
Youth Development Specialist

Beth Tilton
Youth Program Associate

Lynnlee Parrott
Nutrition and Health Specialist

Kyleigh Brown
Human Development and Family Science Specialist

Mitchell Moon
Labor and Work Force Development Specialist

Debbie McSperitt
Office Manager

Council Members

Karry Phillips, Chairman
Derek Engeman, Vice-Chairman
Tabatha Davis, Secretary/Treasurer
Jennie Noakes
Jodine Trout
Sharon Murray
Kathy Colby
Bob Salmon, Presiding Commissioner
Josh Salmon, Farm Bureau



County executives

Bob Salmon, Presiding Commissioner
Matt Noakes, North Side Commissioner
Randy Smith, South Side Commissioner

BUDGET AND MORE

Appropriations budget

Income	
County Appropriations	46,000
Surplus Funds	5,713
Total Income	51,713
Expenses	
Salaries/Benefits	30,586
YPA Salary/Benefits	13,368
Travel	4,046
Telephone & Postage	1,108
Office Supplies/Service	642
Copy Services	885
Advertising	84
Insurance	1,680
Furniture/Equipment	877
Miscellaneous	68
Total Expenses	53,355

Return on investment

University System	154,000
Donations/Grants	4,075
Program Revenue	3,135

St. Clair County partners

St. Clair County State Bank
Osceola Optimist
St. Clair County Soil & Water District
Osceola Chamber of Commerce
First Baptist Church, Osceola
Osceola Community Church
Wheeler Livestock Auction, Osceola

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

Local support

Did you know you can donate directly to St. Clair 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.

County Highlights

Missouri Farm Family

The Mike and Gwenny Nance family of rural Collins were among the families honored during the 68th annual Missouri Farm Family Day, August 11 at the Missouri State Fair.

The Nance family was selected to represent St. Clair County by University of Missouri Extension in St. Clair County and the local Farm Bureau.

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 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.



Missouri Century Farm

The Richard and Sharon Brown Mann farm was honored in 2025 as a Missouri Century Farm. The chronological history of the farm follows:

Purchased November 25, 1919 by Thomas J. Gibson & wife Alice (Brown)Gibson
Father of Jessie F Kolosick & Cora A Dean
Step Father of Charles H. Brown
Mother of Charles H. Brown & Jessie F. Kolosick

1925 Property transferred to Alice J (Brown) Gibson then to Jessie F. Kolosick (daughter) and Charles H. Brown (son)

1944 Jessie F Kolosick purchased the farm from Charles H. Brown & Nellie Brown for the price of \$4,000.

1962 Jessie Kolosick made Leonard A Brown (nephew)a joint tenants with rights of survivorship. Jessie passed away October 17, 1978.

Sept.1979 Leonard A. Brown & Beatrice J. Brown became owners. Leonard Brown passed away May 3, 2012. Beatrice J. Brown passed away April 7, 2019

2019 Sharon A. (Brown) Mann & Richard L. Mann became owners. Name changed to MANN FARM LLC



UM SYSTEM COUNTY IMPACTS

MU Extension in St. Clair County Community Impact Report

This report offers a detailed overview of how MU Extension positively impacts St. Clair 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 St. Clair 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.](#)





MU Extension **Serves MISSOURI and Delivers MIZZOU**
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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.



Missouri 4-H is igniting curiosity and cultivating innovation through 4-H Powered STEM. From robotics and coding to environmental science and engineering, youth engage in hands-on learning that makes science come alive.

4-H STEM programs build problem-solving skills, spark discovery, and prepare the next generation of innovators and leaders. Every young person—no matter where they live or learn—has access to high-quality science experiences that open doors to future opportunities and help them become Beyond Ready for the challenges of tomorrow.



4-H brings hands-on learning directly into schools through in-school and afterschool programs that extend classroom lessons. **Teachers, 4-H professionals,** and **volunteers** guide students through 4-H projects in areas such as science, agriculture, health, and leadership, helping youth connect learning to the real world.

Programs like **Show Me Embryology** give students a front-row seat to science in action as they watch chicks hatch and explore the life cycle of a chicken. These experiences help students grow curiosity, confidence, and critical thinking skills, preparing them to be Beyond Ready for whatever comes next.

Legend



Agricultural Growth
& Stewardship



Economic
Opportunity



Educational
Access &
Excellence



Health
& Well-Being

Local Impact

Linda Clinton, Youth Development Specialist
Beth Tilton, Youth Program Associate

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.

During the 2024-2025 4-H Year 220 St. Clair County youth were reached through 4-H programming through MU Extension.

4-H programming reaches youth through a variety of delivery modes in St. Clair County, including Community Clubs, SPIN Clubs or short-term 4-H programming, and in-school or afterschool membership or school enrichment programming. These varied delivery modes allow participants to participate in the format that best meets their needs and interests, while focusing on multiple skills including public speaking, leadership, exploring sparks (or interests), developing life skills, responsibility, group decision making, and exploring college and career pathways.



Local Impact

4-H Community Club Members

- 34 youth reached through the 4-H community clubs in St. Clair County during the 2024-2025 4-H Year.

4-H SPIN Clubs

- 108 youth participated in 4-H through the SPIN Clubs which are short-term 4-H clubs focused on a specific topic. Among the 3 SPIN Clubs offered in St. Clair County this year, clubs focused on Science and Nutrition.

4-H School Enrichment, In-school and Afterschool Clubs

- 712 youth were reached by school enrichment programs in St. Clair County in 2024-2025.
- 11 classrooms across the county were reached through the Embryology: Hatching Chicks in the Classroom program culminating in 35 hours of learning about development, agriculture and sanitation, in addition to responsibility.



Local Impact

4-H Programming Participation

- 16 youth served in a leadership role within their club.
- 23 youth demonstrated their public speaking and communication skills by participating in Achievement Day held in St. Clair County this year.
- Youth showcased what they learned in their projects this year with 5 exhibits by 3 youth shown at the Land O' Lakes Fair.
- St. Clair County was represented by 7 youth exhibiting in the 4-H Building and Livestock Shows at the Missouri State Fair in 2025. 5 youth also had their exhibit selected as a Best of Show in the 4-H Building.
- St. Clair County youth also sited in on their future through their shooting sports projects which strives to teach them focus and safety while honing their skills and developing sportsmanship. 1 youth competed in the Missouri 4-H State Shoot events this year.
- 2 youth participated in MOVE Across Missouri, where youth and adults are encouraged to track their physical activity and fitness in their daily life, learning about healthy lifestyles.
- 5 youths from St. Clair County collected food items and funds which donated meals through the 4-H Feeding Missouri Initiative. Many of these meals were given to support food insecurity needs locally.
- Youth also took their 4-H experience beyond the county lines participating in the following events:
 - o State 4-H Teen Conference -1
 - o STEM Day at Cottey College -3

St. Clair County members enrolled in a combined total of 28 projects during the 2024-2025 4-H Year. The top project areas included:

- Cake Decorating
- Horse
- Arts and Crafts
- Woodworking
- Poultry



Local Impact

4-H Programming Impact

- 4-H members are twice as likely to go college compared to their non 4-H peers and they tend to pursue careers in STEM fields (Lerner & Lerner, 2011).
- 4-H also prepares youth for the workplace. Youth must be prepared to live and work in a world we cannot completely envision- competing for jobs that do not yet exist, using technologies that have yet to be identified. 4-H is the only youth development program with direct access to technological advances in agriculture, life sciences, and social sciences from the university system. This brings relevant science content and hands-on learning that helps youth thrive (Arnold, Bourdeau, & Nott, 2013).

4-H Volunteers

4-H Volunteers are the true muscle of the 4-H program, extending the reach of 4-H professionals and making a difference in the lives of youth by connecting them with a caring adult to support them in their development.

- St. Clair County 4-H members were supported by 34 enrolled, screened and oriented adult volunteers supporting the development of youth in the 2024-2025 4-H Year.
- Volunteers contributed 3400 hours to the St. Clair County 4-H program valued at \$118,286.
- 3 volunteers participated in volunteer development efforts including the Club Leader and Project Leader Meeting offered by 4-H Professionals to learn and be equipped for the leadership roles in which they serve.

Adult volunteers serve as mentors for our youth, helping them transition into caring, healthy adults who contribute back to their communities, which is priceless.

Resources

- Arnold, M., Bourdeau, V., & Nott, B. (2013). Measuring science inquiry skills in youth development programs: The Science Process Skills Inventory, *Journal of Youth Development*, 8(1).
- Arnold, M. E. (2018). From Context to Outcomes: A Thriving Model for 4-H Youth Development Programs. *Journal of Human Sciences and Extension*, 6(1), 11. <https://doi.org/10.54718/NBNL5438>
- Independent Sector. (2023). *Value of Volunteer Time Report | Independent Sector Resources*. Independent Sector. <https://independentsector.org/resource/value-of-volunteer-time/>
- Lerner, R.M., Lerner, J.V. (2011). The positive development of youth: Report of the findings from the first seven years of the *4-H Study of Positive Youth Development*. Retrieved from <http://www.4-h.org/about/youth-development-research/>.
- U.S. News and World Report (2011). How Higher Education Affects Lifetime Salary. Retrieved from <https://www.usnews.com/education/best-colleges/articles/2011/08/05/how-higher-education-affects-lifetime-salary>

St. Clair County

Missouri 4-H

Profiles and stories



Afterschool third grade students participated in STEM projects throughout the year.



4-H members participated in Cotter College STEAM Day.

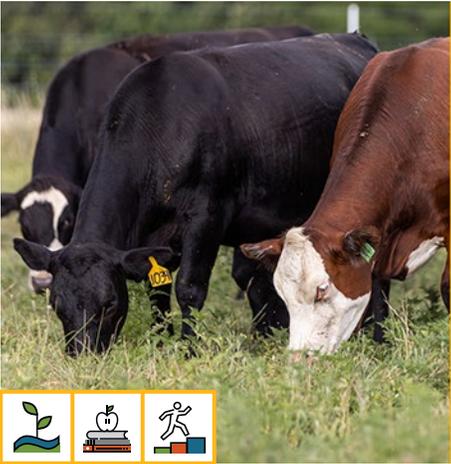
Students at Osceola Summer School received education and fun STEM activities.





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through credible statewide programs

Agriculture and Environment



Missouri Grazing Schools teach management-intensive grazing by dividing large fields into smaller paddocks and systematically rotating livestock among them. Producers who attend the 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



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 Agricultural Business and Policy (ABP) program drives the growth of Missouri's agriculture economy by equipping farmers, ranchers, landowners and agribusinesses with the knowledge and tools to make sound farm management decisions. ABP provides interactive programming and tailored resources such as enterprise budgets and farm accounting tools and valuable executive education through its annual Agricultural Lenders School and seminars. These programs deliver key insights, market outlooks, policy updates and practical tools to help lenders and their clientele navigate volatile farm economies. ABP conducts unbiased comprehensive surveys on farmland values, custom farming rates and cash rental rates. These surveys for farm operators, ag lenders, government agencies and industry stakeholders provide valuable insights into trends and indicators of farm financial health.



Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Agriculture and Environment

Profiles and stories

Patrick Davis, Livestock Specialist



St. Clair County MO Cattlemen's Association Meeting

MU Extension collaborated with St. Clair County MO Cattlemen's Association to provide this meeting with support from St. Clair County State Bank. Patrick Davis MU Extension Livestock Field Specialist provided a presentation on "Fly and Tick Control for Cattle." 37 participants were educated in management strategies to reduce fly and tick problems in their cattle operation and use these strategies to reduce economic loss in their operation.

MU Extension Livestock Bus Tour

This bus tour educates livestock producers on various aspects of livestock production and university research in livestock in Kansas and Nebraska. Also, there were stops that educated producers on cattle breed associations. The 4-day tour had stops in NW Missouri, NE Kansas and SE Nebraska. Participants gained knowledge that they can use on their livestock and forage operations to help make them successful. There were 5 St. Clair County tour participants.

Agriculture and Environment

Profiles and stories



Lowry City Beef Cattle Producer Meeting

This meeting was provided to educate 21 cattle producers on current topics in the cattle industry and support by Wheeler Livestock Auction, Osceola, MO.

Speakers and topics were as follows:

Jake Hefley MU Extension Ag Business Specialist-Baling vs buying Hay

Patrick Davis MU Extension Livestock Field Specialist-Feeding Cattle Through the Winter

Andy McCorkill MU Extension Livestock Field Specialist-Hay and Livestock...Thoughts on the efficiency of feed usage

Specific knowledge that participants gained from the meeting included:

Cattle feeding and nutrition

Ways to improve hay feeding and storage to reduce wastage

Specific implementation of that knowledge included:

Change feeding strategies

Separate spring and fall calving cows

Agriculture and Environment

Profiles and stories

David Brown, Livestock Specialist



American Lamb Consumer & Producer Workshop

55 attendees, including sheep producers, MU Extension specialists, and 4-H/FFA members learned about common misconceptions surrounding American lamb, its nutritional benefits, key indicators of a successful sheep enterprise, and heard a producer's success story. The event was made possible with support from five generous sponsors.



Agriculture and Environment

Profiles and stories

3rd Annual Sheep and Goats Field Day

I organized the 3rd Annual Sheep and Goats Field day.

There were over 100 producers in attendance.

Educational topics covered hoof care, FAMACHA Certification, First Aid Kit for Sheep, Reproduction, Biosecurity etc.





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through credible statewide programs

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.



Strategic Doing is a one-day workshop that guides community stakeholders through an inclusive, problem-solving approach to developing high-impact projects to address local development issues.

"I highly recommend this incredible program to any community looking for focus and direction."

Strategic Doing participant

The city of Risco, Mo., lacked retail options for food. Risco's Strategic Doing workshop and follow-up activities resulted in a GROCERY STORE OPENING in the community.

Legend



Agricultural Growth & Stewardship



Economic Opportunity



Educational Access & Excellence



Health & Well-Being

Local Impact

2025 Good Neighbor Week

The first week of October 2025, the Extension Council, employees of the county courthouse, Chair Yoga program participants and members of the community donated over 200 pounds of food and \$130.00 in cash to the St. Clair County Food Banc in Osceola. The Extension Council hosted a Food Drive from September 8 – October 4 for this worthwhile cause.



Business and Community

Local Impact

MO-Excel

The MO-Excel grant was from the Missouri Department of Higher Education and Workforce Development. The Mizzou Center for Family Policy & Research partnered with the MU Extension – Business & Community Team to strengthen and expand the child care workforce by building new credentials and expanding existing pipelines. Here are some outcomes from the Business & Community projects.

WEBINARS:

A series of 4 webinars began to bridge the gap between the education community and the economic development community. These webinars were a mix of presentations and panel discussions with key speakers from across Missouri. There were a total of 204 participants in the webinars from 36 counties. The webinars included:

Early Child Care Supports Thriving Businesses:

The State of Early Child Care in Missouri
Policies That Support Families in the Workplace
Financing Early Child Care

A total of 3 participants were from St. Clair County





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

Continuing Education



The **Law Enforcement Training Institute (LETI)** offers advanced training on a wide variety of topics, including defensive tactics, firearms, use of force and de-escalation. LETI offers customized programs for all required continuing education areas of concentration.



The programming from the **MU Fire and Rescue Training Institute (MU 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 firefighter and emergency responders.



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



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.



Stay Strong, Stay Healthy supports older adults in maintaining strength, balance, and mobility to fully engage in the activities that matter most to them. The program combines safe, effective exercises with practical information on nutrition and wellness, helping participants build confidence, connection, and **well-being** for lifelong health.

After eight weeks, participants in the Stay Strong, Stay Healthy program showed significant improvement in their STRENGTH, BALANCE and SLEEP QUALITY.



Cooking Matters

Make quick, tasty, and affordable meals everyone will enjoy.

Learn valuable tips for stretching your food dollars and how to prepare a recipe and sample easy, low-cost, nutritious and delicious dishes.

“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



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Access &
Excellence



Health
& Well-Being

Local Impact

Lynnlee Parrott, Health and Nutrition Specialist

In 2025, St. Clair County had three 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.

St. Clair County had five Stay Strong, Stay Healthy programs that saw 40 participants. There are many improvements and benefits of this program including 73% of participants improving their balance, an average of 71% of participants improving their flexibility, and 93% of participants improving in their gait/walking speed. Additionally, 97% of participants shared they have more knowledge of how to strength train properly. 96% of participants said their fitness improved. By completing the program, it is estimated that each participant saves over \$1,000 in healthcare costs every year. In 2025, people in St. Clair County saved a total of \$40,960 by joining and completing the Stay Strong, Stay Healthy program.

Walk with Ease is a program that helps adults with arthritis begin exercising safely and confidently, again. St. Clair County had one program offered that saw ten participants, where seven of the ten participants completed 80% of the available classes.

Flexible Foundations: A Chair Yoga Approach Pilot

Program is designed for older adults to improve in their flexibility, leading to decreased pain and improved balance. St. Clair County had one program with seventeen participants.



Health and Human Sciences

Local Impact

I was a guest speaker at the **2025 American Lamb Consumer and Producer Workshop** in Osceola in February. My topic was the nutrition value of the different cuts of lamb and how preparation can change that value. There were approximately 55 adults, 4-H and FFA members in attendance.

I created and produced 9 issues of **“Lifestyle Letters with Lynnlee”**, my newsletter covering a variety of health, nutrition, and wellness topics and recipes sent to over 30 residents of St. Clair County.



Local Impact

Kyleigh Brown, Human Development Specialist

KEEP YOUR KEYS

The Keep Your Keys program is a driver-safety course geared toward people 55 and older, caregivers and facilitators, typically health educators, policy or highway patrol departments, nurses, etc. University of Missouri Health Care's Injury Prevention and Outreach Program provide resources for adults – both individuals and caregivers – who may need support to continue driving or retire from driving.

There are [four main factors](#) that can affect driving as one ages:

Decreased flexibility and strength

Decline in vision and/or hearing

Cognitive issues

Medication interactions

6 residents from St. Clair County participated in this event.



Local Impact

Debbie Doty and Beth Tilton, Nutrition Program Associates

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.

3,026 direct and indirect contacts were made in St. Clair 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 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.

Zero of these youth and adult participants reside in St. Clair 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.