

EXTENSION FOND DU LAC COUNTY NOVEMBER 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 nutrition education series for preschool children at all Head Start locations in Fond du Lac and Green Lake Counties. The 4-part Color Me Healthy series introduces healthy new foods to children at a young age, encouraging healthy eating habits early.
- Completed a multi-year grant project that addressed COVID in Fond du Lac County. The purpose of this project was to provide education and awareness on COVID and COVID vaccination, particularly among underserved communities with limited access to resources.
- Coordination of United HealthCare funding for families and individuals to have access to fresh fruits and vegetables and breastfeeding supplies. This effort is intended to address health disparities in the local community and to promote healthier eating among low-income families.

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

- Planning a series of workshops for new families where they will learn about 4-H terminology, club meeting basics, projects, record books, opportunities in 4-H, and more. The goal of this effort is that new families are able to feel more confident in their 4-H involvement with a better understanding of the 4-H program.
- Planning for an annual project discovery day for youth and adults, where they learn and practice new skills by attending hands-on learning workshops. The goal of this effort is to provide hands-on learning opportunities to youth in different project areas.
- Planning the 2023 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 with the opportunity to explore art and receive feedback.
- An in-person training session for youth, where participants learned the skill sets necessary for their 4-H club officer roles. Through this training, youth gained self-confidence and are prepared to effectively support the 4-H Community Club program.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- Coordination and planning with schools and youth-serving agencies for the Fond du Lac County-wide 2023 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 6, 2023.
- Monthly workshops to Youth Leadership Fond du Lac in support of the main sponsor Sophia Transformative Leadership Partnership, a non-profit in Fond du Lac. Workshops provided by PYD to youth in this school-year long program focus on team-development, S.M.A.R.T. Goal development (for community project development) and project management.

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

- An in-person 6-hour course, for people living at the St. Katherine Drexel Homeless Shelter in Fond du Lac, 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 participants 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.
- An in-person session for students and staff at Moraine Park Technical College, where participants learned strategies to increase their knowledge of their spending, how to create a spending plan, and resources to support saving to reach goals. This effort is designed so that participants can increase their confidence with their personal financial skills and behaviors.

All participants, that completed the evaluation, agreed or strongly agreed that they learned strategies and resources that they can use to improve their money management and that they plan on using at least one of the resources or ideas that was shared. Participants stated that the most helpful thing they learned was “about the apps for personal money management,” “the free apps available for budgeting,” “where to keep track of how my money is spent,” and “the reminder to evaluate my spending based on my values.”

- A 7-session course that helps adults of all ages to make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors and to ensure that their wishes are honored.

AGRICULTURE



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

Tina Kohlman, Regional Dairy Agent

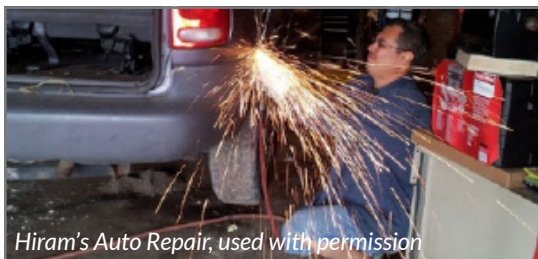
- Development and planning for in-person CAFO (Confined Animal Feeding Operations) Update Meeting series for WPDES (WI Pollutant Discharge Elimination System) permitted farms, crop and dairy managers, agriculture engineers, crop consultants, agronomists, professional and on-farm nutrient applicators, government agency personnel, and other interested individuals in collaboration with WI DNR (Department of Natural Resources). The goal of this effort is to discuss and teach individuals to protect ground and surface water and dairy farm sustainability through dairy management and feeding efficiency; manure storing and handling; and nutrient management utilizing the latest research and regulatory updates.
- A popular press article written for *Wisconsin Agriculturist* readers, where they learned how to establish best management practices and identify a pre-weaned calf fit for transporting long distances. This effort is designed to show industry and university research-based best management practices to maintain and/or improve the growth, wellbeing, and welfare of a pre-weaned calf while being transported to an off-farm rearing facility.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- An educational field day for farmers, industry agronomists and agency personnel where they learned about: Managing Rye Cover Crops and its impact on the Nitrogen Cycle, Benefits of Legume Cover Crops in Managing the Carbon to Nitrogen ratios, and Dissolved Phosphorus Losses and How to Limit it. The goal is to assist farmers and industry agronomists to explore alternative cover cropping strategies that include more legumes in cover crop systems as a way to grow on farm nitrogen resources, while providing for effective crop covers to protect soils and water quality. Extension faculty/staff presenting at the field day included: Mike Ballweg, Regional Crops and Soils Agent for Sheboygan, Ozaukee, Washington and Fond du Lac counties, Monica Schauer, UW Agroecology Research Assistant, and Laura Paletta, Extension Agricultural Water Quality Program. About 30 attended the field day.
- Extension Expands Water Quality Outreach Programming
Recognizing the growing need for innovation, research, and outreach to help solve the water quality challenges facing agriculture in the state, UW-Madison Extension has expanded its capacity by creating a new Water Quality program that will work on these issues with communities, farmers, and farm advisors to improve both groundwater and surface water quality across the state.

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

The UW-Madison Extension Entrepreneurs in Training (EIT) Partnership taught a hybrid Entrepreneurship Bootcamp in collaboration with Defy Ventures. In July, 15 EITs from Milwaukee County started the class which met on Wednesdays in person at Partners in Hope and on Saturdays via Zoom for two hours each time. The coursework covers the basics of starting a business from ideation to pitch as well as personal development skills such as self-limiting/self-freeing beliefs and writing a personal statement acknowledging the mistakes and learnings from their incarceration. The goal is that participants have what they need to launch a business and/or be more successful leaders in their current place of employment and community. Along the way, guest coaches join to speak on specific content areas and share their entrepreneurial journey post-incarceration. Four EITs completed the program on October 19 with a pitch showcase and graduation ceremony.

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Area Extension Director

Diana Hammer
Community Development Educator

Tina Kohlman
Area Dairy Agent

Mike Ballweg
Area Crops and Soils Agent

Amy Mangan-Fischer
Human Development and Relationships Educator

Ron Jakubisin
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