

# EXTENSION FOND DU LAC COUNTY JULY 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 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.
- 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.
- Planned implementation of the Small Steps program, a fruit and vegetable prescription program. The purpose of this project is to have community partners, including doctors and medical professionals connect with local food retailers, to use healthy foods as a way to address food security concerns and improve health.
- Planning of the Fond du Lac Fresh 5 farmers market donation program. This program helps with farmer market vendors and food pantries to 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.
- 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.
- 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.

### 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 Agent*

- A factsheet for dairy farmers, managers, employees, and agribusiness professionals where they learned about heifer hoof health. This effort is designed to teach individuals how to find, treat, and monitor digital dermatitis in heifers as a way to reduce the incidence of digital dermatitis and lameness in the milk herd in order to maintain and/or increase economic viability.
- A twilight meeting for farmers, managers, employees, and agribusiness professionals, where they learned about employee management and developing a work culture. This effort is designed to help farmers improve the workplace environment to retain employees and improve economic viability.

#### **Crops and Soils**

*Mike Ballweg, Regional Crops and Soils Agent*

An on-farm project to monitor the quality of alfalfa growth and development, in planning for first crop harvest, which makes up 30 - 40% of the total production for the year. Because there are yearly weather variations impacting plant growth, results from this study help farmers in deciding the optional time to harvest alfalfa for high quality dairy forage. Harvesting at the optimal time helps farmers avoid higher costs of purchased livestock feed, increases their milk yields and improves the profitability of dairy farms.

The alfalfa quality project included: Washington, Ozaukee, Fond du Lac and Sheboygan Counties within the region. Based on the most recent ag census information there are approximately 135,000 acres of alfalfa grown in the region which support the region's nearly 400 dairy herds. If only half of the region's alfalfa acres were harvested one week earlier because of this Extension alfalfa quality educational program, an additional \$7.3 million of annual milk sales would be generated for dairy farmers within the region. An economic impact breakdown by county shows: (Sheboygan 2.19 million), (Ozaukee 0.73 million), Washington 1.38 million) and Fond du Lac 2.99 million). Bi-weekly (twice a week) emails were sent to 1000 farmers and ag-industry professionals across the region (Regional Ag Email list) throughout the month of May.

## 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*

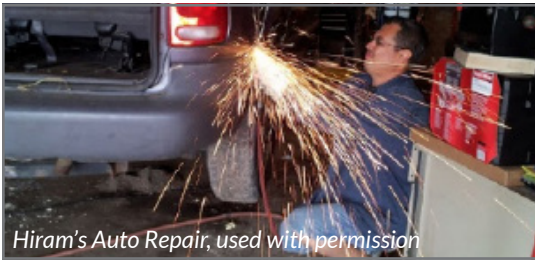
- A day camp (“Cloverbud Day Camp”) for younger 4-H members where they learned about outer space and aerospace through hands-on activities. The purpose of this program is to discover new skills, explore different project areas, and experience hands-on learning.
- A series of radio interviews for Fond 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.
- 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.
- An orientation for Fond du Lac County Fair Judges holding face-to-face judging with youth, where judges learned how to encourage youth to reflect on their exhibits and the experience they had when creating them, and to share how they will apply what they learned in the future. This orientation aims to ensure the judges provide a positive experience for youth entering exhibits for face-to-face judging at the county fair.
- Planning for Cardboard and Art Day Camps in collaboration with adult volunteers and teen leaders. The goal of this effort is to provide a hands-on learning experience for youth grades 3-10th.

### **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.
- Leadership and technical assistance for Youth Prevention Subcommittee of the Fond du Lac Drug-Free Communities Coalition. This involves working with coalition Executive Committee on goal development directly related to re-booting coalition post-covid and re-engaging youth sector, (1 of 12 essential sectors ) for coalition’s mission & goals.

## 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 research project to learn more from and deepen connections among Black business owners in Milwaukee and Northeastern WI. Findings from the projects will improve the support they receive and deepen their networks for improved business success and longevity.
- An 8-week class series for formerly incarcerated entrepreneurs to improve personal stability and entrepreneurial skill. This prepares them to take the next level of classes and eventually start their own realistic, sustainable businesses.
- Planning for a pilot program with the Wisconsin Department of Corrections for incarcerated residents where they will learn about personal development, job readiness, and entrepreneurship skills. The goal of this effort for participants is lower recidivism rates, higher rates of employment and longevity at their jobs, and increased ability to provide for themselves and their families after returning home.

## 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 website that has resources for people who have been recently released from incarceration in collaboration with Extension’s Financial Education and Justice Involved Audiences committee. The goal of this effort is to ensure that all justice-involved individuals are able to fulfill their potential when they reenter their communities.
- A monthly e-newsletter (Just in Time Parenting) for parents/caregivers of 0-5 year olds that provides age-paced developmental and parenting information. The goal is to improve parents’ knowledge, increase positive parent-child interaction, and support children’s well-being.

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