



UNIVERSITY OF MISSOURI EXTENSION

Ste. Genevieve County

2024

Annual Report



1300 Progress Parkway, Suite B
Ste. Genevieve, MO 63670
Stegenevieveco@missouri.edu
(573) 883-3548



Extension

University of Missouri

an equal opportunity/ADA institution



Office of Extension
and Engagement
University of Missouri

Vice Chancellor's Office
108 Whitten Hall
Columbia, MO 65211
PHONE 573-882-2394
EMAIL cchiggins@missouri.edu

December 2024

Dear county commissioners, elected leaders and friends of MU Extension and Engagement,

As we reflect on the past year, I want to express my deep gratitude for your support of MU Extension and for your partnership in enhancing the lives of Missourians.

Your support for MU Extension fuels Missouri's agriculture, strengthens families, prepares our youth and promotes the health, well-being and vitality of our communities. Over the past year, our programs have focused on addressing key needs throughout the state:

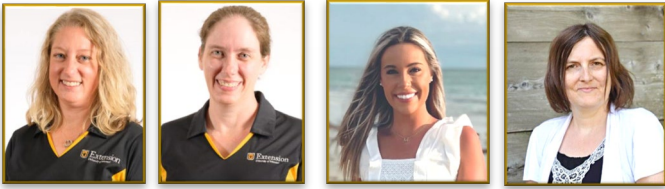
- **Expanding access to 4-H:** To make 4-H more accessible, we've introduced more in-school and after-school clubs, reducing barriers and creating opportunities for young Missourians to develop essential skills and leadership abilities.
- **Supporting agriculture and land stewardship:** We're addressing critical issues such as succession planning for family farms, rural mental health, agricultural business management and land stewardship. These initiatives are helping Missouri's farmers plan for the future and preserve the health of our land for future generations.
- **Advancing health initiatives:** Our team of community health field specialists, covering every region of the state, works directly with local leaders to assess health needs and bring UM System resources and expertise to these communities, supporting healthier lives and stronger communities.
- **Promoting economic development:** MU Extension is helping to create economic opportunities by working with individuals, supporting businesses in their growth and collaborating with communities to enhance local vibrancy. Through these efforts, we help bring new jobs, skills and possibilities to Missourians across the state.
- **Providing essential training:** Our continuing education programs prepare Missouri's firefighters and health care workers to meet the demands of their roles with the latest skills and knowledge, ensuring they are well-prepared to serve our communities.

As you read through this annual report, I hope you feel as proud as I do of the accomplishments we've achieved together. The dedication and professionalism of MU Extension's faculty and staff are inspiring, and I am grateful to work alongside them—and each of you—as we make Missouri a stronger, healthier and more vibrant place. Thank you for your continued support and partnership. Together, we are serving Missouri by delivering the University *for* Missouri.

Warm regards,

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

Staff and Faculty



- Kendra Graham, Extension and Engagement Specialist and Field Specialist in Livestock
- Kate Kammler, Field Specialist in Horticulture
- Makenzie Fincher, 4-H Youth Program Associate
- Jodi Ralston, Office Manager

Staff Also Serving:

- Sarah Barks, Field Specialist in Community Health
- Alyssa Bowyer, Nutrition Program Associate
- Janet Braun, Field Specialist in 4-H Youth Development
- Gatlin Bunton, Field Specialist in Agronomy
- Charles Ellis, Field Specialist in Agriculture Engineering
- Michael Graham, Field Specialist in Livestock
- Matt Herring, Regional Director
- Sarah Higgins, Field Specialist in Natural Resources
- Brianna Anderson, Field Specialist in Human Development
- Rachel Hopkins, Field Specialist in Agriculture Business

Council and Commission

Council:

- Missy Marberry, President
- Mike Naeger, Vice President
- Jill Naeger, Secretary
- Louis Naeger, Treasurer
- Paul Arnold
- Mike Kertz, Jr.
- Mary Otte
- Corey Simmons
- Jerry Staab
- Karen Stuppy
- Evan Weiler
- Jean Werner

Commission:

- Randy Ruzicka, Presiding Commissioner
- Karen Stuppy, District #1 Commissioner
- Mark Marberry, District #2 Commissioner



Contributors to Annual Report

- **Cover photos:** Staff and Council helping at Chicken Ship Squares, 4-H at Farmer's Table, Veteran's Day Event at 4-H club meeting, Retiring Council Members
- **General News:** Sarah Barks (Page 9)
- **Agriculture and Environment:** Kate Kammler (Page 11), Michael Graham (Page 12), Anthony Ohmes (Page 12), Sarah Higgins (Page 14), and Rachel Hopkins (Page 15)
- **Health and Human Sciences:** Alyssa Bowyer (Page 16)
- **Missouri 4-H:** Makenzie Fincher (Pages 17-18) and Janet Braun (Pages 17-18)

2024 Appropriations Budget

Revenue	
County Appropriations	69,850.00
Total Revenue	69,850.00
Expenses	
Advertising	500.00
Furniture/Equipment/Repairs	1,200.00
Insurance/Bond	2,125.00
Misc	0.00
Office Rent	12,000.00
Office Supplies/Service/ Dues	2,680.00
Payroll/Payroll Expenses	49,004.00
Telephone	925.00
Travel	1,416.00
Total Expenses	69,850.00

About MU Extension

Through the innovations and ideals of the University of Missouri, MU Extension improves lives, businesses and communities by focusing on solving Missouri's grand challenges around agricultural growth and stewardship, economic opportunity, educational access, and health and well-being.

Partners. MU Extension is a partnership of the University of Missouri campuses, Lincoln University, the people of Missouri through county extension councils, and the National Institute of Food and Agriculture of the U.S. Department of Agriculture.

Equality. MU is an equal opportunity/ access/affirmative action/pro-disabled and veteran employer and does not discriminate on the basis of sex in our education programs or activities, pursuant to Title IX and 34 CFR Part 106.

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

A NOTE FROM COUNTY COMMISSIONER KAREN STUPPY

"It has been a very rewarding experience serving as the First District Commissioner and the Liaison for the Extension Council. You have a great extension council that serves our Community very well. I loved working with the extension. I didn't really realize how many services they provide to our community until serving as liaison for the extension and what a great 4H program we have for our youth."

Local Support

Did you know you can donate directly to *Ste. Genevieve* 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.

Ste. Genevieve County



UM System Footprint in the county in 2024



FY24 county students

91 students

- 82 Undergraduates
- 9 Graduate and professional students
- 53 Full-time students
- 38 Part-time students
- 10 Pell grant recipients (aid year 2024)



County employees and retirees

16 people employed by UM

- 10 Campuses
- 6 MU Health Care (includes additional employees gained via the recent integration of Capital Region Medical Center)

7 UM retirees and beneficiaries
 UM salary and retirement income: \$789,169
 UM state tax revenue: \$22,925
 UM federal tax revenue: \$115,956



County alumni

Selected school alumni

- 6 Medicine
- 38 Nursing
- 42 Health Professions
- 4 Dentistry
- 3 Pharmacy
- 5 Optometry
- 10 Veterinary Medicine
- 67 Agriculture
- 123 Engineering
- 9 Law

Alumni teaching K-12

- 20 teachers
- 13.1% of all district teachers
- 2 principals and administrators
- 22.2% of all district principals and administrators



County breakdown

MU

- 35 students
- 301 alumni
- 9 employees

UMKC

- 1 student
- 15 alumni
- 1 employee

Missouri S&T

- 17 students
- 99 alumni
- 0 employees

UMSL

- 38 students
- 182 alumni
- 0 employees



County population: 18,551



County services provided

Health care (FY24)

- 25 in-state patients seen at MU Health Care, with \$2,425 of uncompensated care
- 1 in-state patient seen at UMSL Center for Eye Care with a statewide average of \$32.18 per patient in uncompensated care
- MU Health Care's Missouri Telehealth Network recorded 150 visits to 111 patients having ZIP codes associated with the county

Extension (2023)

- 41,215 Total educational contacts from MU Extension to residents of the county, including:
- 37,658 contacts related to productive farming, better gardening, and managing natural resources
- 3,376 contacts related to healthy eating and aging, strengthening families, personal finance, or youth development
- 7 contacts related to starting businesses, developing community leaders, or renewing the local economy



Construction projects

- \$3.8 million remitted to 1 county vendor, for 1 project



County properties and offices

MU Extension in: Ste. Genevieve County

Ste. Genevieve County



University of Missouri System
COLUMBIA | KANSAS CITY | ROLLA | ST. LOUIS

UM System Statewide Footprint

Economic and Community Development Highlights

- In FY23, Business Development Specialists worked with small businesses and entrepreneurs statewide to create or retain 98,527 jobs.

\$3.1
billion

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

- Between FY18 and FY23, UM System brought Missouri more than \$1.58 billion in federal and private research funds, funded primarily from outside the state, but spent within the state.



In FY24, UM System was issued 29 patents and filed 69 new U.S. patent applications.

- In FY24, the UM System awarded 707 design and construction project contracts throughout Missouri, for a total investment of \$287.3 million in the state.



In FY24, to improve access to medical and health related services, MU Health Care's Missouri Telehealth Network's Show-Me ECHO program provided 16,687 hrs of case-based instruction to 3,113 learners located in 105 of 114 Missouri counties and the city of St. Louis.

Education and Training Provided



40,542 police, fire fighters, and medical professionals attending continuing education (2023)



Agriculture and natural resource programs served 369,077 farmers and related businesses (2023)

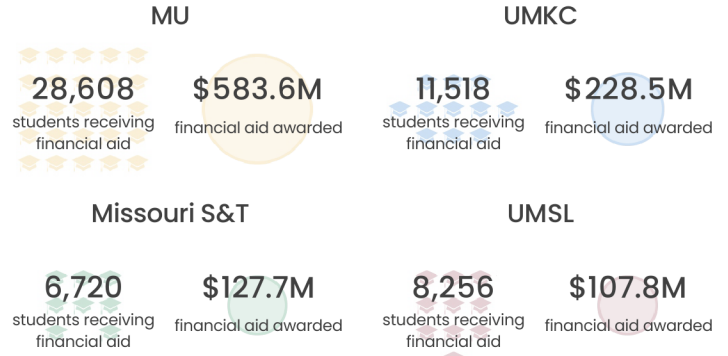


210,577 youth and stakeholder educational contacts in 4-H clubs, schools, camps and other programs (2023)

Education Highlights

FY24 Financial Aid Awards

In FY24, 69.7% of the UM System's 79,014 students received financial aid totaling \$1.048 billion



UM System's MOREnet (Missouri Research and Education Network) provides internet connectivity, access, support and training to 58 higher education institutions (230,000 students), 484 K-12 school districts (830,000 students) and 134 public libraries (serving nearly 3 million Missourians) in 2023.

- UM System awarded 50.5% of the 31,689 Bachelor's or higher degrees awarded by Missouri four-year public institutions in 2023-24.
- UM System awarded 35.0% of the 1,776 research doctorates and 26.8% of the 3,796 professional doctorates awarded by Missouri public and not-for-profit private institutions in 2023-24.
- In FY24, UM System's \$30.7 million in National Science Foundation (NSF) grants represented 96.9% of all NSF grants made to Missouri public colleges and universities.
- In 2024, over 12,400 Missourians accessed mobroadband.org, part of the UM System Broadband Initiative which helped the statewide build-out of high-speed internet infrastructure.

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

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

Prepared in December 2024, based on the best available and most recent data. Data Sources include: Missouri Office of Administration • UM IR • MU Institute for Public Policy • Center for Applied Research and Engagement Systems (CARES) • MU • UMKC • Missouri S&T • UMSL • UM System • UM Health Care • MU Extension • US Census Bureau • US Dept. of Health and Human Services • National Science Foundation



2024 MU Extension Reach Report Ste. Genevieve County



The MU Extension offers programs in **four key areas** to support communities across the state:

- **4-H** empowers youth with hands-on learning experiences that build essential leadership, citizenship, and life skills, ensuring they are prepared for success in school, careers, and life.
- **Agriculture and Environment** focuses on producing food and increasing profits while sustaining farms and natural resource management.
- **Business and Communities** builds ecosystems that support local workforce growth, business development, and thriving communities.
- **Health and Human Sciences** promotes wellness and educates Missouri citizens and decision-makers to improve the quality of life for individuals and families.

Each area is designed to address local needs and strengthen Missouri's communities.

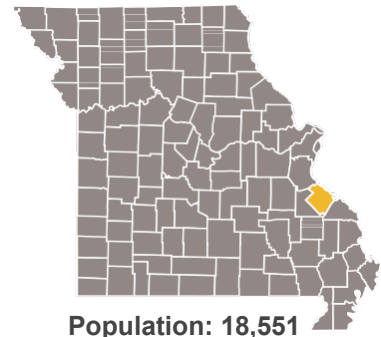


4-H Youth Development

119 participants

7 chartered clubs

15 volunteers



Agriculture and Environment

37,658 Contacts

73 Animal Health & Production Contacts 37,554

Plant Production & Technology Contacts 31 Ag

Business & Policy Contacts



Health and Human Sciences

4,188 Contacts

3,376 Nutrition & Health Contacts



First Responder Education

Fire Rescue Training Institute (FRTI)

67 Number of Students



Business and Community

7 Contacts

7 Business Development Contacts

COUNCIL & OFFICERS

At the 2024 Annual Dinner, new and returning council members were administered the oath of office by County Clerk Sue Wolk. These members included Paul Arnold, Jill Naeger, Louis Naeger, Mike Naeger, Corey Simmons, Jerry Staab, and Evan Weiler.

A new slate of officers was sworn in: Chair Missy Marberry, Vice-Chair Mike Naeger, Secretary Jill Naeger, and Treasurer Louis Naeger.

Retiring Council members were recognized for their service: Former Chair Jessica Weiler, former Vice Chair Sam Fischer, former Treasurer Jason Blum, and former member Donna Ringwald.



Swearing in of 2024 Council members

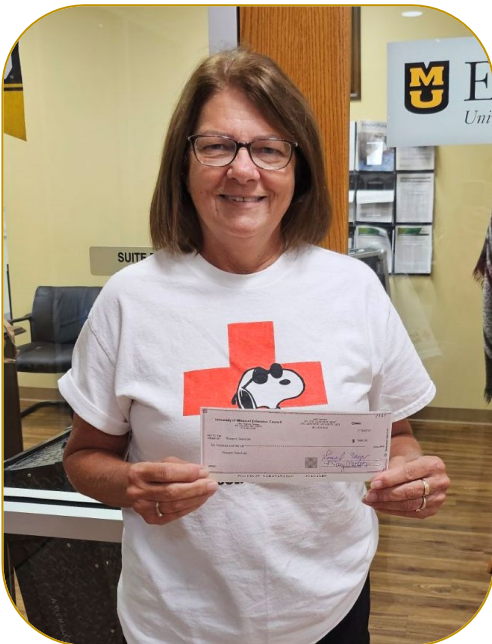
PROGRAM HIGHLIGHT - YOUTH FUNDRAISING

The Chicken Chip Squares raffle raises funds to support school-age youth in Ste. Genevieve County. This year, Extension donated towards two programs. One program, the Ste. Gen School District RII District's Backpacks for Friday, provides food assistance. The other, Ste Genevieve County Community Center's Adopt a Family Program, provides gifts to children during the holiday season.

Winners of this year's raffle were:

- 1st Place: Roxann Okenfuss
- 2nd Place: Donnie Bauman
- 3rd Place: Layla Arnold

Last but not least, a special shoutout goes to the 4-H members, Hazel Schwent and James Roth, who kindly let us borrow their chickens, which picked the winners of the raffle.



1st Place Chicken Chip Squares winner, Roxann Okenfuss

SERVING THE COMMUNITY: COMMUNITY HEALTH IS A PRIORITY

Since joining MU Extension in April, Sarah Barks has been actively contributing to community health initiatives. She completed the MO-RE course, which facilitated the development of a Strategic Plan for her regions. As part of the course, she conducted a Community Voices survey, gathering input from 86 respondents across her regions to identify and prioritize focus areas. The top priorities identified in the East Central and Southeast Regions of Missouri were heart disease, poor mental health, and lung cancer, guiding her work in these counties. Barks has attended coalition meetings, participated in Sequential Intercept Mapping, and contributed to the development of Community Health Improvement Plans. She earned certification in WeCanPropser Resiliency Training and has since delivered the course **five times**. Additionally, she presented regional needs assessment findings to MU Extension councils and community partners, including coalitions, and recently shared insights on the Recovery Friendly Workplace Initiative. In August, she completed training in the Strengthening Families Program 10-14 and assisted in facilitating the program for a local coalition.



Sarah Barks with CHEO team at Strategic Planning



Extension Engagement Specialist Kendra Graham presenting Bill Kraemer with award

OUTSTANDING SERVICE: LEADER'S HONOR ROLL

Bill Kraemer received the Leaders Honor Roll Award for his outstanding commitment and service as a community leader. Kraemer is a long-time advocate in the fight against opioid addiction, playing a significant role in raising awareness of the issue in the county through his involvement with the inaugural Addiction Awareness Campaign, as well as during his time as chairman of the Resources to Recovery board and member of the Community Services Forum. In 2021, he created a large purple ribbon to raise awareness about the opioid crisis and combat the stigma surrounding addiction and recovery. This symbol of the cause has travelled around the county garnering support and signatures.

STAFF RECOGNITION

This year, Kate Kammler, Field Specialist in Horticulture, received the Missouri Farm Bureau Federation Outstanding Agricultural Specialist. Presentations were made by Vice Chancellor for Extension and Engagement Chad Higgins and University of Missouri Chief of Staff John Middleton, along with Eric Volmer with Missouri Farm Bureau. Each year the award is given to select individuals who have demonstrated their desire to work closely with Farm Bureau and have supported agriculture throughout their careers.



Kate Kammler receiving her award



Mike Kertz, Jr. and Paul Arnold during the Day of Service

DAY OF SERVICE

Every year, MU Extension brings together our personnel and council to work on community-enhancement projects. This year, we turned our attention to some necessary updates to our own grounds. Horticulture Specialist Kate Kammler and Council members Mike Kertz, Jr. and Paul Arnold worked together to replace worn signage and remove an outdated raised flower bed in front of the Ste. Genevieve County Extension office. These improvements have enhanced the visibility and welcoming atmosphere of our space.

2024 HORTICULTURE AT A GLANCE

- **1961 direct contacts** through programming where participants are actively engaged in the learning process. Programs included home vegetable gardening, commercial organic specialty crop production, Garden Hour with MU Extension, bug bingo, plant diseases, pumpkin production, weed control, and many more.
- **610 requests** for horticulture information through calls, emails, walk-ins or site visits from **28 counties** and **4 states**.
- **2,310+** subscribers to the monthly Garden Spade newsletter with a **5%** increase in subscriptions during 2024. Topics include insects, weeds, landscape plants, trees, fruit, vegetables, and much more.
- **36,700+** views of horticulture MU Integrated Pest Management YouTube videos for commercial producers.
- **133** soil test reports processed: **31** lawn and garden, **100** field crops and forage, and **2** commercial horticulture production



Kate Kammler teaching about pumpkins, squash, and gourds at the State Women in Ag Conference

KEY SUCCESSES

- Participants in pesticide safety programs increased their knowledge on pesticide handling, safety, restricted use, disposal, contamination, understanding labels, and guides.
- Plant identification can help determine edibility, control strategies, and possible issues for animals and people.
- Youth and adults learned about pest insects, beneficial insects, and how to identify common insects by playing Bug Bingo.
- Participants in the hydroponic workshop learned basic terms, hydroponic systems, problem solving, and growing.
- Soil tests save clients money and the environment by not over applying fertilizers, manures, composts, & organic matter. For instance, many soil test results reveal excess levels of phosphorus and potassium. Consultation on results provides education, such as understanding how “loving” plants to death can cause harm.



Bug Bingo is a fun way for youth and adults to learn insect identification and pests vs. beneficial insects.



Grazing School

SOUTHEAST REGIONAL GRAZING SCHOOL

The Missouri Regional Grazing Schools are educational programs taught by the Natural Resource Conservation Service (NRCS) and University of Missouri Extension (MU). The goals of the program include educating producers in the art and science of grazing management, transferring new technology in grassland management to producers, and qualify producers for the state DSP3 cost-share program through the soil and water conservation district.

Twenty-two producers from **eight** counties attended the local grazing school held in Ste. Genevieve.

Long term impact as indicated by survey was **95% of participants** will adopt or will improve upon current managed grazing practices that will sustainably meet the nutritional needs of livestock by optimizing forage production while reducing input costs and protecting natural resources.

THE SHOW-ME-SELECT REPLACEMENT HEIFER PROGRAM

Created in 1998 the three objectives for the Show-Me-Select Heifer program is:

1. Improved heifer development through a Total Quality Management strategy.
2. Increased marketing opportunities for and added value for Missouri-raised heifers.
3. Creating of reliable sources of quality replacement heifers based on management, reproduction, and genetics.

This program uses a collaborative effort between the producer, the MU extension livestock specialists, and local veterinarians to create a reliable source of replacement heifers in terms of genetics and management.

1. Two sales were held in St. Francois County in 2024 at the Farmington Regional Stockyards. **228 total heifers sold** from 15 producers.
2. Gross revenue from the Farmington Show-Me-Select sales were **\$692,775.00** in 2024.



MO STATE FAIR FARM FAMILY

On August 12, Aaron and Missy Naeger and their family were honored as the Ste. Genevieve County Farm Family during the 67th annual Missouri Farm Family Day at the Missouri State Fair.

Farm Family Day at the state fair showcases the impact Missouri Farm Families have on the economy and heritage of the state on a local level. 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.

Aaron and Missy Naeger, and their two daughters Magnolia and Caroline, comprise Bar MC Livestock. Both daughters are involved in 4-H and enjoy showing cattle, which they have done at the Ste. Genevieve County Fair as well as several out of county prospect shows. Besides the family's involvement in 4-H and livestock, the family's agricultural interests include a larger farming operation in which Aaron works along with his dad and brothers as well as future interests in Angus show cattle.



Naeger Family at the State Fair Farm Family Day

CENTURY FARMS

A Missouri Century Farm has been owned by the same family for 100 years or more, symbolizing a legacy of dedication to agriculture and stewardship of the land. The program, established by the University of Missouri Extension, the MU College of Agriculture, Food, and Natural Resources, and the Farm Bureau, honors these families' contributions to Missouri's rural heritage. In 2024, the Anthony and Mary Valle farm joins the ranks of county farms recognized for this milestone achievement.



Linda and Mike Hagan receiving the Century Farm sign on behalf of their family.

2024 NATURAL RESOURCES IN REVIEW BY SARAH HIGGINS

This year saw the expansion of natural resources programming to many of my counties. I'm happy to report some highlights of 2024:

- Forest Health Field Day in the Shoal Creek Watershed in Crawford County
- Invasive Plant Workshops in Dent and Texas Counties
- Revival of Missouri Women Owning Woodlands (WOW) program
 - Monthly virtual Zoom meetings featuring women natural resources professionals connecting with women woodland owners over topics of interest.
- Youth programming: 4-H soil and water experiment and watershed curriculum
- Keep Your Forest in the Family Legacy Workshop

It was great getting to connect with everyone in person and over Zoom. I will continue to offer virtual natural resources programming as it's the best way to reach all my counties. I will also continue to bring in-person programming to more counties as well. Thank you all for your support in 2024.

LOOKING AT 2025

Here are a few programs to keep an eye out for in 2025.

- Women Owning Woodlands Monthly Zoom meetings
- WOW Chainsaw Safety Courses
- Invasive Plant Workshops
- Tree identification hikes
- Forest Management field days & tours
- Natural Resources youth programming

Recreational Land Acres

The recreational land use data documents Missouri land under federal, state or local government control with open or restricted access to the public. Land with no access is not included.

Acres in Protected Area

15,823

Missouri 1,791,829

Ste. Genevieve

Data Source: [United States Geological Survey \(USGS\) Protected Areas Database](#), 2023.



The Missouri Master Naturalist program is a community-based initiative for adults, supported by the Missouri Department of Conservation and MU Extension. It aims to create a group of knowledgeable volunteers who can offer education, outreach and service for the responsible management of natural resources in Missouri communities.

Additionally, the **Missouri Woodland Steward program** offers a short course that equips private landowners with knowledge of woodland management, helping them identify wildlife habitats, develop plans and connect with local natural resource experts.

2024 AG BUSINESS SUCSESSES

- **Monthly emails** out to subscribers letting them know of upcoming Extension programs in the region.
- Presented at the **Missouri Livestock Symposium** on the Beef Feeding Profitability Tool, G462.
- **Rural Safety Day** educates 3rd graders in Washington County of hazards they might encounter and thus preventing traumatic injuries.
- **Tax Workshops** educate participants on timely tax issues and how they can better manage tax liability.
- **Wurdack FFA Day** provides a learning opportunity for 9th graders on different fields in agriculture and exposes them to new ideas and concepts.

1,678 DIRECT CONTACTS

3,447 INDIRECT CONTACTS



The cannulated bovine is always a memorable time with the FFA students.



Producer Field Day at Wurdack is a great way to reach local producers. The topic this year was the financial aspects of Native Grass. (Rachel Hopkins)

2024 AT A GLANCE

- **757** direct contacts in Beef Production Systems.
- **42** Lenders attended 'What Lenders Need to Know in 2025' in Jefferson City. Lenders heard from presenters discussing Market Outlooks, Policy Updates, MASBDA and Farmland Values and Rental Rates.
- **115** attendees at the Farm Tax Workshops held in December, both in-person and online. Rachel presented on Conservation Tax Implications for this workshop.
- **97** mid-Missouri farmers and ranchers attended the Central Missouri Forage & Beef Conference in Maries County.
- **22** local producers attended the Wurdack Producer Field Day in October to hear about local applicable topics.
- **6** attendees at the Succession Planning in Ste. Genevieve
- **66** producers attended three Grazing Schools where Financial Aspects of Grazing were taught.

SNAP-ED DELIVERS IMPACT

The Supplemental Nutrition Assistance Program Education (SNAP-Education or SNAP-Ed) brought \$11,145,237 in federal funds to Missouri. The funds support engagement with 74,864 Supplemental Nutrition Assistance Program (SNAP) recipients and eligible citizens of Missouri who learned about being active and healthy eating on a budget. This year the program had 1,164,143 indirect educational contacts through newsletters, health fairs, food pantries, and the Show Me Nutrition helpline. There were **1,070 direct and indirect contacts** were made in Ste. Genevieve 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.

SUCCESS STORY BY ALYSSA BOWYER

"While teaching a 6-lesson series in a kindergarten classroom, a long-term substitute told me that I had her grandson in another kindergarten classroom. During our previous lesson I had brought bell peppers to taste. Her grandson requested bell peppers that night and started bringing them in his lunch! Since the substitute had seen multiple lessons with me, she could explain the program to her daughter. Her daughter said, "That is so cool! I've never been able to get him to try bell peppers!"

Class tastings are so important for food behavior changes! They affect not only the student but the whole family."

PROGRAM HIGHLIGHT

The Expanded Food and Nutrition Education Program (EFNEP) brought \$1,624,777 federal funds to Missouri. These funds were used to enroll 559 limited-resource families in nutrition education and meal preparation classes, representing 2,068 family members. Additionally, 2,864 youth were enrolled in EFNEP classes. 25 of these youth participants reside in St. Genevieve 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.



Nutrition Program Associate Alyssa Bowyer with participants at a Smoothie Bike event

4-H MEMBERS VALUES IN ACTION

Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs.

Head: Empowering Youth through Knowledge and Skills – At 4-H, youth learn best when they engage in hands-on experiences that stimulate their minds and build essential life skills.

- **98% of 4-H members** were engaged in science-related projects, enhancing critical thinking and problem-solving abilities.
- 124 county members enrolled in **50 different project areas**, including **STEM-focused projects** like **Computers/Robotics, Swine, Beef, and Gardening**.

Heart: Developing Social and Emotional Skills – According to a 2022-2023 evaluation study of Missouri 4-H members:

- 95.8% said they think about others' feelings before they say something.
- 99.3% said they treat others the way they want to be treated.
- 98.6% reported that they like to learn new things.
- 65.3% are comfortable speaking in a group.

Hands: Encouraging Community Engagement and Giving - Over 100 hours of community service projects were completed by 4-H members and volunteers during the 2023-2024 4-H Year. The equivalent of 338 meals were donated in the county through the 4-H Feeding Missouri Initiative in 2024.

Health: Promoting Healthy Living and Well-Being - 4-H encourages youth to maintain a healthy balance in life. Student Nutrition Advisory Council Clubs in the county reached **26 youth**, with leadership projects focused on promoting **nutrition and fitness** in their communities.



4-H Night at the Museum

PROGRAM HIGHLIGHT

In 2024, nine youth, three youth counselors, and three parent volunteers attended overnight camp for the first time. At camp, youth engage in hands-on science and nature activities while building independence, forming new friendships, and practicing life skills like decision-making and responsibility. They also gain a deeper understanding and acceptance of individual differences. Programs like this foster personal growth, shape youth into responsible adults, and inspire interest in science-related careers.

LEARNING BY DOING: CLUB AND FAIRS

4-H Clubs provide in-depth educational experiences where members develop life skills like decision-making, public speaking, and teamwork. Guided by adult volunteers, members "learn by doing" through diverse projects. Clubs also engage youth in community service, leadership roles, and educational trips, fostering interests in citizenship, communication, and leadership. 4-H livestock projects also teach young people about the business side of animal production, including the economics of purchasing animals, equipment, and facilities.

- **124 County members** enrolled in a combined total of 50 project areas in 2024. The top project areas included Swine, Beef, Small Animal, Arts/Crafts, Computers/Robotics, and Foods/Gardening.
- **158 exhibits** in the exhibit hall and **101 animals** at the 2024 Ste. Genevieve County Fair by 4-H and FFA members, who are also supported through youth programming. The livestock sale held during the fair brought in **\$300,000** for the local youth.
- Ste. Genevieve County youth displayed over **10 exhibits** in the 4-H Building and livestock shows of the Missouri State Fair.



Chicken harvest for Farmer's Table



Goat demonstrations at club meeting

4-H VOLUNTEERS SUPPORT YOUTH

- Ste. Genevieve County 4-H members were supported by **13** enrolled, screened and oriented adult volunteers supporting the development of youth in 2024.
- Volunteers contributed **12,000 hours** to the Ste. Genevieve County 4-H program valued at \$401,880

Volunteers participate in training and support opportunities provided by MU Extension youth faculty, equipping them to create valuable, safe, and supportive learning experiences. They are vital to the 4-H community, organizing meetings, fundraisers, and events while teaching life skills and fostering qualities like respect and responsibility. As mentors, volunteers guide youth in becoming caring, healthy adults who give back to their communities—a priceless contribution.