

FOND DU LAC COUNTY EXTENSION JULY 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 emails for the Food Providers Group to support local food pantries during COVID-19, designed to support coordination between local agencies and organizations in service of those impacted by this emergency situation.
- 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 in-person classes for community members to learn about nutrition, food budgeting, and food safety. The goal is that participants have the skills to eat healthier and be more physically active.
- A series of virtual classes for community members where they learn about food safety, nutrition, and food budgeting.
- Distribution of e-newsletter for Fond du Lac County residents to learn about food preservation and food safety. The goal is to help home canners use current food safety practices and to decrease the incidence of foodborne illnesses.
- Meetings of county food pantries where they created a working group designed to better coordinate emergency food distributions among Fond du Lac County residents.
- 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.
- Planning of the FDL Fresh 5 farmers market donation program. This program helps reduce food waste and increases access to fresh, local produce for food pantry clients.
- Responded to local community members questions regarding food preservation and food safety. This information will help prevent incidences of food-borne illness among home canners.

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

- A recognition program for 4-H Graduates and scholarship recipients, where youth were recognized for their achievements. This program is designed for youth to reflect on all of their life skills and achievements from the 4-H program.
- A series of radio interviews for Fond du Lac County listeners, where they learned about upcoming 4-H events / activities and updates with Covid policy. This effort is designed to educate the listeners as well as expand access.
- An orientation for all fair superintendents, where the Fair office and 4-H Educator covered all materials and resources for fair superintendents. This effort is designed to prepare all the superintendents for the county fair.
- Planning for a Cloverbud Day Camp in collaboration with adult volunteers and teen leaders. The goal of this effort is to provide a hands-on learning experience for kindergarten -2nd-grade youth.
- A virtual session for adult and youth leaders where participants learned about the changes to the financial part of the 4-H charter. This effort was designed to provide volunteers with an opportunity to learn about the changes, ask county 4-H educators questions, and to help the leaders feel supported.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Extension Educator

- Planning with a community entity ('Envision Greater Fond Du Lac') to scope out how Extension's PYD can be the new lead and managers for the 2022 community-wide program that aims at empowering FDL's youth (4-6 grade) to become business-minded. The program/ curriculum focuses on youth becoming entrepreneurs and teaches business planning, budgeting, marketing, donating to community organizations and implementing the business of a Lemonade Stand.

SUPPORTING AGRICULTURE PROFESSIONALS

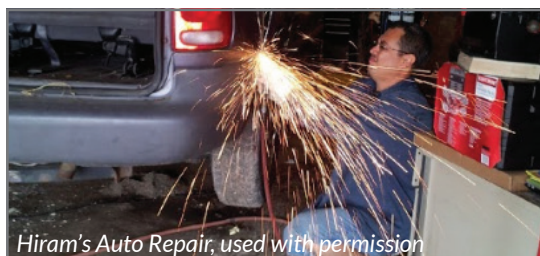


If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers 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 bi-weekly radio interview for 12,000 Fond du Lac County farmers, agricultural industry persons, youth livestock, and youth dairy where extension agriculture related resources, information, and timely webinars are shared to help them to be connected and supported, and make better informed decisions regarding their farm business operations or youth large animal project.
- A face-to-face educational program for youth livestock producers where they learned about beef and lamb carcass quality. Through this program, they better understand quality meat products and how their fair project fits into real-world agriculture.
- A face-to-face educational program for youth livestock producers where they learned about swine meat quality to better understand how their fair project fits into real-world agriculture.
- A field survey to better understand the crop yield, milk per ton alfalfa, and persistence of 4 local alfalfa plots. Results from this field survey will help farmers in determining the yield and life of an alfalfa field to maximize the crop from an established field.
- A popular press article written for the Wisconsin Agriculturist readers, where they learned about heifer maturity as it relates to breeding. This effort is designed to show the impact of breeding heifers based on weight instead of age to improve first lactation productivity.
- A series of virtual sessions for youth ages 12-15 who will be employed on a farm or operating tractors on public highways for their family's farm, where they learn about workplace safety and other safety-related topics on farms and agricultural operations. The goal of this effort is support them in receiving the required Tractor and Machinery Certification Certificate to satisfy state and federal requirements.
- Planning for and developing a "Clean Seed & Clean Feed" educational program for farmers, agronomists, and nutritionists in collaboration with Country Visions Cooperation and UW-Madison Nutrient Pest Management Program. The goal of this effort is to teach individuals how to properly clean combines after harvest to reduce the spread of weed seeds and the impact of ash (dirt) in harvested forages on overall milk production within the dairy herd.

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.
- A three-year pilot program for justice involved youth and adults in which Extension will implement an entrepreneurship skills curriculum (“Defy Ventures”) in up to four prisons, online and in community sites to teach personal development and entrepreneurship skills.
- A bi-lingual virtual planning process with Hispanic/Latinx leaders during which we are co-constructing a Spanish-language leadership development program with Hispanic/Latinx leaders from Green, Fond du Lac, Milwaukee, and Waupaca counties. The intended impact of the Spanish-language leadership program, as identified by the co-construction team is increased empowerment, deepened networks, growth opportunities, and expanded access for Hispanic/Latinx participants across the state.
- Planning to Strengthening a Business Association, Establishing Peer-to-Peer Learning, and Increase Business Viability amongst Entrepreneurs of Color in Northeast Wisconsin.

Cindy Sarkady
Area Extension Director

Diana Hammer *Community Development Educator*

Ron Jakubisin
Positive Youth Development Educator

Patty Percy
Community Garden Coordinator

Tracy Keifenheim
4-H Program Educator

Tina Kohlman
Dairy & Livestock Agent

Amanda Miller
*FoodWise Coordinator
Health & Well-Being Educator*

Pamela Nelson
FoodWise Educator

Melanie Phillips
FoodWise Educator

Pam Bartoli
Tina Engelhardt
Katie Gindt
Cassi Worster
Support Staff