

# EXTENSION TRENDS: **MINIDOKA COUNTY**

University of Idaho Extension, Minidoka County • [www.uidaho.edu/minidoka](http://www.uidaho.edu/minidoka)



## 2022 By the Numbers

- **13,854** direct contacts
- **8,444** youth participants
- **104** volunteers
- **3,190** volunteer hours
- **\$100,000** extramural funding

## Our Advisory Council

Special thanks to our volunteers who help shape programming and inform the work we do for UI Extension in Minidoka County: Kathleen Whitlock, Dixie Tate, Kris Faux, Susi McCall, Jessie Williams, Heather Hepworth, Staci Joyce, Nikki Kent, Wendy Beedle, Jeff Miller, Brian Kossman, Salvador Moreno, Jessica Stapleman, Doug Hansen, Diana Wheeler, Troy Draper, Justin Studer, Tawnya Tracy, Adrian Vergara, Camryn Clark, Lexie Evans and Shalynn Garner.

## UI Extension Educators



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## 2022 Impact

FCS Educator Becky Hutchings and UI Extension Central District team members developed Healthy Meals for Busy Families. This class covers nutrition and food safety for slow cooker, electric pressure cooker, one skillet and freezer meals. The class was well received with participants from as far as Oregon. Hutchings has also developed many electric pressure cooker classes, including freezer meals; Cook Once, Eat Twice; Bread Baking; and Jam Making. She maintains the Cooking Under Pressure Facebook that currently has 525 members, 40 more than last year, 505 videos and over 300 posts containing recipes, tips and tricks.

Ag Educator Jason Thomas is wrapping up his barn owl box program which focuses on using barn owls to reduce vole populations. Over the last five years, Thomas and his team have taught 2,891 individuals about the topic. As a result, farmers with over 77,736 acres have begun adopting ways to use barn owls in their pest management regimen. Thomas also completed the creation of the Pest Friends board game, a curriculum focused on teaching farmers about the importance of pest management. Thomas received a \$100,000 grant to support this work.

## 4-H in Minidoka County

Thomas led a team who reached over 10,000 individuals with bug handling classes. This effort was meant to help youth learn that not all insects are harmful. A total of 439 youth were surveyed and 86% indicated they felt more comfortable being around bugs than before.

The Highway to a Healthy Harvest program was delivered, with 27 youth participating in a field trip to learn about agriculture and a healthy diet. Youth toured Poteet Farms, Whitesides Dairy, Great Harvest Bread, Vicky's Country Gardens and Maier's Meats to learn about a healthy diet and the importance of agriculture. Most youth surveyed were not consuming a healthy diet according to MyPlate recommendations. By the end of the program, 85% understood what they should be consuming.

4-H Program Coordinator Jeni Bywater coached a varsity 4-H LifeSmarts team who qualified for the national competition in Washington, D.C. LifeSmarts teaches teens about technology, the environment, personal finance, consumer rights and responsibilities, and health and safety. The team placed third nationally. Each member received a \$750 college scholarship and a \$50 Target gift card.

## On the Horizon

Hutchings has received an in-kind donation from the Blackstone Corporation for a Blackstone Griddle Cooking Station. Summer classes will take place with the goal of helping Idaho families make healthy meals at home while saving money.

Thomas continues to work on enhancing Pest Friends, which he will be promoting across the western United States thanks to a Western SARE grant. He is also developing additional scenarios for the game and an app-based version. He is currently working on multiple videos focused on improving water use and measure in collaboration with the Idaho Water Users Association and pest management videos.

Bywater will continue to coach teens in the LifeSmarts program to gain confidence in this ever-changing world. They will develop teamwork skills, communication skills, build their self-esteem and leadership skills, and have fun in the process.