

EXTENSION FOND DU LAC COUNTY MARCH 2022 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 & Well-Being Educator

- A cooking class for parents and children in the ADVOCAP Head Start program that encouraged parents to involve young children in the kitchen and introduced parents and children to healthy meals. The goal is to help families have healthier eating habits at home.
- A series of weekly virtual classes for adults receiving FoodShare at Forward Services, an agency that helps W2 and FoodShare Employment Training/FSET find employment. The classes offer food budgeting skills to help individuals better spend their FoodShare dollars.
- Developed a social media campaign called "Veggie Madness." The goal was to promote healthy fruits and vegetables and to engage Facebook users in an entertaining and educational manner during March Madness.
- Educational support of UW-Fond du Lac's campus herb garden project, including the creation of educational documents for college students and staff about the health and nutrition benefits of various garden herbs. The goal of this project is to encourage healthy eating among college students.
- Leadership and planning in partnership with Master Gardener volunteers to plan the 2022 Junior Master Gardener Program (JMG). JMG is a summer-long youth gardening and nutrition program that promotes seed to plate and increased fruit and vegetable consumption among young children.
- Partnered with ADVOCAP Head Start to teach a series of nutrition education classes to preschool students in 17 classrooms at 6 different sites. These classes help encourage healthy eating habits starting young by introducing healthy foods and taste testing opportunities.
- Partnered with Marian University to offer a virtual food budgeting class to the Working Families Grant Program. The class helped single parents that are balancing work and college to learn tips on how to better spend their food dollars.

HUMAN DEVELOPMENT AND RELATIONSHIPS



*The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

Amy Mangan-Fischer, Human Development & Relationships Educator

SPOTLIGHT

A staff member at Marian University contacted Amy Mangan-Fischer to learn if someone from Extension could speak to the members of their Working Family program. The purpose of the Working Family program is to provide support for low-income, single parents who are attending Marian University. The staff member expressed interest in a variety of topics: healthy grocery shopping on a budget, money management, and communication. She decided that a session on communication would best meet the group's immediate needs and expressed interest in receiving additional programming from Extension in the future.

Amy created a presentation on Successful Communication Strategies using research based information from co-parenting curriculum and tailoring it to meet the needs of the audience. The goals of the one-hour session were to increase participants' awareness of active listening strategies and positive ways to communicate challenging messages, including using clear "I" messages. The effort was designed to increase each participant's ability to communicate clearly with their children, family members, landlords, supervisors, and other important people in their lives.

From evaluation, 100% of the participants agreed that they are more aware of active listening strategies and will utilize them more often. 100% of participants agreed that they are more aware of positive ways to communicate challenging messages and will use "I" messages more often. Participants commented: "it was very informative, and Amy did a wonderful job explaining the information to our group" and "I didn't use these types of "I" statements, I plan on using them from now on."

Other Program Highlights

- An in-person 6-hour course, for women with addiction who are currently living in transitional housing, where participants learn how to find and apply for rental housing, understand their responsibilities as a renter, how to communicate effectively with their landlords, and manage housing expenses. Through this, the women will be able to increase their ability to find and keep safe affordable housing in the future, thereby increasing their stability and decreasing their reliance on public supports.
- A training for divorced/separated parents, where participants learned common reactions to divorce by children at different ages, strategies to improve communication with their co-parent, and ways to keep children out of the middle. The goal of this session is to teach co-parents strategies that will help their children with the adjustment.

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.

Farm Management

Stephanie Plaster, Regional Farm Management Educator

- A consultation with a livestock farmer, where opportunities for a new value-added enterprise were discussed. This effort was designed to help individuals make a decision about a business opportunity or new enterprise.
- A series of activities for farmers and agriculture professionals, where participants developed a vision and strategy for their business by analyzing their strengths, weaknesses, opportunities and threats. This effort was designed to help participants assess their skills, assets, personalities, and/or networks to help make a decision about a business opportunity or new enterprise

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- Farmer and industry participation were excellent for the 2022 Agronomy Day with nearly 140 in attendance. This Extension Educational program was held in Random Lake with farmer participants from 7 area counties. The majority coming from Sheboygan, Ozaukee, Washington and Fond du Lac counties. Ninety-nine percent (99%) of those completing the survey rated the 2022 Agronomy Day program as either Excellent or Good. One hundred percent (100%) said they would like another Agronomy Day Program in 2023. When asked, "How much did you learn?", Ninety percent (90%) indicated a high level of learning, rating their knowledge increase either a "5" or "4" based on a Likert scale of 5 – 1 with 5 being "Yes/High".

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A presentation for elected government officials and extension administrators, where they learned about local agriculture extension programming impacts to better understand Extension's regional staffing model and its benefits for the agricultural sector.
- A virtual conference for dairy farmers, managers, workers, and allied service professionals, where they learned management practices for heat stress, calf disbudding, transportation of cattle, FARM Version 4.0 non-compliance, genetic selection, and calving pen assistance and newborn processing. The goal is to improve on-farm animal welfare, wellbeing, and productivity.
- An on-farm consultation with a dairy farm family, where opportunities for funding and business planning for a value-added enterprise were discussed. This effort was designed to help the farm family make an informed decision based on how the current farm operation and production would fit with a value-added enterprise.

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

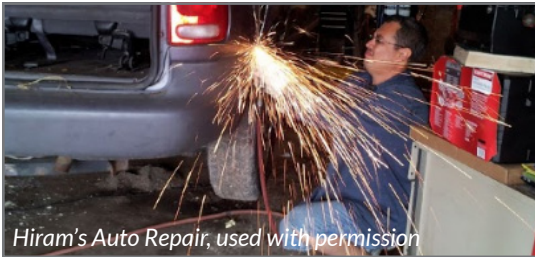
- A meeting for youth where they learned about LEGO building skills and participated in a LEGO Build Challenge. This effort is designed to encourage engineering, use of technology, and increase knowledge of LEGO building skills.
- A series of radio interviews for Fond du Lac County listeners, where they learned about upcoming 4-H events/activities. This effort is designed to educate the listeners as well as expand access.
- Ongoing support for youth interested in the visual arts, where they learn how to prepare a portfolio, critique their own and others' artwork, investigate the arts in their community and explore future career paths within the visual arts.
- Planning the 2022 Tri-County Visual Arts Festival where youth explore and learn more about art and their choice of medium for self-expression. The goal of this effort is to provide youth the opportunity to explore art and receive feedback.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- A series of planning meetings with the City of Fond du Lac City Manager and his team preparing to implement a Youth In Governance (YIG) program in which youth join the City of Fond du Lac Committees and Boards for a year-long experience. The goal is to provide youth have the opportunity to develop leadership and problem solving skills, increase community awareness, and participate in representative government.
- A series of virtual project-based lessons which aimed at empowering FDL's youth (4-6 grade) to become business-minded. The curriculum focuses on youth becoming entrepreneurs and teaches business planning, budgeting, marketing, donating to community organizations and implementing the business of a Lemonade Stand.
- Collaboration with the Fond du Lac County Juvenile Detention Supervisor in planning a series of workshops with incarcerated youth addressing life-skill issues such as problem-solving skills, goals-setting, positive decision making and alcohol, vaping facts. workshops would be delivered (separately) to the populations divided at the detention center as 'male' and 'female'.
- Coordinating the 2022 Fond du Lac County-wide 2022 Lemonade Day 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 county organizations and then youth implementing their business plan by opening their Lemonade Stand on May 7, 2022.

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 Development Educator

- A 14-week online program for formerly incarcerated adults where they learn about entrepreneurship and personal development skills. The goal of this program is to help participants “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 five-month online program for formerly incarcerated adult entrepreneurs and Bootcamp graduates who are ready to scale their business where they learn advanced business content and work 1-1 with a mentor to grow their businesses into a venture that can eventually hire others. The goal of this effort is to encourage financial and life success by this vulnerable population.

Cindy Sarkady
Area Extension Director

Diana Hammer
Community Development Educator

Amy Mangan-Fischer
Human Development and Relationships Educator

Mike Ballweg
Area Crops and Soils Agent

Stephanie Plaster
Area Farm Management Educator

Tina Kohlman
Area Dairy & Livestock Agent

Ron Jakubisin
Positive Youth Development Educator

Tracy Keifenheim
4-H Program Educator

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

Pamela Nelson
FoodWise Educator

Melanie Phillips
FoodWise Educator

Patty Percy
Community Garden Coordinator

Tina Engelhardt
Katie Gindt
Sherry Auchue
Support Staff

Cassi Worster
Marketing Specialist