

EXTENSION FOND DU LAC COUNTY JANUARY 2023 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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

- 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.
- 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.

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

Forward Services Corporation is an organization that provides W-2 (Wisconsin Works) and FSET (Food Share Employment Training) with a variety of career services. Employment specialists/caseworkers specialize in assisting participants with job skills training, professional development and education, interview skills, resume building, and life skills. They help address some of the barriers to employment, including language, transportation, child care, work attire, education, and more.

Wisconsin Works (W-2) is Wisconsin's primary Temporary Assistance for Needy Families program, or otherwise known as TANF. W-2 provides employment preparation services, case management and cash assistance to eligible families. FoodShare Employment and Training (FSET) is a state program that helps FoodShare members build their job skills and find jobs. Some FoodShare participants are required to participate in a specific number of hours of job seeking or career building activities to be eligible for the program.

FoodWise has been partnering with Forward Services Corporation for 10+ years to provide food budgeting classes to W-2 and FSET clients. Weekly classes, called Money for Food, are offered virtually to clients in Fond du Lac, Green Lake, Sheboygan, and Manitowoc Counties. Using the Healthy Cents curriculum, Janeth Orozco (FoodWise Educator) teaches the life skills important to creating a family food budget, meal planning, and food shopping. These classes have helped countless families stretch their food dollars longer throughout the month and to spend their food dollars in healthier, more cost effective ways.

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 to improve farm business viability and environmental sustainability.
- A dairy forage nutrition and management meeting for dairy owners/operators, managers, employees, and agribusiness professionals where they learned about forage handling and storage management, return on investments of forage production inputs, and reducing greenhouse gas emissions from dairy cows to increase farm business viability, environmental sustainability, and food safety.
- A presentation for dairy owners/operators, managers, employees, and agribusiness professionals where they learned feeding strategies to increase feed efficiency and reduce greenhouse gas emissions from the cow to increase farm business viability and environmental sustainability.

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