UI Extension, Kootenai County offers forestry, family and consumer sciences (FCS), home horticulture, water quality, and 4-H youth development programming and education. FCS programs focus on nutrition, wellness and obesity prevention. The UI Extension Northern District's Eat Smart Idaho program is managed in Kootenai County and focuses efforts on access to healthier foods for low-income families. Programming includes the Smarter Lunchroom Movement in three local school districts and Healthy Food Pantry/Healthy Food Drive initiatives supporting many North Idaho pantries. In 2021, FCS programs helped over 2,500 youth and adults establish healthy eating habits and a physically active lifestyle. Participants showed improvement in dietary knowledge or practices, use of food resource management, food safety, physical activity and an improved sense of food security.

FCS Educator Shelley Johnson has implemented meaningful access to healthy food through various healthy food drives and Christmas for Kids with the Boys and Girls Club of Kootenai County. The Post Falls School District food drive that Johnson plans a major role in revamped their competitive school vs school food drive to a Stuff the Bus Campaign. District food drive that Johnson plans a major role in revamped their competitive school vs school food drive to a Stuff the Bus Campaign. This same program can be altered to appeal to other audiences.

UI Extension Water Outreach provides youth and adults with science-based programs related to water quality in Idaho's 10 northern counties. Educational events include learning how to protect drinking water, how to avoid polluting the sole-source Rathdrum Prairie Aquifer, understanding how to protect streams and lakes with best management practices, to learning how to scientifically assess the water quality of streams and lakes.

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Area Educator Jim Ekins partnered with multiple organizations and agencies to engage with 300 north Idaho high school students to learn about watershed science. An entirely hands-on education is implemented, including field trips to engage students in real world data collection and the development of research-based solutions to local water issues for The Confluence Project's Youth Water Summit. More than 75 adult citizen scientists learned how to scientifically assess their local stream or pond. More than 80 K-12 teachers learned how to use the activity-based Project WET (Water Education for Teachers) curriculum in their K-12 classrooms. And the wonderful world of aquatic macroinvertebrates, as an important link in the food chain for fish, was brought directly to hundreds of youth in a variety of settings including watershed festivals.

A peer-reviewed 4-H Wildlife and Water Habitat Curriculum was published, which can be downloaded at: www.uidaho.edu/extension/4h2o/resources.