

# FOND DU LAC COUNTY EXTENSION MAY 2021 HIGHLIGHTS



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

## FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



*FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. FoodWise reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. FoodWise is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.*

*FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).*

*Health & Well-Being works to catalyze positive change in Wisconsin families through evidence-based programs focused on nutrition, food security and safety, chronic disease prevention, mental health promotion, prevention of substance abuse and health insurance literacy. Local health coalitions efforts are supported by coalition capacity building tools and health equity frameworks. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.*

**Amanda Miller, FoodWise Coordinator & Health & Wellbeing Educator**

- A series of fruit and vegetable publications for farmers market customers. These publications promote buying fresh produce and helps customers better understand how to select, prepare, and store specific produce items.
- A series of newsletters for older adults to learn about health and nutrition during COVID.
- Development of recorded video lessons for Head Start children to learn about healthy eating.
- Planning of COVID-19 vaccination education and awareness campaign for Fond du Lac County residents to receive current information on the vaccine. The goal is to increase vaccination rates and help community members make more informed health decision.
- Shared COVID-19 related resources to local public health and hospitals. This effort was intended to help share current information on the COVID vaccination.
- Virtual classes offered for parents to learn about feeding young children. The purpose of this class is to help WIC participants better understand how to use their additional WIC farmers market benefits.

## SUPPORTING AGRICULTURE PROFESSIONALS



*If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.*

*Tina Kohlman, Dairy & Livestock Agent*

- A mental health social media campaign in response to Mental Health Awareness Month for the agriculture community, where individuals learned about mental health and resources to support mental health issues they may be facing.
- A presentation for dairy farmers, employees, heifer raisers, and agri-business professionals, where they learned four areas of focus in developing a hoof health management plan for the dairy replacement herd to minimize the introduction and spread of infectious hoof lesions and to minimize the negative impact on hoof health through facility design.
- A three-part bilingual (English and Spanish) webinar series for dairy farmers, owner/operators, employees, and agribusiness professionals, where they learned about hoof health and the prevention and control of infectious claw diseases in the milking herd, within an automated milking system, and within the dairy replacement herd to reduce lameness and increase animal wellbeing.
- Two popular press articles written for the Wisconsin State Farmer, where readers learned how to identify newborn calf vitality, and to provide proper navel care and monitoring to provide the newborn calf a solid foundation for health and growth.

## COMMUNITY DEVELOPMENT



*Community Development provides educational programming to assist leaders, communities, and organizations realize their fullest potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.*

*Diana Hammer, Community Resource, Development Educator*

- A 13-week online program for formerly incarcerated adults, where we are teaching entrepreneurship and personal development skills so they can “defy the odds” by overcoming barriers in the workplace due their criminal histories, start their own businesses, and potentially employ others with criminal records.
- An organizational development effort for a Latinx-led community group (Latinos Unidos en Fond du Lac) where they learned about board development, effective meetings, and other organizational tools. The goal of the effort was to help the group self-organize and take steps towards obtaining nonprofit status.

## YOUTH DEVELOPMENT



*Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

### 4-H,

*Tracy Keifenheim, 4-H Program Educator*

- 4-H Teen Leader Youth held a meeting, where youth discussed future meetings, planned a recreation activity, and completed a service-learning project. The goal of this effort is to provide youth educational opportunities and grow leadership skills.
- Adult leader board meeting for youth and adult board members, where summer 4-H programming, budgets, and 4-H promotion opportunities were discussed. The goal of this effort was to plan for modified programming needs due to the pandemic.
- Planning for a summer day camp for camp counselors and counselors in training. The goal of this effort is to provide youth leaders an opportunity to grow leadership skills and plan for summer camp.

### Positive Youth Development

*Ron Jakubisin, Positive Youth Development Extension Educator*

- A series of meetings with FDL HS student club members of STAAND (Students Taking Action Against Negative Decisions) where students learn leadership skills and effective AOD strategies in order to deliver 2nd semester prevention activities to their high school peers.
- The series of virtual project-based lessons which aimed at empowering FDL's youth (4-6 grade) to become business-minded were completed by teams of youth and on May 1st, their developed business plans became a reality with the running of 37 different Lemonade Stands throughout the community.
- PYD Educator attended a WKFIZ radio interview reaching the FDL communities discussing strategies that adults can take in having conversations with high school-aged youth about underage drinking and healthy safe celebrations during the prom and graduation season.

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