

# EXTENSION FOND DU LAC COUNTY MAY 2022 HIGHLIGHTS



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

## 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*

- Hintz and Keifenheim presented on the topic of Conversation Corners at the 2022 NECV Conference for 21 attendees. The presentation covered the efforts of the tri-county program to support volunteers on training, topics, and areas of concern.
- A poster session at a statewide conference for Extension professionals where our team shared results of Conversation Corner program efforts. This effort was designed to educate other colleagues about this method of support for volunteers.
- 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.

### 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 with the opportunity to develop leadership and problem solving skills, increase community awareness, and participate in representative government.
- An informational session for the FDL Community At-Large with Extension PYD Educator being interviewed on Fond du Lac Radio KFIZ discussing foundational life skills that youth can master that improves their problem solving abilities.
- 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.

## 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 youth gardening program for children aged 8-12 years old that introduces hands-on activities in the kitchen and garden. The goal of this summer-long program is to bring together the FoodWise Program and Master Gardeners to encourage healthy eating and gardening at a young age.
- Educational updates on outreach nutrition materials for farmers' markets. The material updates included healthy eating, food storage and safety, and facts about seasonal fruits, vegetables, and herbs. The goal of this effort is to expand local nutrition education reach beyond farmers' markets.
- Organized a meeting with the Office of Access, Inclusion and Compliance to learn more about how to adapt the Fond du Lac Area Food Resource Guide website to be accessible to Spanish readers, low literacy readers and or individuals with blindness. The goal is to make changes to the website to be able to reach more families in need of food resources in the community.
- Planning a parent ambassador program for parents of young children in partnership with the Fond du Lac Area School District, Fond du Lac County Public Health, and the Fond du Lac Area United Way. This program will help parents better understand COVID and the COVID vaccination for children and will give parents the tools to share information with other parents.
- Planning community conversations in partnership with UW-Madison Population Health Institute, which will be held in Fond du Lac County with Black/African American community members and in Sheboygan County with Hmong community members. The goal of these community conversations is to learn the needs of community members regarding health, nutrition, physical activity and food security.
- Revision of a series of newsletters for older adults to learn about food safety, food budgeting, and healthy eating. These printed materials were created to bring health information to seniors during COVID. The goal of reinventing the series is to make it applicable and available beyond the pandemic.

## 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.*

### **Dairy & Livestock**

*Tina Kohlman, Regional Dairy & Livestock Agent*

- A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about breeding the correct dairy cow for feed efficiency and how dairy cows are also considered beef cows. This effort was designed to provide a timely and reliable source of dairy management news and updates.
- Planning and development of Four-State Dairy Nutrition and Management Conference in collaboration with University of Minnesota, Iowa State University, and University of Illinois Extensions. The goal of this effort is to provide the latest unbiased, university-based research regarding nutrition, herd health, animal welfare, etc. so farms can become more economically viable and environmentally sustainable in the production of safe food.

### **Farm Management**

*Stephanie Plaster, Regional Farm Management Educator*

- A farm management newsletter for farmers and agribusiness professionals, where subscribers learned about Extension farm management resources. This effort was designed to connect the agriculture industry to the Extension farm management program and provide a timely and reliable source of farm management news and updates.
- A series of consultations with farmers, where business planning was discussed. This effort was designed to help individuals determine whether a business opportunity is likely to succeed.

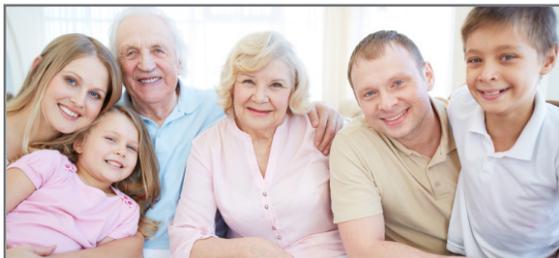
### **Crops and Soils**

*Mike Ballweg, Regional Crops and Soils Agent*

- A “Focus on Forage” webinar series for farmers, agronomists, and other industry service providers, where they learned about growing and managing alternative forages to include: species selection, N fertilization, residual soil N following grass forages. The use of grasses helps to improve both water quality and animal performance.

Topics included: “Are Forage Cocktail Mixes a Reasonable Alternative?”, “Dairy Farmer Perspectives on Cocktail Mixes and Annual Forages” and “Profitability of N Management for Alternative Forages” featuring Matt Akins, Mike Ballweg, Kevin Jarek and Carrie Laboski, UW-Madison, Division of Extension as well as Brody Stapel, Double Dutch Dairy, Cedar Grove. Two hundred and six individuals registered for the event.

## 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*

- Planning for a four session training for incarcerated men at the Fond du Lac County Jail. The goal of this effort is to provide a course 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, populations who are leaving incarceration are able to increase their ability to find and keep safe affordable housing, thereby increasing their stability and decreasing their reliance on public supports.
- An in-person 6-hour course, for incarcerated men at the Fond du Lac County Jail, 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 men 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.
- A series of e-mail communications for community partners where they learn about parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.

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